

# Fundraising for The Sick Children's Trust

**Want to raise money but don't know where to start?  
Look no further!**

The Sick Children's Trust has plenty of ideas and suggestions to help you put the fun into fundraising. Here you will find everything you need to know to make fundraising easy, fun and successful!

## Where will your money go?

At The Sick Children's Trust we have one simple aim – to keep a family together when their child is seriously ill in hospital far from the family home. All of the money you raise will go towards making that aim a reality - by helping us to provide 'Home from Home' accommodation at children's hospitals across the UK.

We believe keeping a family together during this traumatic time contributes towards the child's recovery and the well-being of the family as a whole – indeed it is widely believed within the medical profession that keeping the family together can actually aid the child's recovery.

There is a growing demand for our 'Homes from Home' as children must increasingly travel long distances to get the specialist treatment they need.



**we're here, so you can be there**

## What your money could buy:

**£4** could buy **a set of mugs** – so families can swap stories and share worries over a comforting cup of tea and draw strength from each other; helping to ease the burden of having a seriously ill child in hospital.

**£11** could buy a **set of bath towels** – a refreshing shower or hot bath can make a huge difference after a long day sitting by your child's bedside in the ward, helping to relieve tension.

**£25** could buy **one bedroom for one family for one night** – sleep deprivation adds a lot of stress to the already emotional situation of having a seriously ill child in hospital many miles from home. Help a mum or dad get some much needed rest and provide a private place to gather emotions.

**£87** could buy **a folding bed** – siblings can often feel neglected as their sick brother or sister receives care in hospital. Help the whole family stay together in our 'Home from Home' and ensure siblings are not left out by providing a bed for them to sleep.

**£125** could buy **bed linen, pillows and duvets for the whole family** – there's nothing better than snuggling down into good quality clean sheets for a few hours sleep to help ease the day's fear, worry and tension. A good night's sleep is essential for the families we support.

**£850** could **furnish the playground** – providing books and toys, along with a table and chairs. Whether it be reading a book, drawing a picture or playing a board game, our playrooms offer a friendly environment for siblings to play and escape the rest of the world.

**£1,200** could **furnish a bedroom** – families are better able to cope when they have a relaxed, comfortable and homely environment to retreat to. Help us to create a bedroom haven.

**£3,000** could provide **electricity and gas for a house for a whole year** – being able to enjoy a home-cooked dinner together as a family and immerse themselves in relative normal family life for an hour or two, can prove immeasurable in helping a family to cope.

**In essence, you will help us to ensure that the very basic of all medicines has a chance to work; family love and support.**

You can fundraise almost anywhere, anytime and there are hundreds of exciting ways to raise money. Whether you're at home, at work, at school, even at the supermarket - there's an opportunity to fundraise!! At The Sick Children's Trust we want you to have fun while you're fundraising, so here's just a few of our ideas to get you started... and don't forget, we're here every step of the way to support you in all your fundraising efforts.

For further information and support please contact our Community Fundraiser on 020 7791 2266 or email [info@sickchildrenstrust.org](mailto:info@sickchildrenstrust.org)

[www.sickchildrenstrust.org](http://www.sickchildrenstrust.org)

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