

Sponsored by:



## rainbow RUN

# The brightest fun run for everyone!

Thank you for signing up for Rainbow Run. As well as making memories, you will be raising vital funds for Children's Hospice South West. By taking part you're pledging to raise £35 as an individual or £93 as a family.

This pack has information and materials to help with your fundraising including a colour-in coin collecting sheet, fundraising poster, running bib and sponsor form.

£35...

could ensure no call to our hospices goes unanswered, day or night, for a parent needing support.

£93...

could provide 1 hour of care for a baby, child or young person and their family, at one of our hospices.

£150...

could help fund support for families in the days following the death of their son or daughter.

thank you  
for helping me  
and my family



## 😊 Ideas and tips to maximise your fundraising

Last year, our Rainbow Run participants raised £109,000. To support you to raise your suggested minimum sponsorship, 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. Graphics available to download at [chsw.org.uk/rainbow](http://chsw.org.uk/rainbow) and hashtag #CHSWRainbow
- 😊 Invite friends and family to sign up and join your fundraising team
- 😊 Host a quiz or bingo and ask for donations to take part
- 😊 Get baking and have a cookie and cake sale
- 😊 Hold a supermarket collection day on a running machine
- 😊 Organise a raffle or tombola
- 😊 Hold a dress down day at your workplace in return for a donation
- 😊 Always have your sponsor form ready so you don't miss any donations
- 😊 Advertising your fundraising events using the enclosed poster template
- 😊 Additional fundraising information and tools are available to download at [chsw.org.uk/tools](http://chsw.org.uk/tools)

Run, jog, or walk, to raise vital funds for babies, children and young people with life-limiting conditions, and their families. Your wonderful support will help provide essential care for those who need it most.

We hope to see you in fancy dress, and here are some ideas below to get you thinking:

- 😊 Get creative with rainbow face paints
- 😊 Go crazy with eye shadow and hair colour
- 😊 Decorate your beard rainbow style
- 😊 Paint each of your nails a colour of the rainbow
- 😊 Rainbow up with a colourful tutu or flower garland
- 😊 Find a white T-shirt and decorate it with colours of the rainbow
- 😊 Make your own rainbow flag to carry.

**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 Rainbow Run Facebook event** to join other rainbow fundraisers and not miss anything extra happening over the weekend!

## 😊 Collecting your fundraising

**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](http://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](http://chsw.org.uk/charitygo) to get started.

**Cash donations.** Use the sponsor form included, collect cash and pay in donations online or by sending a cheque in the post. Gift Aid can be added too!

**Collect coins.** Colour in your coin collection card and gingerbread house, and collect coins from family and friends. You can always print off extra copies if you fill them up!

## 😊 Here to support you

Our Fundraising Teams are on hand to support you, simply call your local CHSW children's hospice or email [events@chsw.org.uk](mailto:events@chsw.org.uk)

### Little Bridge House

Redlands Road, Fremington, Barnstaple, Devon EX31 2PZ ☎ 01271 325 270

### Charlton Farm

Charlton Drive, Wraxall, North Somerset BS48 1PE ☎ 01275 866 600

### Little Harbour

Porthpean Road, Porthpean, St Austell, Cornwall PL26 6AZ ☎ 01726 871 800



## 😊 How your fundraising helps

By taking part in Rainbow Run, you will be helping to 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 the family who stays can forget their worries for a while 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](http://www.chsw.org.uk)

Registered Charity No. 1003314





## Fundraising event

Taking part in the brightest  
fun run for everyone!

[chsw.org.uk/rainbowrun](http://chsw.org.uk/rainbowrun)

