

Schools



# Take on the 1k Challenge



[gosh.org/1kchallenge](https://gosh.org/1kchallenge)

# Your support makes a difference

Great Ormond Street Hospital is a place where extraordinary things happen every day.

The money you raise could:



Help us to **rebuild the hospital** and create bigger wards with more space for children, staff and families, and ensure that there is **space for a parent or carer to stay overnight**.



Make sure that our doctors and nurses have **the most up-to-date equipment**.



Support **ground-breaking research** into finding new cures and treatments for rare diseases.



Fund support services, such as our amazing team of play specialists, who **make a real difference to our patients** while they are in hospital.

## Meet Daniel



**Daniel was born with a rare condition called exomphalos, which meant his liver and bowel formed outside of his body.**

He was rushed to GOSH and had an operation within hours. His mum, Alisa, praised the clinical team, saying: "without them I wouldn't have him."

Daniel spent the next two months in hospital, with his parents staying in accommodation funded by Great Ormond Street Hospital Children's Charity.

After many years of frequent check-ups, Daniel is now a healthy 13-year-old who has recently completed a sponsored walk to support GOSH.

# Choose your challenge

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Hold a **1k race** – walk it, run it or even scoot it!



Ask your class to complete **1,000 star jumps or shuttle runs.**



Split your 1,000m into a **relay**, with 10 sections of 100m.



**Get inventive!** Don't forget you can complete your 1,000m relay any way you like. How about:

- an egg and spoon race
- a three-legged race
- skipping

The decision is all yours!

# It's time to take on the 1k Challenge

1

## Choose what you want to do

You could run or walk 1,000m, or maybe get together with classmates to do 1,000 star jumps!

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## Pick a date

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## Get fundraising

Make sure everyone has a sponsorship form, or set up a school online fundraising page on [justgiving.com](https://www.justgiving.com)

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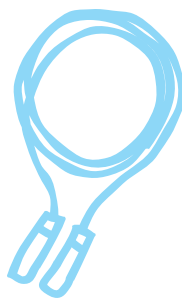
## Tell people about your challenge!

Display posters at school, put your challenge in the school newsletter and email the information to parents.

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## Invite everyone to come and watch you complete your challenge

Make it even more fun by doing it in fancy dress!



# Pay in the money you've raised

Once you have finished your fundraising activity, please complete and return this form to the address on the right or make your donation online.



## Your details

- ☐ Tick this box if you require no acknowledgment
- ☐ Tick here if you would like an email acknowledgment only.  
Please make sure that we have your email address.

Supporter number (if known)

Title  First name

Surname

Organisation (if appropriate)

Address (If you are an organisation, please ensure this is your organisation address)

Postcode

Telephone no.

If you have an online fundraising page, please provide the web address

Why did you decide to fundraise for us?

## We'd love to stay in touch

As well as thanking you for your generosity, we'd love to be able to keep you up to date with the other work that's happening here in the hospital by email, as this will help us to reduce our costs.

Email

☐ I am happy to be contacted about your work and appeals via email.

The charity will hold the information you give us for communication, marketing and administration purposes in accordance with the Data Protection Act 1998. If you do not wish to receive appeals from the charity in the future, please call Supporter Services on 020 7239 3131, email [supporter.care@gosh.org](mailto:supporter.care@gosh.org) or write to us at GOSHCC, 40 Bernard Street, London WC1N 1LE.

## Event details

Name of event

Date of event   /   /

How much did you raise?

We recommend that you count all funds in the presence of a witness.

Signed  Date   /   /

Great Ormond Street Hospital Children's Charity. Registered charity no. 1160024.

## Online donations

can be made at  
[gosh.org/1kChallenge](https://gosh.org/1kChallenge)

Please pay the total proceeds from your event in one deposit.

**Cheques** should be made payable to 'Great Ormond Street Hospital Children's Charity' (or 'GOSHCC') and can be sent to:

Community Fundraising  
Great Ormond Street  
Hospital Children's Charity  
40 Bernard Street  
London WC1N 1LE

**Please do not send cash.**

## For office use only

Campaign code

**CM01**

Appeal code

# Thank you

for taking on the  
1k Challenge



Find out more about  
fundraising at your school  
by visiting **[gosh.org/schools](https://gosh.org/schools)**

Get in touch at  
**[schools@gosh.org](mailto:schools@gosh.org)**  
or 020 7239 3131