Take on the 1K CHALLENGE

gosh.org/1kchallenge
Your support makes a difference

Doctors and nurses at Great Ormond Street Hospital (GOSH) treat seriously ill children from across the UK.

The money you raise could:

Help us to rebuild and refurbish wards and medical facilities so the hospital can treat more patients in the best possible surroundings.

Make sure that our doctors and nurses have state-of-the-art medical equipment to help treat the toughest and rarest conditions.

Support groundbreaking research into finding new cures and treatments for the most complex childhood illnesses.

Fund support services such as our amazing team of play specialists, who raise spirits and support children and young people through their treatment.

Meet Olivia

Olivia is a patient at GOSH. After she was diagnosed with a brain tumour, she found it difficult to walk. Thanks to the treatment she received at GOSH, Olivia is now much better and she can jump and run quicker than she has ever been able to! She has even taken part in a scooter challenge to raise money to help other children.
It’s time to take on the 1k Challenge

1. Choose an activity
   - Your class could run, walk or ride a scooter for 1,000m. Or why not challenge them to do 1,000 star jumps?

2. Pick a date
   - Choose a day and time to complete the 1k Challenge.

3. Get fundraising
   - Make sure everyone has a sponsorship form, or set up a fundraising page on justgiving.com.

4. Tell people about your challenge!
   - Display posters at school, put your challenge in the school newsletter and email the information to parents.

5. Invite everyone to watch
   - Make it even more fun by encouraging family and friends to watch your class complete the challenge.

Pay in your cash donations to GOSH – details of how to do this are overleaf!
Choose your challenge

Hold a 1k race – walk it, run it or even cycle 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 choice is yours!

Let our fundraising team know what you’ve got planned and request fundraising materials for your 1K Challenge. Call us on 020 7239 3131 or email schools@gosh.org.
Pay in the money you’ve raised

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

- Tick here if you require no acknowledgment of your fundraising.
- Tick here if you would like an email acknowledgment only. (Please make sure that we have your email address.)

**Your details**

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<th>Supporter number (if known)</th>
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<td><strong>Title</strong></td>
<td><strong>First name</strong></td>
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<td><strong>Organisation (if appropriate)</strong></td>
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**Address** (If you are an organisation, please ensure this is your organisation’s address)

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<th>Address</th>
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If you have an online fundraising page, please provide the web address

**Why did you decide to fundraise for us?**

We (Great Ormond Street Hospital Children's Charity and its trading subsidiary Great Ormond Street International Promotions Limited) will always treat your personal details with the utmost care and will never sell or swap with other organisations for their marketing purposes. We will keep your data safe and private, holding the information you provide for communication, marketing, analysis and administrative purposes.

We will send you postal information based on our legitimate interest to communicate with you, but rest assured you can stop receiving this, or change any of your preferences at any time by contacting us on 0203 841 3131 or at supporter.care@gosh.org or by writing to 40 Bernard Street London WC1N 1LE. For full details of what information we hold and how we process your data, please visit [gosh.org/privacy](http://gosh.org/privacy).

**Event details**

<table>
<thead>
<tr>
<th>Name of event</th>
<th><strong>Schools 1k Challenge</strong></th>
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<tr>
<td>Date of event</td>
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How much did you raise?

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

**Signed**

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**Online donations** can be made at [gosh.org/donate](http://gosh.org/donate). 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 GOSH Charity 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.

**Supporter number (if known)**

**Title**

**First name**

**Surname**

**Organisation (if appropriate)**

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

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**Why did you decide to fundraise for us?**

| Date of event | [ ]/ [ ]/ [ ]/ [ ]/ [ ] |

If you are happy to hear from us about news, fundraising, events, products from our shop and how your support is benefiting seriously ill children, please tick the relevant boxes below:

- I would love to hear from you by telephone
- I would love to receive emails
- I would love to receive text messages

We will send you postal information based on our legitimate interest to communicate with you, but rest assured you can stop receiving this, or change any of your preferences at any time by contacting us on 0203 841 3131 or at supporter.care@gosh.org or by writing to 40 Bernard Street London WC1N 1LE. For full details of what information we hold and how we process your data, please visit [gosh.org/privacy](http://gosh.org/privacy).
Stanley has a genetic condition that prevents his skull from growing normally and causes pressure on his brain. He has been treated at GOSH since he was eight weeks old.

Thank you for taking on the 1k Challenge

Find out more about fundraising at your school by visiting gosh.org/schools

Get in touch at schools@gosh.org or 020 7239 3131