Event



Where

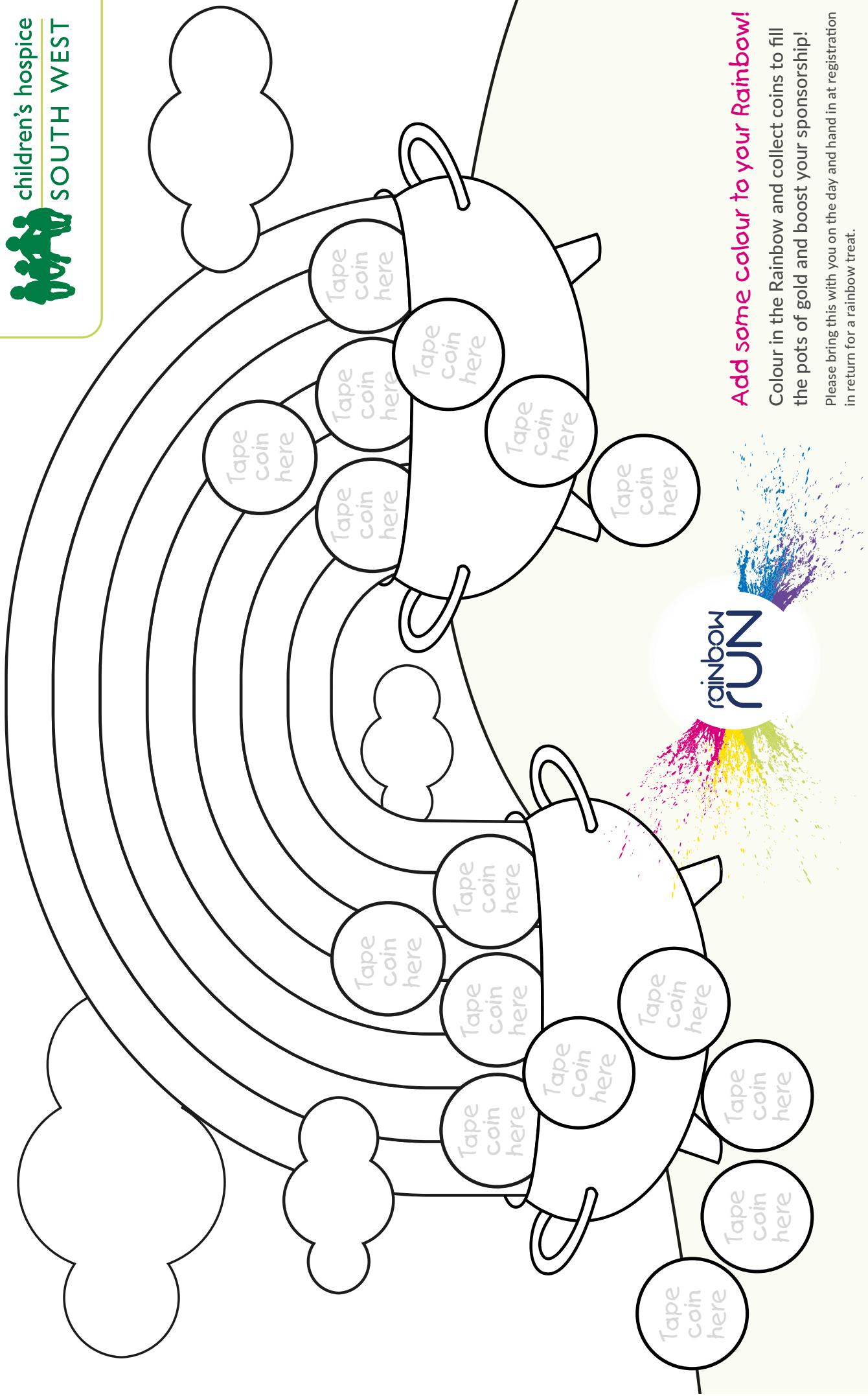


When



Contact





**Add some colour to your Rainbow!**

Colour in the Rainbow and collect coins to fill the pots of gold and boost your sponsorship!

Please bring this with you on the day and hand in at registration in return for a rainbow treat.

rainbow  
**run**

Name:

Postcode:

# 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](http://www.chsw.org.uk/privacy)

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



giftaid it

**Full name + home address + ✓ = 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<br>(First name and surname) | Home Address<br>Not your work address (this is essential for Gift Aid) | Postcode | £s<br>Pledged | £s<br>Received | Date<br>Given | Gift<br>Aid                         |
|---------------------------------------|--|----------|---------------|----------------|---------------|-------------------------------------|
| Mr John Smith                         | 37 Lavender Close, Brighton, East Sussex                               | BNI 3SR  | £20           | £20            | 14/01/2026    | <input checked="" type="checkbox"/> |
|                                       |  |          |               |                |               |                                     |
|                                       |  |          |               |                |               |                                     |
|                                       |  |          |               |                |               |                                     |
|                                       |  |          |               |                |               |                                     |
|                                       |  |          |               |                |               |                                     |
|                                       |  |          |               |                |               |                                     |
|                                       |  |          |               |                |               |                                     |
|                                       |  |          |               |                |               |                                     |



Making the most of short and precious lives across the South West  
[www.chsw.org.uk](http://www.chsw.org.uk)

Registered Charity No. 1003314



# Please sponsor me



children's hospice  
**SOUTH WEST**

### Rainbow Run continuation sheet

gift aid 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.

