

rainbow RUN

The brightest fun run for everyone!

Thank you for signing up for Rainbow Run. Together, we will raise awareness and vital funds for children living with life-limiting conditions. Just £20 could provide one hour of care for a child in one of our hospices. How many hours of care could your fundraising provide?

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

£20...

could help provide the comfort of a listening ear when it's needed the most.

£40...

could contribute towards a home visit and a moment of knowing they aren't alone.

£100...

could help to provide a parent an uninterrupted night's sleep and the strength to face tomorrow.



Ideas and tips to maximise your fundraising

Run, skip, jog, or walk, to raise vital funds for children living with life-limiting conditions and their families. Your wonderful support will help provide essential care for those who need it most. We are asking participants to raise a suggested minimum of £20.

We can not wait to see whether you take part 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!

- ☺ 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/rainbow and hashtag #CHSWRainbow
- ☺ Invite friends and family to sign up and join your fundraising in-person or virtually
- ☺ Hold an in-person or virtual rainbow quiz and ask for donations to take part
- ☺ Get baking and have a cookie and cake sale
- ☺ Hold an in-person or virtual rainbow bingo and ask for donations to take part
- ☺ Ask family and friends to sign your white T-shirt with rainbow markers for a £1 donation
- ☺ Organise a raffle or tombola
- ☺ Hold a rainbow dress down day at your workplace in return for a donation
- ☺ Always have your sponsor form ready so you don't miss any donations
- ☺ Share ideas and photos in the Facebook event.

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

Visual online fundraising. Visufund is a fun and interactive way to collect donations, GiftAid can be added too! Set up your page at www.visufund.com/charities/childrens-hospice-south-west

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 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

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 Rainbow Run, you will be helping to make the most of the lives of 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.

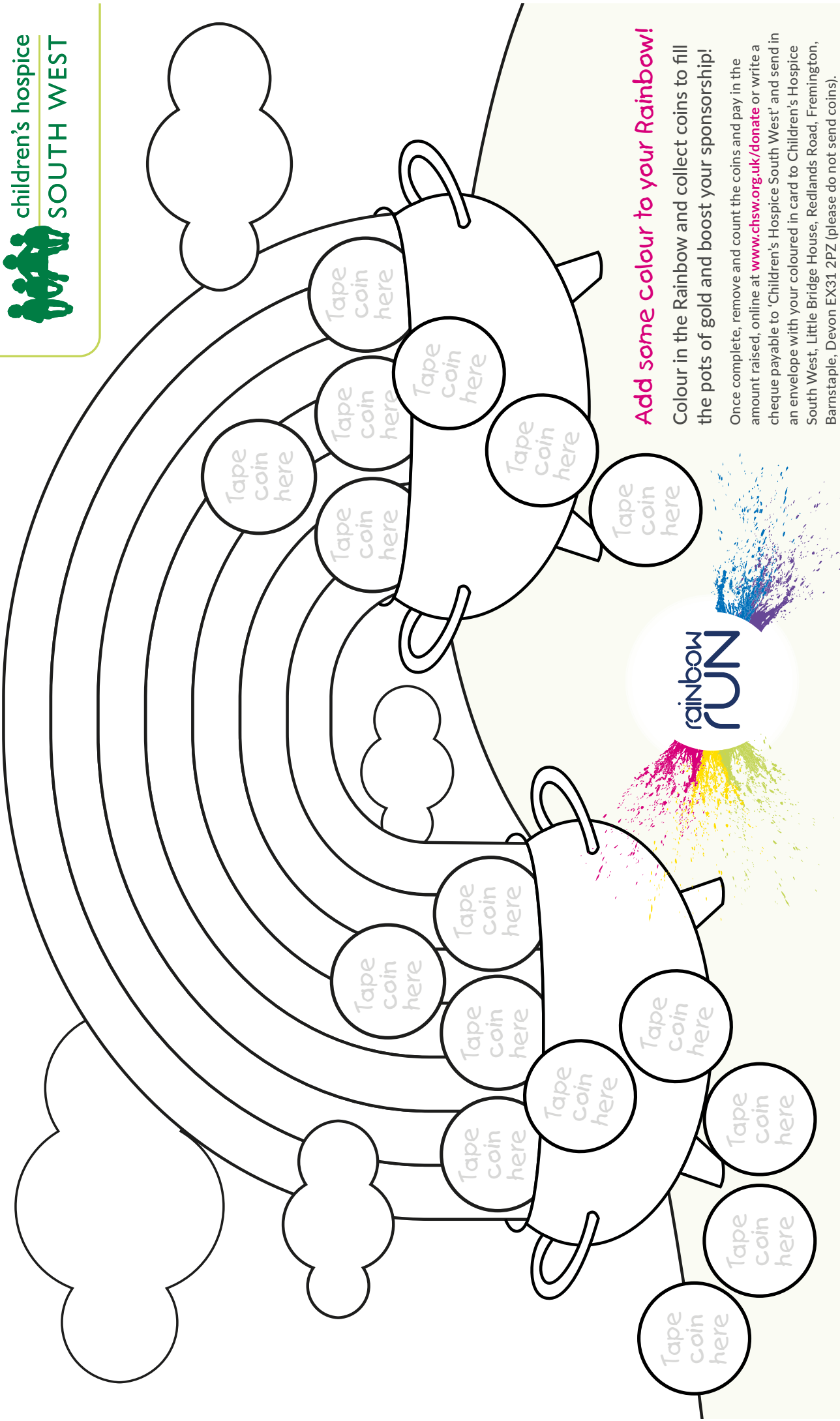
Each hospice is a loving and caring place, where every member of every family who stays can forget their worries for a while, be a family again and find expert help and support with facing an uncertain future.



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

Registered Charity No. 1003314





Add some colour to your Rainbow!

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

Once complete, remove and count the coins and pay in the amount raised, online at 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:



I'm running the rainbow because:

Supporting
children's hospice
SOUTH WEST
Registered Charity No. 1003314

rainbow
RUN

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, wrap some cello tape to these corners before making the holes)
4. Get rainbowed up, attach your rainbow bib and run, skip, jog or walk to raise vital funds

Please sponsor me

Title: Full first name:

Surname:

Home address:

Postcode: Tel no:

Email:

Team name:

My employer offers a matched giving scheme to match the amount I raise

Your employer's name:



Saturday 17 June 2023
Westpoint, Exeter

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

We take your privacy seriously. We will store your details securely on our database(s) and we will only use your personal information to provide the services you have requested from us. We will never share your details with third parties for marketing purposes without your prior explicit consent. For more information, please see our Privacy Policy www.chsw.org.uk/privacy or call 01271 325 270



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

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	BNI 3SR	£20	£20	14/01/2023	✓



