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We can also send you balloons and stickers through the post, to help with your fundraising!







#### Thank you!



#### Dear

Firstly, thank you for registering to take part in **Miles4Smiles**, our fundraising initiative designed exclusively for primary schools.

We know there are hundreds of fundraising opportunities that schools can get involved with, and for many worthy causes, so your support of Royal Manchester Children's Hospital really is hugely appreciated. We also know that many school communities fundraise for their own school and that this may be a consideration for you. If this is the case, we would be happy for you to split the proceeds of your **Miles4Smiles** fundraising between your own school and our Charity. Please just let me know.

The aim of Miles4Smiles is to raise sponsorship by taking on a sponsored walk, run, hop, swim or any other physical activity of your choosing, in recognition of the often long distances travelled by our patients in order to receive expert care in our hospital. We ask pupils from a class, year group, or even a whole school, to come together to cover the distance that our patients have to travel in order to receive the specialist treatment and care they need, whether that is for a one-off appointment, or management of a long term condition.

#### Our aim for this initiative is;

- To have fun whilst also learning about the difference that supporting a charity can make.
- For pupils to understand how far our young patients travel to our hospital to receive their care.
- For pupils to understand the importance of physical activity and a healthy lifestyle.
- To provide an opportunity to support your Healthy Schools Programme targets.

The enclosed pack is packed full of tools to help with your Miles4Smiles fundraising. And remember that we are here to support you, so do get in touch if you have any questions or ideas for our fundraising that we can help with.

Kind regards

Schools Fundraising Team Royal Manchester Children's Hospital Charity

Tel:

**Email:** 









#### Our Patients' Journeys



#### **Guide for Teachers**

We have provided a selection of patient stories, showcasing a range of distances that our patients have to travel to receive specialist treatment and care at Royal Manchester Children's Hospital. You can select an appropriate distance for your pupils, depending on the size and age of the group undertaking the fundraising, or how long you plan to fundraise for.

You can use one distance or as many as you like. You may like to set the same distance for different groups to cover, so that they can compare how long it takes them or to add an element of competition to your activity! You may like to select one journey per month, half term or term.

Please get in touch with us if you'd like more distances to choose from. Alternatively, if one of our patients is a pupil at your school, you could use their distance instead.







# Our Patients' Journeys





Ishika: 10 miles

When Ishika was 14 she started suffering from laboured breathing and was suddenly rushed to hospital from her home 10 miles away after deteriorating rapidly. She was in ICU and then a medically-induced coma after suffering from a pulmonary haemorrhage. Ishika was in hospital for a number of weeks around Christmas time, so each December her family like to make a donation to the hospital.



Iqra: 52 miles

A special day for Iqra was ringing the End of Treatment Bell after being diagnosed with a form of leukaemia aged 12. Just before that amazing day, Iqra was travelling to the hospital every fortnight, which means she averaged 52 miles per month. We're pleased to hear she is now visiting us less thanks to the excellent care she received.



Oliver: 104 miles

Oliver has a severe form of kyphoscoliosis, a condition which affects his spine and means he will be under the care of surgical teams throughout his childhood. Having once stayed in hospital for about a year, Oliver now has check-ups every three months, but around the times when he is due a procedure, this escalates to about four visits a month – totalling 104 miles per month between hospital and his home in south Stockport.



Ella: 156 miles

Ella, who has a rare condition which causes severe kidney problems, has regular check-ups. Sometimes, she needs to come into hospital three times a week – a total of 156 miles from her home in Whitworth, Lancashire.



**Hughie: 296 miles** 

Hughie, who has been fundraising for the Charity with his friend Freddie, has a type of cancer known as acute lymphoblastic leukaemia and attends hospital once a week for blood tests and check-ups. This round trip of 74 miles per visit means Hughie and his parents clock up about 296 miles per month.



**Charlie: 800 miles** 

Charlie lives in Barrow-in-Furness in Cumbria. He suffered severe burns as a young child after accidentally pulling a pan of boiling water on to himself. Whilst receiving specialist treatment for his burns, he had to attend the hospital four times a week – a distance of 800 miles.



## Ways to cover the distance





### Steps or distance?

You can choose to cover your distance either by the total number of steps counted, or by distance – whatever works best for your challenge!



#### The tag team

Each class/group could step in the school hall/playground for a specified time (15/30 minutes) and are 'tagged' by the next class/group who takes over. Repeat until every group has completed their specified time.



#### The classroom

Pupils could step on the spot during class time, whilst reciting times tables.

Whichever
method you use to
cover your distance,
we understand that all
distances covered by
individuals will be
approximate!



#### The school run

You may want to encourage pupils to walk to school instead of having a lift and use this to cover your distance.



#### The playground

Pupils could use their playtime and count how many steps they do.









# Miles4Smiles and the National Curriculum





#### **Geography**

- Look at the selected patient journey(s) on a map.
- Look at how far your school is from Royal Manchester Children's Hospital. Is it further, closer, the same? What kind of roads would you use to travel to the hospital – motorway, dual carriageway, A-roads?
- Can you work out how the journey can be undertaken by public transport?
- How far is your journey from home to school? How many miles do you cover in a week/month/term?
- Guess how long journeys are from school to the local park/supermarket/church/ theatre/train station etc.



