



Aching Arms

2025/26 FUNDRAISING GUIDE

Your guide to fundraising for
Aching Arms



achingarms.co.uk

fundraising@achingarms.co.uk

07557 742825



Registered with
**FUNDRAISING
REGULATOR**



Aching Arms[®]



**"WHEN YOUR LEGS
GET TIRED, RUN
WITH YOUR HEART"**





Aching Arms *Fundraisers*

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Welcome
to
Team Aching Arms
we are your
biggest
cheerleaders!

**Thank you for making a huge difference!
It's because of you that we are able to reach
more bereaved parents and families who have lost a baby during
pregnancy, at birth or shortly after. Your fundraising efforts mean
that we can offer comfort and support to many more families than
before.**

We understand that beginning your fundraising journey can seem overwhelming at times. Whether it's reaching out to family and friends for donations, figuring out how to promote your fundraising challenge, or finding ways to increase donations to meet your target, we're here to assist you every step of the way. Our supportive and caring Fundraising Team, Karen and Ilana, is ready to help you, and this guide will provide you with the tools you need to get started.

1 in 4
of us will
go through the
pain and
devastation
of losing
a baby

Our Support Service 'Supporting Arms' is available to anyone who has been affected by the loss of a baby during pregnancy, at birth or shortly after, and it has no time limit, we are here for you whether your loss was last week or many years ago.

To talk to someone who has an understanding of what you're going through then please reach out by :



Call or Text - 0746 450 8994



Emailing - support@achingarms.co.uk

Visit our website www.achingarms.co.uk for more info

How your donations help:

"As an adult male, I honestly couldn't have imagined a teddy bear meaning that much to me, after all, it's not a 'blokey' thing, right?

Our daughter passed away shortly after she was born, we were given an Aching Arms bear at the hospital. I remember how touched I felt when we received our bear and how tightly my wife clenched onto it as we left the hospital.

We knew we weren't alone and we weren't leaving totally empty-handed. Our bear, Grace, has become a loved member of our family."

Jason - Bereaved Dad

Over 8,000

bears were given to bereaved parents last year, each bear provides some comfort to those who have lost a baby. Bears are also a way of letting people know they aren't alone.



We have expanded our support services to offer support for Dads, siblings and the wider family, this is rapidly growing and we are now supporting many families across the UK with our Dads group.

112

families were supported by our 'Supporting Arms' service last year.

We host a virtual meeting once a month for Dads which is proving to be helpful and supportive.

"Last night was certainly tough hearing other people's stories and sharing mine but I did come off the call feeling less alone in my grief.

I've found it hard to talk about in my day-to-day life as no one I know has / is going through this and have bottled a lot up since I lost my daughter.

The session went well, it was good"

Bereaved Dad

Fundraiser Stories



At Aching Arms, we take great pride in supporting our fundraisers throughout their fundraising journey. Each individual has a unique story that motivates them to raise funds in aid of Aching Arms, and we are honoured to share some of these inspiring stories and pictures in this guide.



"On the 3rd of September 2018 we experienced a miscarriage at 10 weeks. It was the worst experience. Painful in more ways than one. I was told about a wonderful charity called Aching Arms. They sent us a bear that had been donated by another bereaved family and it was such a huge comfort. I received a couple of emails from Aching Arms checking on me and asking how I was. At Christmas I donated the money I would have spent on cards to provide 2 more bears for other parents in our position."

Nick & Helen have fundraised by running the Great North Run many times. Helen completed the GNR Solo runs and the Virtual London Marathon in 2021. She is set to take on the GNR again in September 2025.

Nick also got his basketball team involved in fundraising and Aching Arms won charity of the year 2021.

Stuart and The Lost Boys Golf Society chose Aching Arms as their 'Charity of Choices' for their annual golf day. They raised an incredible £3,000 in aid of Aching Arms. Our volunteer Ellie proudly attended their prize giving and collected the cheque.



