

18-25 May 2012

**Children's
Hospice Week**

Be a hero



tŷ hafan

Fundraising ideas





Be a hero...

You can celebrate Children's Hospice Week 2012 by taking part in Superhero Friday on 25 May. It's easy, fun and a great way to make a real difference to the lives of children who are not expected to reach adulthood, and their families.

Superhero Friday can be whatever you want it to be. You can dress as your favourite superhero for the day, hold a hero themed event, or choose to ignore the hero theme altogether and raise money any way you wish. And if Friday 25 May doesn't suit you, you can take part at any time. Anything goes!

However you choose to get involved, you will be a hero for children's hospices!



Superhero Friday

25 May 2012



Where to start...

1

Choose your event

Get your friends to dress as superheroes for the day, have a superhero themed party, hold a pub quiz or a cake stall. The options are endless, so choose whatever you fancy.

2

Decide how to raise the £s

Ask people to dress up and donate (fining those who don't!), hold an event and charge an entry fee, sell cakes or raffle tickets. Of course you can choose more than one money raising idea.

3

Publicise your event

Go to www.childrenshospiceweek.org.uk and you will find everything you need including posters, invitations and sample letters. Tell everyone about your event, including your local newspaper using our template press releases.

4

Enjoy the big day

Superhero Friday is all about having fun. Enjoy being a hero for the day in the knowledge that whilst you are having fun, your fundraising will be making a real difference to seriously ill children across the UK.

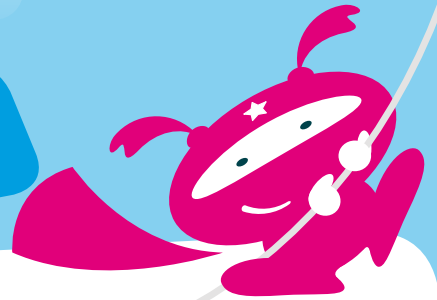
5

Pay your money in

Once you've collected in your money please pay it in as soon as possible. The sooner we receive it the sooner we can put it to work!



Some superhero fundraising ideas...



★ Superhero fancy dress!

It wouldn't be Superhero Friday without superhero fancy dress!



At work

Ask your colleagues to donate £2 and dress up for the day. This could be a full superhero costume or just your superman t-shirt or socks. If you can't be in fancy dress all day you could hold a competition at lunchtime to see who can change from Clark Kent into Superman in the quickest time!

At school

Children of all ages can take part. Using our school resources at www.childrenshospiceweek.org.uk you can decorate your own superhero masks or capes to wear, or rummage in the fancy dress box for a full outfit!

With friends

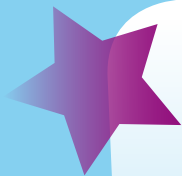
Why not get into the superhero spirit on your Friday night out? Jazz up your outfit with some superhero touches! Or stay in and hold a superhero party and charge your friends entry!



"Children's hospices are incredible places that help life-limited children, young people and their families. I'm calling on you to be a hero and fundraise for Children's Hospice Week."

Simon Cowell, Patron





Superhero film night

Choose a classic superhero film and find a venue to screen it – it could be your house, your work meeting room, or you might even be able to persuade your local cinema or theatre to show the film for one night.

You can sell tickets and raise even more money by selling sweets, bags of popcorn and drinks. You could even hold a quiz at the end of the film, charging £2 per quiz sheet, to see how closely people watched the film!



Superhero quiz

Hold a superhero themed quiz at lunchtime in your office, or have a quiz night in your local pub. You can write your own quiz questions, or go to www.childrenshospiceweek.org.uk to download ours. Ask your employer or local businesses to see if they will donate a prize.

On the night sell your quiz sheets for £2, and drinks and nibbles to keep people's brains fuelled!

You could suggest people come dressed as superheroes for the quiz and give a donation, and charge those that don't!

Shout about it!

Make sure you publicise your event. Let people know where and when it's happening. Put up posters, use our invitation template to invite your friends and family, send an email to all your contacts, invite your friends on Facebook and tweet about it. And don't forget to let your local press know. You can find all you need at www.childrenshospiceweek.org.uk



More fundraising ideas

If our Superhero ideas haven't taken your fancy, have a glance through these ideas and see what does!

Come dine with me

Organise a dinner party competition. Get together with your friends and take it in turns to host the perfect dinner party. Ask guests for a donation for each dinner.

Smart fundraising

Give everyone you know a tube of Smarties and ask them to fill their empty tube with their spare change.

Five-a-side football tournament

Organise a five-a-side football tournament for friends and colleagues and charge an entry fee for teams. You could also have a collection at half time.