#### **Numeracy**

- Measure the length of a step of each pupil.
   Whose is the shortest/longest? What is the average length of step?
- How many steps would you have to do to cover one mile?
- How many steps can you do in one minute?
   What is the average number of steps in one minute in the group?
- Using the average number of steps in one minute, how long would it take to step a mile?
- Practise those time tables whilst stepping!



#### **Citizenship**

- Think about the school's environment.
   If everyone walked the last mile to school,
   would this ease congestion around school?
   Would it reduce pollution? Would it be safer?
- What makes a healthy lifestyle? Physical activity/healthy eating? What are the benefits of a healthy lifestyle? How can this improve how you feel?



#### Literacy

 Devise songs/rhymes/poems to recite whilst stepping/walking. Do they motivate you?

 Write a sentence or paragraph describing your favourite walk.
 Where is it, what can you see/hear/ smell? How does the walk make you feel?











#### **Sponsor Form**



| Name of participant: | Address of participant: |
|----------------------|-------------------------|
| Event:               | Date of event:          |
|                      |                         |

#### This sponsorship form should only be used in conjunction with an official letter of recognition issued by the above named charity.

Sponsors please note – by providing your name, address and postcode and ticking the Gift Aid box you are authorising Royal Manchester Children's Hospital Charity to reclaim tax on the donations detailed below, given on the date shown, therefore increasing your donation by 25p for every £1 donated. You understand that if you pay less Income Tax or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all your donations, it is your responsibility to pay any difference. Please note – Gift Aid is not applicable to company donations and cannot be claimed against personal donations made against a company address or for any address without a postcode. Royal Manchester Children's Hospital Charity will not disclose any contact details to any organisation other than the Inland Revenue.

| Home address | Postcode     | Amount<br>given        | Date<br>given   | Gift Aid<br>Please tick   | Further info Please tick this box if you DO NOT wish to receive Charity mailings                             |
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#### **Sponsor Form**



| Name | Home address | Postcode | Amount<br>given | Date<br>given | Gift Aid<br>Please tick | Further info Please tick this box if you DO NOT wish to receive Charity mailings |
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| To be completed by Royal Manchester Children's Hospital Charity: |         |
|--|---------|
| Date monies received:  | war and |
| Total to be claimed via Gift Aid £                               | Total:  |

All forms must be returned to Royal Manchester Children's Hospital Charity when sending in your money. Please make cheques payable to Royal Manchester Children's Hospital Charity, Citylabs 1.0, Maurice Watkins Building, Nelson Street, Manchester M13 9NQ.

Royal Manchester Children's Hospital Charity is part of Manchester University NHS Foundation Trust Charity. Registered charity number 1049274.

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## We did it!

Thank you to everyone who took part and supported our Miles4Smiles challenge.

We raised a wonderful



for Royal Manchester Children's Hospital Charity

Find out more about the Charity at rmchcharity.org.uk











#### Royal Manchester Children's Hospital Charity

#### **Donation Payment Form**

Thank you so much for taking part in the Miles4Smiles campaign on behalf of Royal Manchester Children's Hospital Charity. Once you have completed your fundraising, simply fill in your details below and pop the completed form, along with the money raised, in the post to us. Please feel free to send us any photos of your fundraising activity too – we'd love to see your efforts!

Thank you for your support

| Please fill in your details below:   |
|--|
| Name:  |
| Name of school:  |
| Address:   |
| Postcode:  |
| Event organiser's name (if different to above):  |
| What activities/journey did you take part in as part of your Miles4Smiles fundraising?:  |
|  |
| Number of people that have participated in your challenge:   |
| Total amount raised:   |
| Donations to be made by:   |
| Online – Please visit rmchcharity.org.uk/donation-form-general to make a donation online.  |
| Please provide details of the date you made the payment here:  |
| Cheque – Cheques should be made payable to Royal Manchester Children's Hospital Charity.   |
| If you are paying by cheque, please detail the number of cheques enclosed:   |
| Bank transfer – Please contact us for details on 0161 276 4522.  |
| Once you have made the payment, please provide details of payment reference and the date you made the payment here:  |
| Once we have received your donation we will send you a thank you letter and certificate detailing the amount you have raised.  |
| If you prefer to receive your thank you by email, please tick and provide your email address here:   |
| If you would prefer not to receive a thank you, please tick here.  |
| Please tick here if you would like to sign up to receive our e-newsletter, to stay informed about more charity news, projects and events you could get involved in. If you haven't already, please provide your email address below: |

You can unsubscribe from receiving our charity e-newsletter at any time and you can view our Privacy Policy at: <a href="mailto:rmchcharity.org.uk/privacy-policy">rmchcharity.org.uk/privacy-policy</a>

How to return your form:

By email: <a href="mailto:charity.office@mft.nhs.uk">charity.office@mft.nhs.uk</a>

By post: Royal Manchester Children's Hospital Charity, Citylabs 1.0, Maurice Watkins Building, Nelson Street, Manchester M13 9NQ

# Get in touch

Contact the Schools Fundraising Team

community.fundraising@mft.nhs.uk
0161 276 4522
rmchcharity.org.uk





As a Charity, our aim is to make a real and lasting difference to the children and young people in our care by ensuring they receive the very best treatment in the very best facilities. We can only do this with the support of our donors.

Thank you.

#### We would love to stay in touch!

Sign up to receive our regular e-newsletter at <a href="mailto:rmchcharity.org.uk/contact/lets-keep-touch">rmchcharity.org.uk/contact/lets-keep-touch</a>