How your fundraising helps...

There are many ways your funds will help Aching Arms. As well as donating our bears to hospitals, your kind and generous donations go towards funding our 'Supporting Arms', and 'Supporting Arms for Dads' support services, the costs of getting our bears to hospitals, training for midwives and nurses on how to offer a bear and improve care for parents, our recently released Dad's Support Guide and our ongoing work providing comfort, raising awareness and supporting bereaved families.



"When the running got so tough, and my body was physically hurting, I thought about all the families Aching Arms support and how blessed I was to only be in temporary physical pain.

The strength of the families and of the staff at Aching Arms that support bereaved families, is what helped spur me on to the finish line".

Emma fundraised by running in the Egham Half Marathon. Emma wanted to fundraise in support of her best friends' who had sadly suffered the loss of their babies. Emma raised a wonderful £340 in aid of Aching Arms.

Kevin and his team, Rob, Mike, Phil, and Wayne, took on the challenge of climbing Ben Nevis in memory of Kev and Nikki's precious son, Stanley. They fundraised for 100 comfort bears in honour of Stanley's 3rd birthday.



How your fundraising helps...

£18

funds one bear in memory of a baby special to you that can be gifted to a family that has also gone through baby loss

£20

will fund a virtual support call with our Supporting Arms Service

£26

will fund an hours support call with our Supporting Arms Service

Kim's Story

Kim ran the Unleashed Performance Reading Half Marathon in April 2023 in memory of her twin daughter Maisie, raising an amazing £615 in aid of Aching Arms.

Here we share Kim's story.

"Back in 2020 me and my husband Nathan found out we were expecting after 3 years of trying following fertility treatment. Much to our surprise - it was twins! We were so excited for our new crazy adventure!"

In the second trimester I had an extra check up scan as I was suffering badly with hyperemesis and was quite poorly in and out of hospital. We had no concerns that anything was wrong with the babies. I went into the scan, excited to see them both. They said twin 1 (Myla) was absolutely fine, but as they went to scan twin 2 (Maisie) the look on their faces said it all, and then the dreaded words by the doctor... "I'm so sorry". The world seemed to freeze and I remember being in such denial and just screaming.

Aching Arms were amazing and a lifeline for me. They helped me keep strong throughout the rest of my pregnancy - offering support, advice, listening to me and to talk about Maisie. They also sent me a bear - which I took to the hospital with me and always kept it beside Myla when she was born. It bought me so much comfort."

I decided to run a half marathon in memory of our twin daughter Maisie and to raise money and awareness for Aching Arms.

My official time was 2 hours 5 minutes. Which I am super happy with and pretty proud of myself! I didn't stop once, I just carried on running, through all the aches and pains and questioning if I could do this - but always in the front of my mind was the reason I was doing this! I used that mental energy to push me through those last miles.

Crossing the finish line was so emotional for me, I just burst into tears and felt like that part of me was finally starting to heal.

It was such an amazing day and to complete my first ever half marathon in memory of our daughter and also knowing I've raised money to help and support many other families going through this is a very special thing and I'll always treasure this.



Mark's Story

From 10ks to half marathons, Mark has run in a number of different races in his hometown in Spain in aid of Aching Arms.

Here we share Mark's story...

In October 2018, I said goodbye to my nephew Joel, who the previous month had come into this world too early and couldn't stay. I had heard stories of people losing babies, but seeing my brother and sister-in-law going through it was heartbreaking.

Aching Arms were absolutely brilliant, and I was really impressed with the support that Adam and Ilana received. Their bear has brought them a lot of comfort and continues to do so.

Towards the end of 2018, I decided to start running. I hadn't really done much exercise since university, and realised that I needed to adopt a healthier lifestyle. I signed up to a few 10K races and enjoyed them, and then found that there was a half marathon near where I lived on the 22nd September 2019, exactly a year after losing Joel.

