



**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

HOW YOU CAN HELP

This **small book** is packed full of ways you can help transform young lives.

A close-up photograph of a child's hand and forearm. The child is wearing a white hospital gown. On their forearm, there is a red, mesh-like medical device that appears to be a sensor or part of a treatment. The device is illuminated from within, casting a soft red glow. The background is blurred, showing a hospital room setting with a bed and some medical equipment.

Great Ormond Street Hospital
(GOSH) is a place where seriously ill
children from across the UK come for

**life-changing
treatments.**

Every day brings new challenges at Great Ormond Street Hospital.

Every day, 618 children and young people from across the UK arrive. Every day, doctors and nurses battle the most complex illnesses, and the brightest minds come together to achieve pioneering medical breakthroughs.

And every day is a chance for you to make a difference.

This extraordinary hospital has always depended on charitable support to give seriously ill children the best chance to fulfil their potential.

**A BETTER FUTURE FOR SERIOUSLY ILL CHILDREN
STARTS HERE.**

59

CHILDREN

undergo life-changing
operations at GOSH

EVERY DAY.

644

potentially life-changing

RESEARCH STUDIES

are active at GOSH

EVERY DAY.

*These figures are based on annual data for 2016/17 financial year.



Erin, age three, has a complex combination of symptoms and no diagnosis for her condition. Erin loves Power Rangers and dinosaurs and has lots of friends across the hospital.

The power of your pounds

£25

could cover the cost of a **portable light**, which is vital for assessing critical information in surgeries where dim lighting is required

£44

could help **give parents a good night's sleep** in our accommodation, while their child is in hospital

£81

could cover the cost of **one of our Play team** for a day, so that the hospital offers more than just treatment

£154

could support a large laboratory for half a day to allow researchers to **pioneer new treatments** for children with severe arthritis

£1,500

could buy a **pump to administer medication or pain relief** to children at GOSH

FUNDRAISING AT WORK

Dress down or up day

Make a change from your usual workwear and wear something different for a day. You could go for an 80s theme, a casual wear day or a celebrity lookalike challenge. Wear whatever you fancy, just make sure everyone donates!

Office relay

Run a marathon, cycle from Lands End to John O'Groats or row the Boat Race without even leaving the office. Get a treadmill, exercise bike or rowing machine set up and work in teams to see who can get the best time. Collect sponsorship and turn it into a competition. You could also run, walk or cycle between your offices, clients or local landmarks.

Charity of the year

Does your company have a charity to support all year round? We can create a bespoke calendar of fundraising events tailored to your workplace and support you along the way to hit your fundraising target.

Bring and buy

Ask colleagues to bring in any unwanted items for a pop-up shop in the office. They can bring anything from DVD's, clothes and books to children's toys. This is a good one for the new year or a spring clear out.

Quick wins!

- quiz night
- bacon butty breakfast sale
- collection can at reception
- charity tuck shop
- office fines box (make a donation every time you break the rules!)
- wine and cheese night
- company car wash
- sweepstake (download one at gosh.org/sweepstakes)

Matched giving

Don't forget to check whether your company runs a matched giving scheme – it could be a chance to double your money.

For more information or for a copy of our *Fundraising at Work* guide, please call **020 3841 3841**.





Put on a *Peter Pan* performance!

Celebrate the best bits about being a child and put on a play about the boy who never wanted to grow up. Find out more about Peter Pan's connection to GOSH and order a free script at gosh.org/peterpanatschool.

Hold a charity own-clothes day

Uniform-free days are always popular. They're easy to organise and a fantastic way to raise money for GOSH.

Try our sporty 1k challenge

Get active while fundraising with a sporty challenge. Pick an activity linked to the number 1,000 – like a 1,000m relay race or 1,000 star jumps. Anything goes! Find out more at gosh.org/1kchallenge.

Sponsored games

Have fun, raise money and learn along the way. Our Body Challenge sponsored game teaches children about the hospital and tests their knowledge of the human body. We have a selection of challenges available at gosh.org/sponsoredgames.

For lesson plans and more fun ways to fundraise, visit gosh.org/schools.

CLUBS AND ASSOCIATIONS

Charity of the year

Does your club or membership group have a chosen charity this year? Whether you hold one fundraising event or several throughout the year, we are here to give you ideas and support you along the way. If you would like a talk from one of our volunteers please visit gosh.org/talks.

Golf clubs

Why not organise a best ball or hole-in-one competition at your golf club? Or take on the ultimate challenge to complete as many holes of golf in a day as you can! Alternatively, you could hold a fundraising lunch and raffle and ask local companies to donate prizes. Find out more at gosh.org/golf.

Sports clubs

Could you organise a charity match at your local tennis, football or rugby club? Why not add a fundraising element to your summer BBQ or Christmas party? All the family could get involved with collections and a raffle.

"Seeing how much we've raised at the end of the day is definitely the highlight!"

Mark has recently organised his seventh annual golf day to raise funds for GOSH.

DO YOUR OWN THING

Charity ball and auction

Why not add a bit of glitz and glamour to fundraising? Go big with a charity ball and auction and invite your friends, family and colleagues.

