



Move it! for sick kids.

Sports Fundraising Pack



Birmingham
Children's Hospital
Charity

Doing more for sick kids

Put your fundraising to the challenge with our fun-filled sporty ideas!

Whether you're going for gold or taking part for fun, we hope you agree that there's something for everyone.

Put on a classic sports day

Organise your own sports day at school or work! Have students race against teachers, or get rival departments in your workplace to battle it out on the playing field.

Host a five-a-side sporting match

Get two teams together, set a date for the big match and start selling tickets. Donate the ticket money to the charity and the winners take eternal glory (until the next match!)

Organise a sweepstake

On the run up to a sporting event, ask everyone to pay £1 to pick a team or a name out of a hat. The winner receives half the winnings and rest of the donations come to us. We have list of sweepstake sheets on our website, but if we don't have the one you're after, just make your own!

Take it indoors!

- Mental gymnastics - guess the Olympic sport your teammate is trying to act out
- Wastepaper darts and paper airplane golf - download our DIY target, place it on a floor/table, take aim and throw!
- Swivel chair sprint (if you've got the space!)
- Sports themed quiz

Making a difference in just 40 days

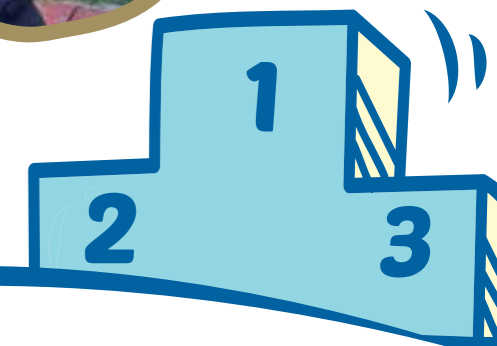
Forty years ago, Anita Bennett underwent a life-saving operation at Birmingham Children's Hospital. Wanting to show her appreciation, avid sports fan Anita decided to take on a challenge to complete 40 sports in 40 days. The sports included everything from netball, rounders and table tennis to horse riding, sub aqua diving and wall climbing. At the end of the 40 days, Anita had raised an incredible £2,500 for our charity.

Inspired by Anita's fundraising events? Try it for yourself!

Go the distance

Take on a personal challenge! Run, walk, cycle or swim to your target. You can set up a donations page, download our sponsorship form or set yourself a personal goal ('for every mile I run, I will donate the same amount of pounds').

Why not take on your challenge virtually? Sign up, log your data at the end of each session and then complete your challenge in the allotted time.



The Transplant Games

Each year, a team of children who have had one or more transplants at our hospital take part in the annual Transplant Games, a nationwide competition for young transplant patients from across the UK.

Our team of athletes includes six-year-old Harry (pictured), who underwent a liver transplant at our hospital at two years ago. Since his transplant, Harry has made a full recovery and has become one of #TeamBCH's top contenders, winning a string of medals in everything from the 25-metre dash to archery and speed cup stacking.

Mum, Clare, said: "The Transplant Games has been amazing for Harry. He has made so many friends and everyone involved absolutely loves the event! It has helped to encourage Harry to keep active and make the most of every opportunity. We're all so proud of how far he has come."

If you would like to make a one off donation towards the Transplant Games, please see the 'how to donate' on the reverse of this pack.

For every pound you raise...

The money you fundraise will go far in ensuring our sick kids and their families have the best possible experiences:

£50

buys each #TeamBCH Transplant Games athlete's kit, including a t-shirt and sweatshirt

£100

pays for the family's registration fees to attend the games or funds an athlete for the day (including kit, fees and accommodation per day)

£137

could fill our wards with laughter, music and fun for a day

£500

could give a sick child and their family an adventure holiday

£1,200

could transform our playrooms

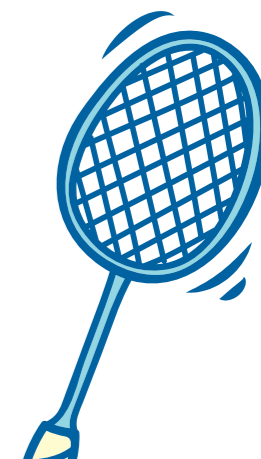
£5,000

can provide our patients with access to specialist sports and training facilities to help aid them in their recovery

Still need a few more ideas?

Get in touch with our regional fundraising team who are brimming with inspiration, and they will be able to guide you on your Move It! journey.

Now all you need is to get ready, get set, GO!



How to donate

Once you have completed your event, you can donate your money to our charity in the following ways:

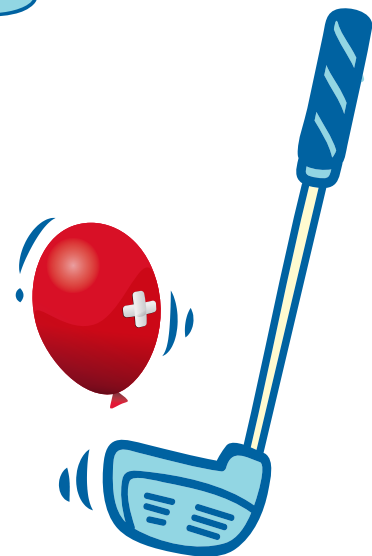
Telephone: 0121 333 8506

Website: bch.org.uk/payin

Cheque: Please make payable to 'Birmingham Children's Hospital Charity' and send to:

Fundraising Team
Birmingham Children's Hospital
Steelhouse Lane
Birmingham
B4 6NH

In person: At our Fundraising Hub, located on the main corridor in the hospital, open between 9am and 5pm every day.



Now go out and #MoveIt!



Share your journey

We'd love for you to share your journey with us on our social channels! You can find us at:



[bham_childrens](https://www.instagram.com/bham_childrens)



[@bham_childrens](https://twitter.com/bham_childrens)



[/BirminghamChildrensHospital](https://www.facebook.com/BirminghamChildrensHospital)



Thank you for your support!