Therefore, I spent the whole of 2019 training for the half marathon. I did a total of nine 10K races between January and August, and raised as much awareness as possible about baby loss and the great work that Aching Arms did.

The big day came, and I successfully completed the half marathon, raising £892 in total for Aching Arms. It was comforting to know that these funds would help provide support to other bereaved families who had been through the same as Adam and Ilana. I have continued to run since then, and in every race I take part in, I feel as though I have Joel watching from above and cheering me on.



Before my first half marathon



Crossing the finish line with my daughters in my first half marathon

Getting Started

- If you haven't done so already, decide what you would like to do either as a challenge or hosting an event.
- Pick your date.
- Find your venue if you're hosting an event or decide on a suitable location for your challenge.
- Get online - Decide if you'd like to set up an online fundraising page (check out page 12 of this guide for some helpful tips). Using a JustGiving page is a great way to collect donations and sponsorship money. It's a quick and easy way to share details of your challenge with family, friends, colleagues, and contacts to help you reach your fundraising target
- Join our [Facebook Fundraising Group](#) to share your ideas with others, and get advice and support.
- Spread your message on your social media channels (take a look at page 12 of this guide for some useful information), and let your friends and family know about your event or challenge and how they can help you and sponsor you.
- On the day & after your event - please share your photos of your event or your challenge and tag us on social media, please feel free to also celebrate your fundraising on our Facebook group, we would love to know how your event went!
- Check out resources available to you - we have a range of fundraising materials that may help you with your fundraising and spreading awareness, from t-shirts and running vests for challenge events, to leaflets and posters for general events. Contact fundraising@achingarms.co.uk for more information.

How to pay in your donations

If you don't have an online fundraising page, the easiest way to send us the money you've raised is to first pay the money into your own bank account and then send it to [Aching Arms](#) via one of the following options:

1. Online donation

On our [website](#) via Beacon, by completing the online form. You can use your debit or credit card, Apply Pay or PayPal to donate.

2. Cheque Made payable to 'Aching Arms'.

Please include a note of your name and event details and post to: The Treasurer, Aching Arms, 33 Victoria Road, Brentwood, Essex, CM14 5DR.

3. Bank transfer

If you prefer this option, please contact us at fundraising@achingarms.co.uk and we can provide the bank account details.

We kindly ask that transfer of funds to Aching Arms is made within 2 weeks of your event.

Social Media Guidelines, Hints & Tips

You will find Aching Arms on Facebook, Instagram and LinkedIn

Click the icons below to find us



Now that you've signed up for your fundraising event. If you are comfortable doing so, you may like to share your story about why you're fundraising and what Aching Arms means to you. Here are some suggested posts for you to share along with the link to your online fundraising page.

Please remember that links are not clickable on Instagram and will need to be put in your bio.

I've signed up to fundraise in Aid Aching Arms, I'll be doing (insert challenge) in memory of (insert name).

Aching Arms brings comfort after loss, by bringing hope and comfort to bereaved parents aching arms by giving a teddy bear to hold. Each bear, is given in memory of another precious baby's life lost too soon and is a gift with love from one family to another.

Please read my fundraising page and donate if you can/ Please sponsor me and donate if you can x

.....

I've signed up to fundraise in Aid Aching Arms, because their mission means a lot to me.

I'll be doing (insert challenge) in memory of (insert name).

Please read my fundraising page and donate if you can/ Please sponsor me and donate if you can x

- Tag Aching Arms in your posts and stories @AchingArmsUK
- Use the hashtags #TeamAchingArms #AchingArmsFundraiser
- Use the graphics provided
- If you are comfortable doing so, then tell your story about why you are taking part in Fundraising for Aching Arms
- If you have an online fundraising page, engage and keep you supporters up to date. It can have a really great impact on your fundraising

Setting up a fundraising page?

We recommend you set up a Fundraising page by using a online fundraising platform such as [Just Giving](#) or [ENTHUSE](#).

