



children's hospice  
SOUTH WEST



## Run miles to raise smiles!

Thank you for signing up for the RUN Barnstaple Final Mile, together we will raise awareness and 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, a coin collecting sheet to colour in, a sponsor form and a running bib. Don't forget to share that your school is taking part in your communications and on social media.

£5...

Could buy the ingredients for a birthday cake to make memories that last a lifetime.

£10...

Could pay for paints and materials for messy play to help express thoughts and feelings.

£25...

Could help fund family time in the hydrotherapy pool at the hospice to make memories.





## 😊 Fundraising ideas and tips

Final Mile is free to take part, but we ask you to raise £30 to help make the most of short and precious lives while celebrating Little Bridge House's 30th birthday, our children's hospice in North Devon. 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 the sharing graphic available to download at [www.chsw.org.uk/finalmile](http://www.chsw.org.uk/finalmile) and #FinalMile
- 😊 Use the tracker included to keep a record of your progress and ask for a donation per mile
- 😊 Get baking and have a cookie and cake sale
- 😊 Hold a supermarket collection day
- 😊 Organise a raffle or tombola
- 😊 Ask your grown up to have a dress-down day at their workplace in return for a donation
- 😊 Always have your sponsor form ready so you don't miss any donations
- 😊 Advertise your fundraising event using the enclosed poster template
- 😊 Additional fundraising information and tools are available to download at [www.chsw.org.uk/tools](http://www.chsw.org.uk/tools)

## 😊 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 [www.justgiving.com](http://www.justgiving.com)

**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!!



## Thank you for fundraising

Every penny you raise is truly amazing and really can raise a smile. You will be helping to support families facing some of their toughest times while providing comfort, care, and cherished memories for those who need it most.

You are also part of something bigger, as you join our community of like-minded individuals who share your passion for making a difference.

Are you supporting us in memory of a loved one, to support a current family using one of our hospices or as a result of learning more about Children's Hospice South West?

If you are happy to share your story, we'd love to hear from you - please contact the Area Fundraiser at your local hospice, details are below.

## 😊 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 the RUN Barnstaple Final Mile, you will be helping Children's Hospice South West make the most of the lives of babies, children and young people with life-limiting conditions and their families. The funds you raise will help to support local families now and in the future.

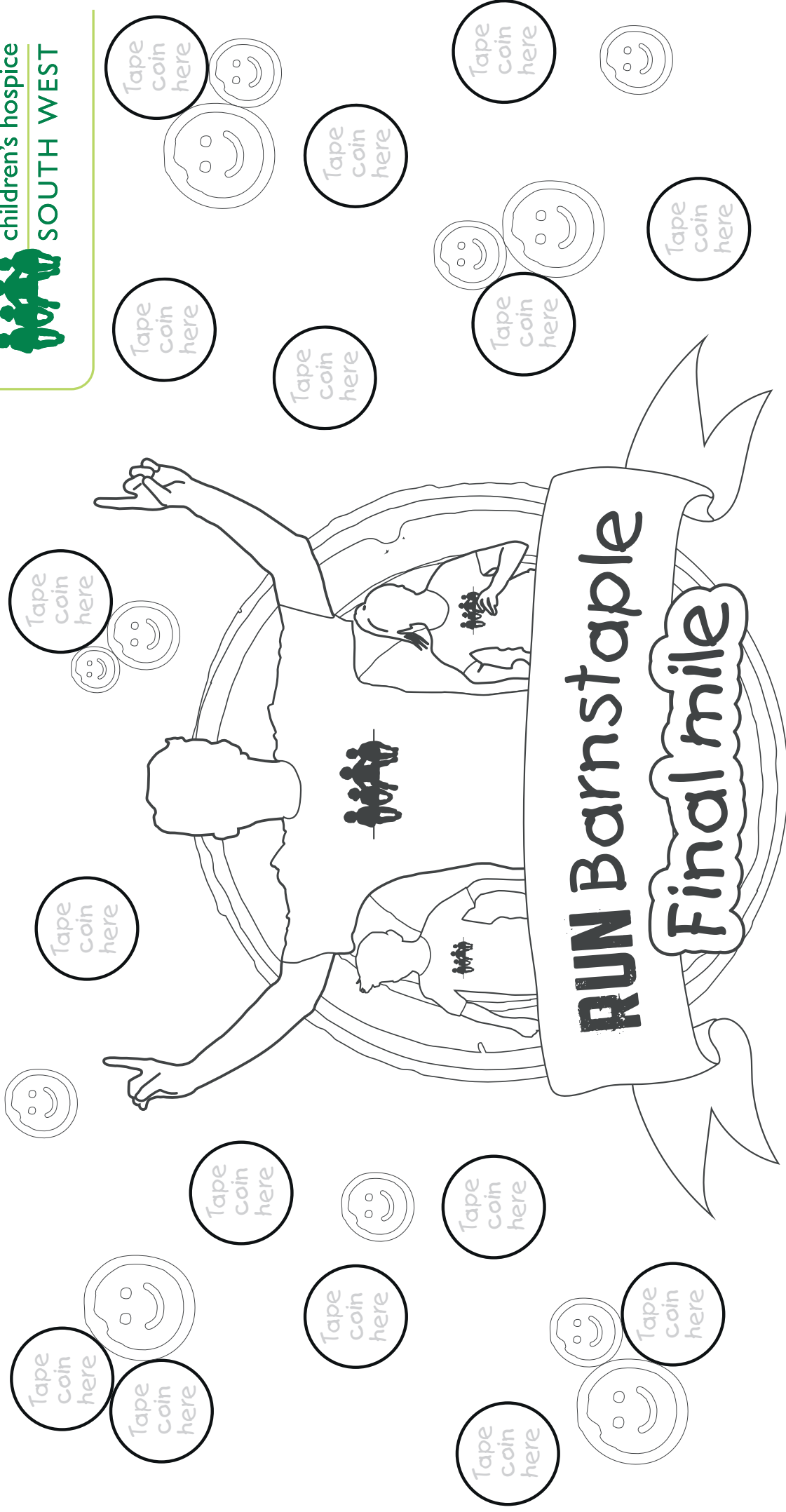
Each hospice is a loving and caring place, where every member of every family who stays can forget their worries for a while, be a family again and find expert help and support with facing an uncertain future.