Bad taste day

Invite your friends or colleagues to dig out their worst tie, pull on their worst jumper, gel their hair into a hideous style and enjoy a bad taste day! Ask those who come in bad taste to give a donation, and those that don't to pay a fine!



Cake sale

Ask everyone you know to bake a few cakes and then hold a cake sale – invite your neighbours round or hold it in your office and watch the pennies flood in!

BBQ

Hold a summer bbq at your house or workplace selling hot dogs, burgers, drinks and ice creams, or charge an entrance fee and provide the food for free.



“Just like superheroes, children’s hospices are there for people when they need them most. Be a hero and fundraise for your local hospice during Children’s Hospice Week.”

Holly Willoughby, Patron

Wax those legs!

Persuade a couple of willing men to get their legs out and collect donations – the more you get the more you wax!

Caption competition

Get a photo of your manager/chief executive doing something funny or unusual and get everyone to submit a caption for £1. The winner gets 50% of the proceeds.

Raffle

Approach local businesses for prizes, and friends and colleagues for any unwanted presents they may have lying around, and hold a raffle or a tombola.

Baby guess who?

Ask colleagues or friends to bring in baby photos of themselves and set up a competition for people to pay £1 to guess who’s who. Instant entertainment!



Ordinary families, in extraordinary circumstances

There are 23,500 families in the UK with a child who is not expected to reach adulthood. Children's hospices offer care and support to the whole family through a range of different services.



Daisy

Eleven year old Daisy suffers from Retts Syndrome which is a neurodevelopmental disorder that effect girls almost exclusively. From an early age she began to have feeding difficulties, seizures and hyperventilation episodes and has actually stopped breathing whilst having a seizure on a number of occasions. Daisy has been spending time at Tŷ Hafan for four years to give her family a breather from her 24/7 care. She has also accessed the outreach play service and Toy & Leisure Library through which she has enjoyed being introduced to toys to help her reach her full potential. The art room is one of her favourite places at Tŷ Hafan.



Lewys and Rhodri

Ten year old twins Lewys and Rhodri Watkins were born apparently very healthy but a routine screening test showed that they had Duchenne Muscular Dystrophy which causes progressive muscle deterioration and is a life-limiting condition. Naturally the family were devastated and found it difficult to come to terms with the fact that they would ultimately lose their precious boys before they reached adulthood. Eventually their parents were told about Tŷ Hafan and the whole family went to stay in the spring of 2008 in order to begin familiarising the boys with the staff and surroundings. In due course the twins will spend time at Tŷ Hafan on their own in order to give mum and dad a break from the constant care they will inevitably need.





Oliver

Little Oliver and his family have had a lot to deal with in his short life. Oliver and his twin brother Evan were born prematurely at 35 weeks. There were no complications with the birth and it wasn't until after the first few weeks that Oliver suffered a seizure which resulted in him being diagnosed with dystonic cerebral palsy. A few months later Evan was also diagnosed with the same condition although he wasn't as badly affected. Needless to say the family were absolutely devastated. When Oliver was about three months old his consultant neurologist told the family about Tŷ Hafan. Of course they were really apprehensive at first but quickly came to realise that this was a place where they could leave Oliver in very safe hands.



Victoria

Thirteen year old Victoria was born with Downs Syndrome which has resulted in her having mild learning and communications difficulties. You would think that this was enough for Victoria and her family to deal with, but then at the age of sixteen months old she was diagnosed with acute myeloid leukaemia for which she underwent successful chemotherapy. However, the chemotherapy left her with a severe heart condition which means she tires very easily and, until recently, she was not well enough to attend school on a regular basis. During this year Victoria has begun to have short break care at Tŷ Hafan, on her own, while Mum and Dad have taken the opportunity to spend time to re-charge their batteries.



Every penny that you raise...

...will make a lifetime of difference to children with life-limiting illnesses, and their families.





“Be a hero and get involved in Children’s Hospice Week by taking part in Superhero Friday – a special day of hero inspired fundraising activities.” Max Clifford, Patron



How to pay in your money

By post

Please make cheques payable to “Tŷ Hafan” and send to Tŷ Hafan, Head Office, St Hilary Court, Copthorne Way, Culverhouse Cross, Cardiff CF5 6ES.

By phone

You can make a donation over the phone by contacting the Fundraising Office on Tel: 029 2067 2060.

Online donation pages

Donate online via our website www.tyhafan.org and click on Donate.



Follow us

Catch up with the latest Children’s Hospice Week news through our social media sites.



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YouTube – Watch our videos from Superhero Friday on YouTube



Flickr – Check out our superhero photos on Flickr and share your own



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