



56 in
February

Challenge yourself this February

Run 56 miles, squat 56 times, swim 56 lengths, dance for 56 hours. Whatever you do, you'll be raising vital funds for babies, children and young people living with life-limiting conditions and their families across the South West.

This pack has information and materials to help with your fundraising. Don't forget to join our 56 in February Challenge Facebook group to share your fundraising and photos with others.

£56...

could help fund a supported hydrotherapy session, helping to relax their bodies and muscles

£125...

could fund 1 day of sibling support for a bereaved brother or sister

£300...

could help fund 1 day of support and care for a baby, child or young person and their family



Ideas and tips to maximise your fundraising

There is no minimum sponsorship amount to take part, but we suggest raising at least £100. Below are some fun ideas to get you started:

- ☺ Ask family and friends to sponsor you via your online fundraising page
- ☺ Spread the word and ask for sponsorship on social media using your progress sharing graphics available to download at chsw.org.uk/56february
- ☺ Invite friends and family to sign up and join in with your fundraising
- ☺ Host a quiz or bingo night and ask for donations to take part
- ☺ Get baking and have a cookie and cake sale
- ☺ Organise a raffle or tombola
- ☺ Hold a dress down day at your workplace or school in return for a donation.

Get your challenge started and to help raise vital funds to make the most of short and precious lives. Your wonderful support will help provide essential care for those who need it most.

The challenge starts on Sunday 1 February and ends on Sunday 28 February so plan your challenge around what suits you. Your tracker will help you keep record of your progress.

To say thank you, once you have completed the challenge, we will send you a medal and certificate.

Kickstart your fundraising now with an online fundraising page. It's so easy to set up and only takes a few minutes.

Plan your fundraising; there are helpful tips opposite.

Join our 56 in February Challenge Facebook group to join other fundraisers and avoid missing anything extra happening.

How to collect donations

Fundraise online. Simple to set up and means you have no money to collect! Sponsors can add Gift Aid (an extra 25p for every £1 donated). Set up an online giving page on Facebook, or at justgiving.com

Contactless donations. CharityGo mobile app turns your smart phone into a card reader to take safe and secure donations from credit and debit cards as well as digital wallets, such as Apple Pay, Google Pay and Samsung Pay. Gift Aid can be added too! Visit chsw.org.uk/charitygo to get started.

Cash donations. Collect cash and pay in donations online or by sending a cheque in the post.

Here to support you

If you would like to find out more about this event, or need help with fundraising, email digitalfundraising@chsw.org.uk

Alternatively, you can send us a message on the Facebook group and we'll be on hand to support you.

Little Bridge House 
Charlton Farm 
Little Harbour 



How your fundraising helps

By taking part in Breakfast with Santa, you will be helping Children's Hospice South West make the most of the lives of babies, children and young people living with life-limiting conditions and their families. The funds you raise will help to support families now and in the future.

Each hospice is a loving and caring place where every member of every family who stays can forget their worries for a while, be a family again and receive expert help and support with facing an uncertain future.



Making the most of short and precious lives across the South West
www.chsw.org.uk

Registered Charity No. 1003314





Challenge tracker

Name

My fundraising goal £

01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
50	51	52	53	54	55	56

Half way there!

You've got this!

My weekly fundraising total

Week 1	Week 2	Week 3	Week 4	Week 5	Total fundraising
£	£	£	£	£	£



Please sponsor me

Title:	Full first name:
Surname:	
Home address:	
Postcode:	Tel no:
Email:	
Team name:	
<input type="checkbox"/> My employer offers a matched giving scheme to match the amount I raise	
Your employer's name:	

We take your privacy seriously. For full details about how we store, protect, share and use your personal data, please see our Privacy Policy www.chsw.org.uk/privacy

Thank you for your sponsorship, if you would prefer not to receive an acknowledgement, please tick here ☐



February 2026

I pledge to raise
£
to help short and precious
lives across the South West



Registered with
**FUNDRAISING
REGULATOR**

giftaid it

Full name + home address + postcode + ✓ = Gift Aid

If I have ticked the box headed 'Gift Aid' ☒ I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Children's Hospice South West to reclaim tax on the donations detailed below, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand that the charity will reclaim 25p of tax on every £1 that I have given.

Full Name (First name and surname)	Home Address Not your work address (this is essential for Gift Aid)	Postcode	£s Pledged	£s Received	Date Given	Gift Aid
Mr John Smith	37 Lavender Close, Brighton, East Sussex	BN1 3SR	£20	£20	14/01/2026	✓



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Please sponsor me

56 in February continuation sheet



giftaid it

Full name + home address + postcode + ✓ = Gift Aid

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Return your sponsor money using an option below and complete the details to the right:

- ☺ Return your sponsor forms and cash or cheque, made payable to 'Children's Hospice South West,' to your local hospice or the head office (please do not send cash or coins in the post):
Little Bridge House (head office), Redlands Road, Fremington, Barnstaple, Devon EX31 2PZ
Charlton Farm, Charlton Drive, Wraxall, North Somerset BS48 1PE
Little Harbour, Porthpean Road, Porthpean, St Austell, Cornwall PL26 6AZ
- ☺ Visit www.chsw.org.uk/donate and use our online form. Please remember to post your sponsor forms to us so if your sponsors have ticked the Gift Aid box we will be able to claim an extra 25p for every £1 you raise!

Date paid/sent:

Amount paid/sent: £

Please indicate how you paid

☐ Post ☐ CHSW website

☐ Local hospice