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](http://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!

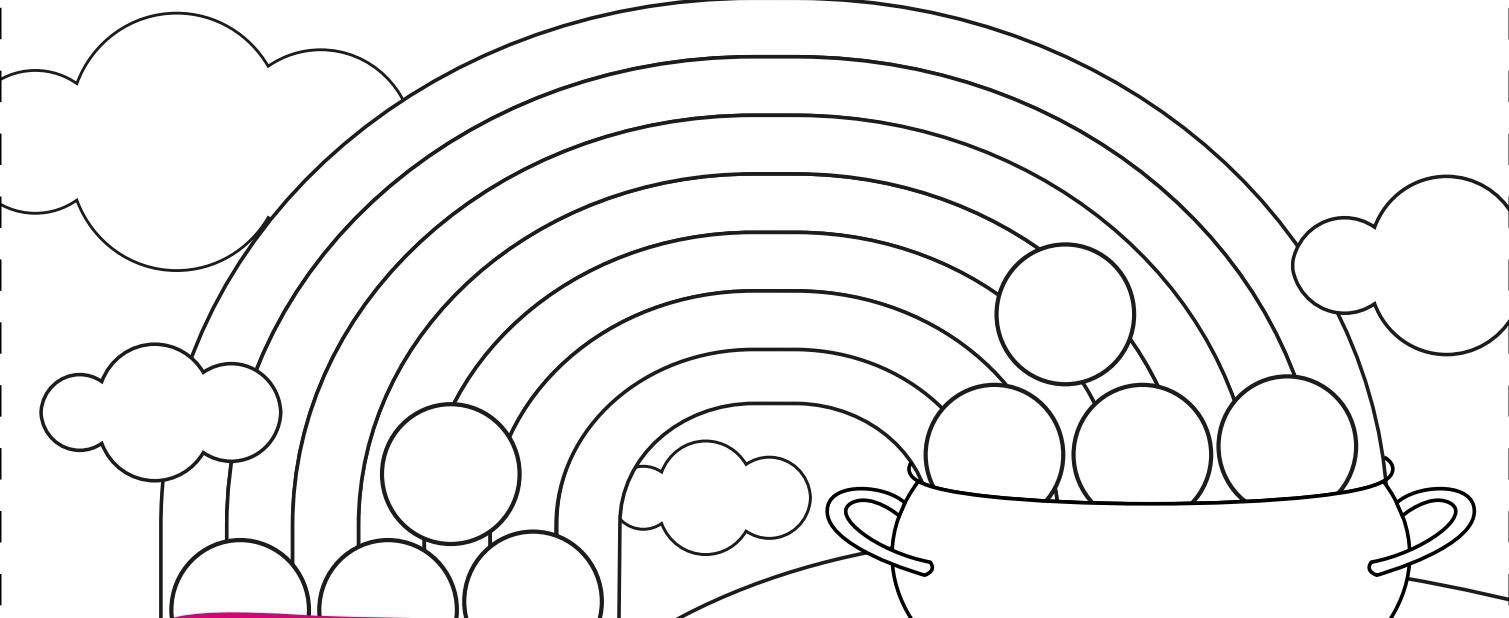
Date paid/sent:

Amount paid/sent: **f**

**Please indicate how you paid**

Post     CHSW website

### Local hospice



I'm running the rainbow because:

Sponsored by:



Raising smiles for  
 children's hospice  
SOUTH WEST

Registered Charity No. 1003314



## Your Rainbow Run bib:

1. Colour in your rainbow and add why you are taking part
2. Cut out your bib around the dashed line
3. Add holes with a hole puncher as marked on each corner (for added strength, add some transparent adhesive tape over these corners before making the holes)
4. Get rainbowed up, attach your rainbow bib and run, jog or walk to raise vital funds for babies, children and young people living with life-limiting conditions and their families.