

Fundraising Tips

Thank you for choosing to support Shooting Star Children's Hospices through Spartan races. Here are a few tips to help you reach your minimum fundraising target of £150.

About us

Shooting Star Children's Hospices cares for babies, children and young people with life-limiting conditions, and their families, throughout Surrey and across 15 boroughs of London.

Whether lives are measured in days, weeks, months or years, we are here to make every moment count. As a leading children's hospice charity we support families from diagnosis to end of life and throughout bereavement with a range of nursing, practical, emotional and medical care.

Our bespoke support is free of charge to families, and available 365 days a year. Our care service includes short breaks at our two hospices (Shooting Star House in Hampton and Christopher's in Guildford), Hospice at Home, day care, symptom management, end-of-life care, bereavement care and a comprehensive range of therapies and support groups for the whole family.

It costs £10 million a year just to maintain our current level of care and, with around 10% of our income coming from government funding, we rely on our supporters' generosity to keep the service running. What's more, we know there are many more families desperate for our vital support, so it's crucial we raise more funds to provide more care.

Hints and Tips

- We'd love you to set yourself an initial fundraising target of £150 – we can help you every step of the way with your fundraising and there are lots of fundraising ideas on our website.
- Be creative with your fundraising. Hold an event, have a bake sale, organise a dress down day then and add the money raised to your Spartan race total.
- Make a list of family, friends, neighbours and work colleagues who you can ask for sponsorship – you could even sponsor yourself!
- Download a sponsorship form from the Fundraising section of our website: shootingstar.org.uk/get-involved/fundraise/tools-and-advice
- Set up an online fundraising account such as [JustGiving](#) so that people can sponsor you directly. You can add photographs to keep people updated with your training.



How your support will help

The day-to-day pressures and difficulties of having a child with a life-limiting condition are far reaching across all of the family. Every penny you raise at the Spartan race will help us continue to offer support for the whole family.

£250 could pay for a visit by a Hospice at Home nurse during an emergency, providing vital support to a child and giving parents a few precious hours to themselves.

£150 could enable a child and their family to benefit from a music therapy session. Allowing them to express and communicate in new and profound ways.

£100 could pay for a bereaved parents' group facilitated by our counsellors.

See who your fundraising efforts help by reading our [family stories](#).

The power of social media

Sites such as Facebook, Twitter and Instagram are a great way to update your friends on how your fundraising is going and encourage people to donate.

Don't forget to tag in the official Shooting Star Children's Hospices accounts: @sschospices on Facebook, Instagram and Twitter.

If you need any more information about the day or help with your fundraising, please do contact the Challenge Events team – we're always happy to help!

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