



children's hospice
SOUTH WEST

OVERSEAS CHALLENGES

A big thank you for choosing this challenge for CHSW

Thank you for signing up to take on such an incredible challenge for us

We hope you enjoy every moment of this amazing adventure. We would love to hear all about your challenge, as well as support you with any fundraising ideas. Your local community fundraiser is on hand to support you with ideas, resources and encouragement, to achieve everything you want to out of this fantastic opportunity.

Your sponsorship makes a difference

Your sponsorship will help us to continue providing vital care for children who are not expected to live into adulthood, as well as support for their families. Children's Hospice South West currently supports nearly 500 families, but we are almost entirely reliant on voluntary income to safeguard this vital service into the future.

£500...

Could fund trips out for siblings

Taking siblings out for a day of fun, to be themselves, meet other siblings and let off steam.

£1,000...

Could help fund our Music Therapy

A chance for children to express themselves and communicate, whilst stimulating the senses.

£2,500...

Could help pay the food bill at one hospice for one month

Being able to enjoy meals together is an important part of a family stay.



Making the most of short and precious lives across the South West

www.chsw.org.uk

Registered Charity No. 1003314



Tick the
activity
you've
done

Organise an event

Car boot sale, 'Come Dine with Me' night or a Bingo evening!

Get Social!

Post fundraising details on your Facebook and Twitter #TeamCHSW



Try some fundraising at work!

Cake sales, wear your wellies to work and dress down days, office Olympics and a lunchtime car wash - all boost your fundraising total.

Get it Gift Aided

It means an extra 25p for every £1 sponsored.

Fundraising ideas

For further inspiration:
www.chsw.org.uk/ideas

Take your sponsor form everywhere

Ask friends and family for sponsorship and tell everyone what you are doing! Download sponsor forms: www.chsw.org.uk/tools

Ask your employer if they offer a matched giving scheme

They might match you pound for pound!

Get your training miles sponsored

Offer an alternative to standard sponsorship, how about 50p per mile?

Hold a coffee morning

Get baking and ask friends and family to contribute too, then invite them all over for a morning of fundraising with donations for cake and drinks, with perhaps a raffle and quiz to boost extra £s!

Raise money online

It's easy to set up a Virgin Money Giving fundraising page. Friends and family can donate securely online.

Sponsorship

- ☺ Please ensure cheques are made payable to: Children's Hospice South West
- ☺ Alternatively pay in your money online but don't forget to send in your sponsor form, so we can boost your total with Gift Aid www.chsw.org.uk/pay
- ☺ Come and visit one of our hospices to see how your sponsorship makes a difference: www.chsw.org.uk/open

Jasmine's story

Maria and her daughter, Jasmine, visit Charlton Farm near Bristol. Maria shares her story with us.

Jasmine was four months old when she had her first seizure, although we didn't know that's what it was at the time. We spent what felt like forever in hospital with Jasmine having test after test. Our perfectly healthy baby was becoming weaker before our eyes. She lost all tone, could no longer hold her head up and her 'seizure' became a weekly occurrence, then daily and any skills she learnt were lost with the next seizure.

We were finally told just before Jasmine's first birthday that she had an undiagnosed neurodegenerative disorder. We had never felt so alone.

Her life is not easy. She lost her sight at 18 months, lost the ability to laugh, cannot walk, cannot sit unaided, has to be tube fed and has hundreds of seizures a month.

To us, Charlton Farm is about living and making memories. Jasmine is able to sleep in our room with us as I still can't bear to be apart from her, but I have help if I need it and someone to talk to who understands. On a good day Jasmine can paint and she really enjoys the music therapy. On a bad day, there are always offers to take over with

the cuddles Jasmine needs as much as she needs air.

“We try not to focus on the bad, it's about grabbing the good stuff, her smile lights up the room, she knows who we are, responds and reacts to us, she loves music and the one word she can say is 'mama'.”



Some of our favourite memories have been made at Charlton Farm, one of them being the first time Jasmine met Santa. She fell in love with his deep voice and his beard and had everyone smiling, with a few 'happy' tears. Another, to hear her squealing as we cycled around the gardens on an adapted bike, she loved the wind through her hair.

We don't know how long we have, but at Charlton Farm we have the chance to live, thank you.

Little Bridge House



Charlton Farm



Little Harbour



About us

Children's Hospice South West provides care for children who have life-limiting conditions and are not expected to live into adulthood, whilst also supporting their whole family. With more than 1,000 families with life-limited children in the South West, we provide care and support for nearly 500 families from the point of diagnosis through to bereavement and beyond, for as long as the family needs us.

We operate three hospices:

- 😊 Little Bridge House, Devon
- 😊 Charlton Farm, North Somerset
- 😊 Little Harbour, Cornwall

Each hospice offers families an opportunity for respite and relaxation, laughter, friendship, as well as expert palliative and terminal care. Our hospices are places full of love and laughter, where families can begin to forget their worries for a while, be a family again and receive the very best care for their child.

Thank you for your support

