

SCHOOLS



Take on the **1K**
CHALLENGE

gosh.org/1kchallenge



**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**

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](https://www.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.

GOSH patient **Noah**, age 7, practising his scooter skills.



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.

Your details

- 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.)

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)

Postcode

Email address

Telephone no.

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.

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

Online donations can be made at 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.

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 /

For office use only

Campaign code

C14082

Appeal code

CM01A



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



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