

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 £25 as an individual or £70 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.

£25...

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

£70...

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

£100...

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

Thank you
for helping me
and my family



😊 Ideas and tips to maximise your fundraising

Last year, our Rainbow Run participants raised a record-breaking £114,000. 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 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 team
- 😊 Get baking and have a cookie and cake sale
- 😊 Hold an in-person or virtual quiz or 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
- 😊 Advertise your fundraising events using the enclosed poster template
- 😊 Share ideas and photos in the Facebook event.

Run, skip, 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 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 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 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!!

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 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 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





Taking part in the brightest
fun run for everyone!

www.chsw.org.uk/rainbowrun

Event



Where

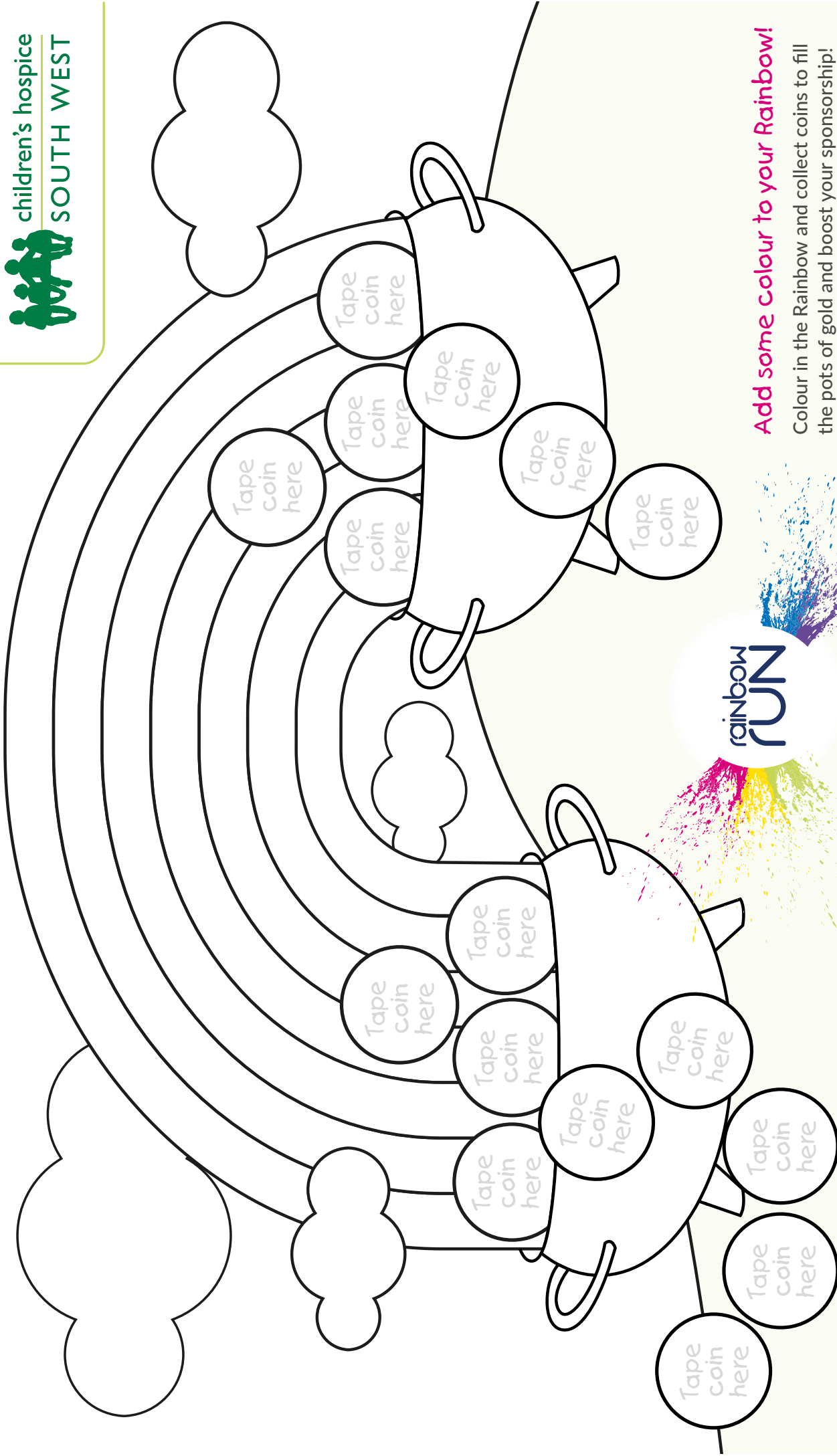


When



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.

Name:

Postcode:

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 21 June 2025
RAF St Mawgan, Newquay

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	✓



I'm running the rainbow because:

Sponsored by:



Raising smiles for



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, add some transparent adhesive tape over these corners before making the holes)
4. Get rainbowed up, attach your rainbow bib and run, skip, jog or walk to raise vital funds for babies, children and young people living with life-limiting conditions and their families.