

extra mile trial

Fundraising
pack



 forget me not
children's hospice

Registered Charity No. 1110457

Sign up and support local children and families!

Step, sprint, cycle or scoot the Extra Mile Trial virtual challenge and **make a lifetime of difference with every mile you cover.** As we celebrate the leap year, go that extra distance throughout February and challenge yourself to complete a leap mile every day.

You can complete your daily mile however you like – walk the dog, take a family stroll, or even roller skate. **The more creative the better!**

Sign up, start getting sponsors, and join our friendly Facebook community where you can share your 29 mile journey with others, and see how much of an impact you'll be making to local families and children.

Everyone who takes part will get a special certificate of achievement as a thank you. **Raise over £100 in total** and you'll receive a medal for being a fundraising hero!

How you could make a difference

No family should have to face the loss of their child alone. At Forget Me Not, we not only provide expert clinical care and therapy, but also a helping hand, listening ear and a place for families to be together to make the most

of every moment. In doing so, we make a difference that lasts a lifetime.

This year we need to raise **£5.5 million to provide our vital services** but only 10% of this will come from the government or NHS. That's why we rely on the support of the whole community to help us raise the funds we need.

£10 could fund a child's meals at the hospice for one day.

£15 could help a family create a memory box.

£30 could pay for a bereavement session for a sibling with one of our counsellors.

£50 could help fund a creative therapy session for one of the children we support.

£65 could pay for a hydrotherapy session in our pool for a child and their family.

£100 could pay for two music therapy sessions for a child.



How to take part in the Extra Mile Trial...

Simply do at least one mile a day for the 29 days of February. However you cover the distance is completely up to you. You can go for a mindful stroll, take your dog for a brisk walk, get your blood pumping with a run, or do it on a bike, roller skates or scooter - your only limit is your imagination!

If you want to track your distance, there are tonnes of free apps out there for you to record your daily mile. Why not look for some new locations to visit to make the challenge more fun? Maybe you'll find a new park or footpath to explore!

However you decide to do your miles, make sure you do so safely. Wear weather appropriate clothing, be wary of any restrictions if you're riding a bike or scooter, make sure someone knows where you're going if you're off walking somewhere quiet, and above all, **have fun!**

Be part of our purple posse!

Wearing our branded t-shirt, running vest or hoody while you're doing your Extra Mile Trail is a great way to show who you're supporting (and they look great in selfies!).



T-shirts, running vests and hoodies are available on our online shop, as well as our branded sports water bottles to keep you hydrated along the way!

Visit shop.forgetmenot.co.uk



How to get started with your fundraising...

To fundraise while you take part in the Extra Mile Trial, you'll need to [sign up through our form here](#), or scan the QR code below. You can then create your own fundraising page where you can receive donations from your Facebook friends, share updates and monitor your progress.



Tips to increase your donations

1. Make your first donation yourself, even as little as £5 - research shows that fundraisers who kick off donations to their own challenge raise more money.

2. Share your fundraiser to your newsfeed and encourage your friends and family to do the same.

3. If you're joining in this challenge for a particular reason, share your story! If your Facebook friends get an insight as to why Forget Me Not is important to you, they're more likely to want to support you.

4. Include photos of your progress throughout the challenge - these posts gain more attention and will help people see how dedicated you are to the cause.

5. Make sure you thank your existing supporters. Giving them a shoutout on your Facebook page will help them feel valued, and encourage others to get involved.

6. Let people know that every penny counts - no matter how big or small the donation. Even if they can only donate the cost of a coffee, it all makes a real difference.



Don't forget to use the hashtag on your posts #extramiletrial

Frequently asked questions

What is the Extra Mile Trial?

Our Extra Mile Trial is an easy way to get everyone moving and fundraising in 2024! The idea is that you do an extra mile a day – that could be on top of exercise you're already doing, or it could be the push you need to get you outside.

A mile is a manageable distance for most people, and it's something you can do by yourself or with friends and family, including the four-legged variety!

The challenge is to clock up an extra mile every day in February which, as it's a leap year, is 29 days. And to encourage friends, family and work mates to sponsor you for your efforts. Every penny you raise will help us support local children and families across West Yorkshire.

How do I sign up to the Extra Mile Trial?

To sign up, you'll need to [complete this form](#), then create your fundraiser on Facebook. You'll then get your own individual profile where you can post your updates, and where your Facebook friends can donate.

You'll also be able to [join our Facebook group](#), where we'll be sharing tips and keeping everyone motivated throughout the month!

What do I get when I sign up?

Everyone who takes part gets an information pack, access to our [fundraising community on Facebook](#), a downloadable "I raised" sign to fill in with your total, and a digital certificate on completion.

If you raise £100 or more, you'll also get a 2024 Forget Me Not fundraiser medal which will be posted out to you once the challenge has ended.

Who can donate to my Facebook fundraiser?

Your fundraising page will be public, so anyone on or off Facebook can view it, but only those with a Facebook account can donate to your page.

If someone wants to make a donation but they don't have a Facebook account, you can either donate to your page yourself on their behalf, or donate directly to us. If you do, please make sure you let us know, so we can accurately track your total!



Frequently asked questions

How are my miles tracked?

To track your distance, you can plan your route before you set off, or download an app on your phone to track your mile as you're doing it.

We don't ask for proof of your daily miles being completed - we trust you! If for any reason you can't manage your mile on one day, you can always make it up another day - it's the total that counts!

What if I have mobility issues?

Everyone can take part, because you can cover your mile however you like! Whether you use a mobility aid, or even if you want to swim your mile, do whatever's right for you.

Is there a minimum amount I need to raise?

Definitely not! Every penny makes a difference to the local children and families we support.

When should I do my challenge?

The challenge runs throughout the month of February – all 29 days!

Can children take part?

Of course! This is a great challenge for the whole family, including any four-legged friends. Maybe you could play games while doing your mile, like - how many different birds can you spot on each walk?

What if I don't complete 29 miles?

Everyone who signs up will get their certificate for taking part in the challenge, whether you manage the full distance or not. Every mile and every penny counts, so you've still made a difference!

How do I claim my certificate and medal?

You don't need to do anything - we'll get your certificate and medal to you once the challenge has ended. You'll receive your certificate digitally, and **if you've raised over £100 you'll also get a medal** in the post. If you don't receive anything from us, please let us know at events@forgetmenotchild.co.uk



extra mile trial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 And we're off!	2	3	4
5	6	7 First week done! 	8 	9 You've walked up Yr Wyddfa and back!	10	11 So far I've raised
12	13	14	15 Half way there!	16	17	18
19	20	21 So far I've raised	22	23 You've covered the steepest route up Kilimanjaro!	24	25
26	27	28	29 Congrats! 			

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