A GOSH night in

Staying in is the new going out! Celebrate your evening with a dinner, film night or pamper party. Or why not get a group of friends together and have a *Come Dine With Me* competition?

Fashion

Strut your stuff on the catwalk with a show to set the fashion world on fire! Or organise a clothes swap event and donate funds raised from the entry fee to GOSH.

Give it up for GOSH

Get sponsored to give something up for a month. It could be chocolate coffee or cake – whatever you like.

Celebrate and donate

Celebrate a special occasion by asking for donations to GOSH instead of gifts. For more information, please visit gosh.org/celebrate.

"Fundraising gives us, our family and our friends a real buzz."

Clive, dad of GOSH patient, Ava.

CHALLENGE YOURSELF

Run

Lace up your trainers and put your feet to the test in one of our fantastic running events.

Cycle

Get on your bike and use pedal power to complete a two-wheeled challenge.

Trek

From trekking the Isle of Wight to climbing Mount Kilimanjaro, the adventure of a lifetime awaits!

Triathlon

Crank up your challenge by running, cycling and swimming to conquer a triathlon.

Jump

Thrill-seekers look no further – our adrenaline-filled skydives are the perfect fundraiser for you!

Visit gosh.org/get-involved to find your next challenge!

Five-year-old **Lily** is big sister to Harry, who is treated at GOSH for his epilepsy.



BAKE IT BETTER

Hold a bake sale and help transform the lives of seriously ill children.

Whether you're an amateur baker or a patisserie pro, by signing up to Bake it Better you'll give our young patients the best chance to fulfil their potential.

Join the hundreds of bakers around the UK who hold bake sales at work, home, school and in their community groups every year. Raising money for charity has never tasted so good!

gosh.org/bakeitbetter

GET YOUR
**BAKE
ON**



**GREAT
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**Bake it
BETTER**

RBC RACE FOR THE KIDS

Whether you're a superstar sprinter or you prefer a leisurely stroll, we'd love you to join us for our flagship event!

All ages and abilities are invited to come and take part in our annual 5k fun run. There will be plenty of other activities throughout the day to keep you and your family entertained.

Get your family and friends together to form a team and raise vital funds for GOSH.

gosh.org/raceforthekids



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LONDON SANTA DASH

Be part of our festive fun run,
dressed as Santa!

This exciting event is guaranteed to get you in the
Christmas spirit. Run like Rudolph, dressed like Santa!

Dash away over a 5k or 10k distance and help us make
Christmas even more extraordinary for our patients.

Everyone who enters will get their own free Santa suit.
Ho,ho,ho!

gosh.org/londonsantadash

LONDON SANTA DASH



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VOLUNTEER

GOSH Charity simply wouldn't be able to do what we do without our amazing volunteers.

Community ambassadors

Volunteer community ambassadors are the face of the charity and hospital in the community. Cheer at our events, attend cheque presentations and thank our supporters face-to-face. Or, why not become a public speaker and speak at local community groups, societies and schools in your area?

For more information, visit gosh.org/volunteer.

Cheering station volunteers

Join us at our outdoor events and cheer on #TeamGOSH. To find out how, visit gosh.org/cheer.

Volunteering in the hospital

Join the hospital Volunteer team and play an important role in hospital life. For more information, visit gosh.nhs.uk/volunteer.

"I can really see the difference that giving up just a few hours can make. It's really rewarding!"

GOSH Charity Ambassador, **Carol**.

OTHER WAYS TO SUPPORT US

Donation

Thousands of children come through the doors of Great Ormond Street Hospital every year. Your donation will help support the hospital's patients and families. It's a quick and easy way to make a difference. To make a donation, visit gosh.org/donate.

Make a regular donation

By setting up a regular gift at gosh.org you can help make an ongoing difference to the lives of seriously ill children and their families at the hospital.

Write or update your Will for free

We've teamed up with two Will-writing services that are simple and completely free to use. There's no obligation to leave us a gift in your Will but once you've considered all the important people in your life, we hope you'll be inspired to kindly leave a legacy. Any gift left in a Will, no matter how large or small, will help us to provide world-class care for generations of children to come. Find out more at gosh.org/freewill.

Gift Aid

Add an amazing 25% to your donation in one easy step. Visit gosh.org/giftaid.

GOSH SHOP

You're sure to find the perfect gift for family and friends at the GOSH shop.

From travel cups and notepads, to bags and Peter Pan pyjamas, the GOSH shop has a great range of gifts. The best part is that **100% of the profits** go towards helping the seriously ill children at Great Ormond Street Hospital.

Browse the online shop at gosh.org/shop.

Three-year-old **Connie** is treated at GOSH for a heart condition and will need a transplant.

STAY IN TOUCH

Contact the team

supportercare@gosh.org
020 3841 3841

Find out more

gosh.org

E-news

gosh.org/e-news

Follow us

-  GreatOrmondSt
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A better future for seriously ill children **STARTS HERE.**

On the cover: **Isita** is five years old and is having cancer treatment at GOSH.



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