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





**Add some colour!**

Colour in and collect coins to add to the circles and boost your sponsorship.

Once complete, remove and count the coins and pay in the amount raised, online at [www.chsw.org.uk/donate](http://www.chsw.org.uk/donate) or write a cheque payable to 'Children's Hospice South West' and send in an envelope with your coloured in card to Children's Hospice South West, Little Bridge House, Redlands Road, Fremington, Barnstaple, Devon EX31 2PZ (please do not send coins).

Name:

Postcode:

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). 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) Registered Charity No. 1003314



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SOUTH WEST

We're taking part in



# **RUN** Barnstaple Final mile

for babies, children and young people  
living with life-limiting conditions

Find out more [www.chsw.org.uk/finalmile](http://www.chsw.org.uk/finalmile)



Making the most of short and precious lives across the South West  
Registered Charity No. 1003314





[www.chsw.org.uk/finalmile](http://www.chsw.org.uk/finalmile)

Event



Where



When



Contact





Add or draw your school crest

I'm running miles because:

Raising smiles for  
children's hospice  
**SOUTH WEST**  
Registered Charity No. 1003314



## Your Final Mile bib

1. Colour in and add why you are taking part
2. Add your school crest to the space provided; stick it in place or draw it
3. Cut out your bib around the dashed line
4. Add holes with a hole puncher as marked on each corner (for added strength, wrap some transparent adhesive tape to these corners before making the holes).






# Distance tracker

Name of child and/or school .....

Our fundraising goal £ .....

Please colour in the miles as you go.

 <b>Start</b> Ready, set, go!	Mile 1 Date .....		Mile 2 Date .....		Mile 3 Date .....
	Mile 5 Date .....		Mile 4 Date .....		
Mile 6 Yay! You're half way! →	Date .....		Date .....		Mile 7 You're doing great! ↶
	Date .....		Date .....		
Mile 10 Date .....	Mile 9 Date .....		Mile 8 Date .....		 <b>Half Marathon Finish</b>  Sunday 28 September
	Date .....		Date .....		
Date .....	Mile 11 Date .....		Mile 12 Date .....		Woohoo! → It's time for Final Mile!
	Date .....		Date .....		





# 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 ☐



September 2025

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



*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	14/01/2025	✓



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

RUN Barnstaple final mile continuation sheet

*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	14/01/2025	✓

## 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: £

### Please indicate how you paid

- ☐ Post   ☐ CHSW website  
☐ Local hospice