

300,000 Steps in March



Step into spring and raise smiles!

Whether you'll be pacing around your kitchen, grabbing a coffee, walking around the neighbourhood or running through the park, thank you for signing up for 300,000 Steps in March. 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. Don't forget to join our 300,000 Steps in March Facebook group to share your fundraising and photos with others.

£30...

could help fund a set of scrubs for our nurses and carers – smart, safe and professional.

£100...

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

£300...

could help fund a weekend of Music Therapy to help children and young people to express feelings.

Thank you
for helping me
and my family



✿ Ideas and tips to maximise your fundraising

There is no minimum sponsorship amount to take part but if you raise £100 or more, we will send you a Children's Hospice South West medal! 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 www.chsw.org.uk/steps
- ☺ Invite friends and family to sign up and join in with your fundraising
- ☺ Hold an in-person or virtual quiz or bingo 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
- ☺ Always have your sponsor form ready so you don't miss any donations.

Put your best foot forward 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 Saturday 1 March and ends on Monday 31 March so plan your walks around a pace and distance that suits you. Your distance tracker will help you keep record of your progress.

At the end of the challenge to say thank you for the steps you have clocked up, and the pounds you have raised 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 300,00 Steps in March Facebook group to join other fundraisers and not miss anything extra happening.

✿ 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

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!!

✿ Here to support you

If you would like to find out more about this event, or need help with fundraising, email your Digital Fundraiser, Jadeen Lowe at jadeen.lowe@chsw.org.uk

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



✿ How your fundraising helps

By taking part in the 300,000 Steps in March challenge, 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 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





children's hospice
SOUTH WEST

I'm stepping up!

300,000 Steps in March

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



Step up and find out more today
www.chsw.org.uk/steps



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children's hospice
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Step tracker

Name My fundraising goal £



“ Get ready to put your best foot forward ”

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Steps	Steps	Steps	Steps	Steps	Steps

“ Keep that spring in your step ”



Day 12	Day 11	Day 10	Day 9	Day 8	Day 7
Steps	Steps	Steps	Steps	Steps	Steps

“ You're almost half way ”



Day 14	Day 15	Day 16	Day 17	Day 18
Steps	Steps	Steps	Steps	Steps

Day 19
Steps

“ Keep going, you're doing great! ”



Day 26	Day 25	Day 24	Day 23	Day 22	Day 21	Day 20
Steps	Steps	Steps	Steps	Steps	Steps	Steps

Day 27	Day 28	Day 29	Day 30	Day 31
Steps	Steps	Steps	Steps	Steps

Total steps

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:	



March 2025

I pledge to raise

£

to help short and precious lives across the South West

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



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	14/01/2025	✓



