

Take part in our



# Long Walk Home

To coincide with National Walk to School Week  
20–24 May 2024



The Long Walk Home

## The Sick Children's Trust

When a child suddenly becomes ill, there's no time to plan. The Sick Children's Trust is the charity that gives families one less thing to worry about by providing a 'Home from Home' just minutes from their child's hospital bedside.

Our ten 'Homes from Home' across England provide families with a warm and comfortable place to stay and someone to talk to, free of charge and just minutes from their seriously ill child's bedside.

Last year we supported 3,021 families from all over the UK when their sick child was in hospital. We know hospital can be a lonely and scary place for anyone but especially a child. By making sure families can stay close to the hospital we are ensuring children don't face hospital alone.

“

The Sick Children's Trust gave us the support we needed to be there for our baby, when the thing she needed most in the world was our love. ”

Lisa Thompkins, Taniesha's mum

# Join us for the Long Walk Home this Walk to School Week

Every day families staying in our 'Homes from Home' have to travel hundreds of miles to be close to their sick child in hospitals across the country. By taking part in the national celebration of walking to school and raising funds for The Sick Children's Trust, you'll be helping to keep families together.



Calling all children, teachers, and parents. Join us for the Long Walk Home this Walk to School week! Here's how you can raise vital funds while having lots of fun.

**Teachers** – ask your class to take part in the Long Walk Home or you could ask the whole school to get involved.

**Students** – tell everyone you know that you are taking part in the Long Walk Home this Walk to School Week. Ask them to sponsor you £1 for every day of the week you walk to School.

**Can't walk to school?** – Why not do a sponsored toddle/walk on your school grounds.

There are so many benefits of taking part including:

- Regular exercise
- Improving focus and concentration
- Improves mood
- Exercise is a good way to kick start a positive and productive day
- Walking to school can make you more independent and confident
- It's good for the environment – reduces congestion, carbon emissions, and pollution
- Build strong bonds in the community and enjoy increased social interaction

### In return, you will get:

- Sponsorship forms
- T-shirts (lead teachers)
- Certificate
- A personally engraved star in one of our 'Homes from Home' for your school to recognise your support
- Medal for the top fundraiser

For more information and to register your school to take part in our Long Walk Home this Walk to School Week please visit

[sickchildrenstrust.org/fundraise/school-fundraising/](https://sickchildrenstrust.org/fundraise/school-fundraising/)

or scan the QR code



## How your fundraising makes a difference

**£40**

will pay to support a family in one of our 'Homes from Home' for one night.

**£280**

will pay to support a family on one of our 'Homes from Home' for a whole week.





## Other ways to get involved

- Take part in our '**Long Swim Home**' by having a sponsored swim
- Take part in our '**Pyjama Party**' fundraiser by encouraging children to come to school in their favourite pyjamas or onesies for the day for a small donation
- Have a '**Big Chocolate Tea Party**' and ask for a donation in return for sweet goods
- Create your own '**Home from Home**' out of shoeboxes and encourage children to colour and decorate them.

To find out about how your school can get involved or for further information about any of these activities contact

[fundraising@sickchildrenstrust.org](mailto:fundraising@sickchildrenstrust.org)



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Registered charity  
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[sickchildrenstrust.org](http://sickchildrenstrust.org)