



forget
me
not
children's
hospice

celebrating
10
years



 FMNHeroes



GAMING CHALLENGE

Be a hero for children and families



GAMERS GUIDE

Registered Charity No. 1110457



Be a hero for Forget Me Not by taking on your own sponsored gaming challenge. Whether you choose a solo Fortnite marathon, speed running or a gaming tournament with friends, set your own challenge and play at a time to suit you. Level up your fundraising by live-streaming your game to encourage your followers to donate while you play.

Join our #FMNHeroes by signing up today for just £5. Then choose your challenge, set your fundraising target and get playing. Once you've completed your challenge, let us know and we'll send you a special 10 year anniversary medal to celebrate your hero status. Anyone who raises over £50 will also receive a Forget Me Not t-shirt.

SIGN UP NOW

WELCOME TO #FMNHEROES



Thank you for taking on our gaming challenge. We're so excited to have you on our team of #FMNHeroes! In this guide you will find ideas on how to fundraise by gaming, how to stream your game and tips on how to hit your fundraising target.

If you have any questions please get in touch at
events@forgetmenotchild.co.uk

BE A HERO FOR LOCAL CHILDREN AND FAMILIES

Local children with life-shortening conditions and their families need heroes. They need people like you to step up and play the game. To play to win, to play to raise vital funds that mean we can be here to support them, whatever their future holds. To be here to help them spend precious time together, making magical memories to last a lifetime and to be here to support them through the most difficult times imaginable.

At Russell House, our children's hospice, we've been caring for children and families for 10 years, helping them feel a little less exhausted, a little less alone and a lot more supported. In 2021, we're celebrating our 10th birthday and need your gaming skills to help us ensure we can continue to be here for the next 10 years too.

Thank you for being a hero for local children and families!

READY PLAYER ONE

HOW TO GET STARTED



First, you'll need to choose your challenge. There are lots of ways you can fundraise while gaming – here are just a few ideas to get you on your way:

- Streaming marathon – can you play for 24 hours?
- Speed running – how quickly can you complete your favourite game?
- Gaming tournament – perfect for a group of friends to play together - who will be crowned champion?
- Take on a gaming challenge – can you complete a game in maximum difficulty?

UNLOCK YOUR ACHIEVEMENTS

SETTING UP YOUR FUNDRAISING PAGE



Once you have chosen your challenge, you'll need to set up a JustGiving fundraising page.

Here are some tips for your page:

- Upload a photo – fundraisers with photos tend to raise more
- Let people know why you are fundraising – do you have a personal connection to Forget Me Not you'd like to share? Or let people know you believe in what the charity does.
- Set your target – set an achievable target and set milestones if you can
- Incentives – if you decide to use incentives such as shaving your head once you reach your total, make sure you list these on your fundraising page and mention them on your stream
- Spread the word – make sure you promote your challenge to all your online friends!

LEVEL UP

STREAMING YOUR GAMING CHALLENGE

Fancy livestreaming your gaming challenge? It's a great way to engage people with your challenge, inspiring them to donate to your cause while they watch you play. Plus, it will help you keep going!

There are lots of streaming platforms you can use. Twitch is a popular option or you could use Facebook Live or YouTube. [JustGiving's streaming guide](#) is really useful and YouTube has lots of video tutorials to help you get set up.

Of course, you should only stream online if you are 17 years old or above and it's something you feel comfortable and happy doing. If not, you could set up a private gaming marathon between friends and ask them for donations. Or just play on your own – you could still post updates on social media to encourage your followers to keep donating as you play!





MAKE AN UPGRADE **HOW TO SMASH YOUR TARGET**



Here are some fundraising tips to help along the way:

- Use fundraising targets – you could do a handstand when you reach £100, or eat a spoonful of mustard for £20. There are loads of ways to raise your total. Make a list of small challenges to share with your viewers to help you hit your target. Remember: make sure they are things you are willing to do!
- Consider giving away freebies – do you have unwanted gifts you could give away during your livestream? When you hit the halfway point you could give a random donor a prize. (Don't forget to work out how you will get the gift to the donor).
- Interaction and thanking – make sure you thank everyone who donates to your stream as you go along. Why not give them a feelgood shout out?
- If you hit a slump with your fundraising, get it going again by encouraging a 'donation train'. Ask your viewers to donate £2 each and keep the train going as long as possible. These smaller amounts could help you hit your total.

DONT GET REKT

PLAY IT SAFE

Too much screen time isn't good for you. Here are some tips on looking after yourself while gaming:

- Take regular short breaks – get up and stretch your legs for at least a few minutes every hour
- Keep hydrated – make sure you have plenty of water and snacks to hand
- Give your eyes a rest – taking a few minutes every hour to rest your eyes away from the screen
- If you're feeling unwell, stop the game – your health and wellbeing comes first, even if you've committed to more hours.

If the game you have chosen is rated 18+ you must make sure you mark your stream age appropriately on your streaming platform. Similarly if the language will not be PG you must make sure this is clear to any potential viewer. Please be respectful when representing Forget Me Not Children's Hospice.

If you're aged 16 or younger, please don't use streaming platforms. Make sure you play age-appropriate gaming and only with the support of a responsible adult. For advice on how to protect children online, visit

www.internetmatters.org.

The World Health Organisation has recently recognised gaming disorder (where you feel compelled to keep playing to the detriment of other activities or to your wellbeing) as a medical issue. Although not common, this is something to be mindful of. If you are concerned you can find more information and [support here](#).



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FOLLOW US

Follow us on [Facebook](#), [Twitter](#) and [Instagram](#) and tag us in your posts. Use the hashtag **FMNHeroes** to tell people you're taking part in our gaming challenge.

THANK YOU

Thank you for supporting Forget Me Not
Children's Hospice and celebrating
10 years with us!



forget
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not
children's
hospice



Forget Me Not Children's Hospice supports children with life-shortening conditions and their families across West Yorkshire. All the money raised in our gaming challenge will help to fund the vital work we do for families facing or living with the loss their child.



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