Top Tips for your fundraising page

- ★ Add a photo - reassure your friends and family that they are on the right page by adding a photo of yourself - it can help increase donations by 42%.
- ★ Make it personal - You could increase your page value by 66% by adding your story (only share what you're comfortable with) remember it doesn't need to be long, share why you are fundraising for Aching Arms and why it would mean so much to you for others to donate or sponsor you.
- ★ Let people know how their donations will help the charity.
- ★ Add your fundraising target to your page - You can increase your donations by up to 44%!
- ★ Share your training runs through fitness apps. It has shown a 32% rise in page value!
- ★ Don't be shy - spread the word, and share your fundraising page with your friends, colleagues, families and networks. You can email the link, send it via WhatsApp or share it on your social media profiles. The more the merrier.
- ★ Ask & Ask again - remind people that you are fundraising and why, particularly as your challenge event gets closer.
- ★ Offline donations - If anyone gives you cash or cheque, you can also include these amounts to the offline part of your Just Giving Page. Watch your fundraising climb!
- ★ Finish line - remember to update your page with how proud you are and how your race went and to post your achievements online. It's a handy way to prompt people who have been meaning to donate.

Boost your fundraising



1

Host a Sweepstake and get competitive - ask people to make a donation to guess your finish time!

2

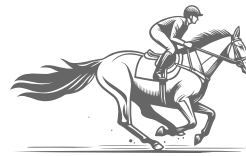
Host a bake sale at school or work, get colleagues, friends and family to help out with baking cakes. Who doesn't love cake?

3

Organise a raffle. Contact local businesses and see if they would be willing to donate prizes for your raffle. Just let us know if you'd like a letter from us confirming that you're hosting a raffle.

4

Host a quiz night or race night.



5

Organise a scratch card or football card competition.



6

Share your online fundraising page on payday.



7

Have a clear-out and have a car boot sale.



Gift Aid



If your sponsors are UK tax payers, make sure they tick the Gift Aid box when donating. They can boost their donation by 25% at no additional cost to them!

Keeping It Safe & Legal Guide

Guidelines for Fundraising in aid of Aching Arms

We want you to have fun and enjoy your fundraising but it is essential to ensure your event is safe and legal for all involved. Please take some time to read our brief guide. The guide highlights some areas you may need to consider, but this is not an exhaustive list as it is dependent on your fundraising activity.

Please consider any risks your fundraising activity might present and any regulations you should follow to ensure your event runs smoothly.

Please contact us if you have any questions. Your local council is also a good place to contact for public fundraising events.

Your wellbeing and safety are the main priority.

Health & Safety:

- Where possible, take someone along with you as you complete your challenge. If this is not possible, inform someone where you going, the route you will take, your start time and the time you expect to return.
- Please be sure to take precautions to keep fit and healthy. Do NOT take part in any challenges if injured or that may cause injury. Always check with your GP if unsure, or would like advice before participating in the challenge.
- If for any reason you are unable to participate through injury and/or other circumstances, we encourage you to take on your challenge at a later date or get in touch, and we can help you find another fundraising activity.
- Be sure to check the weather conditions before taking on your challenge, and wear suitable clothing for the activity you are undertaking.
- **Food hygiene and preparation:** please ensure you follow food hygiene rules for the safe preparation, storage, display, and cooking of all foods. Click here: [The Food Standard Agency](#) is a helpful source of information.
- **Allergies, intolerances, and food labelling:** please ensure you are aware of allergies. Ask your guests before your event of any known allergies, intolerances or dietary requirements. You may want to consider using food allergen warning labels that can be bought online. Click here: [Food allergy and intolerances](#).

General Fundraising Information:

- Please remember it is a legal requirement to tell donors of how Aching Arms is benefiting from the event or activity you are doing.



achingarms.co.uk



fundraising@achingarms.co.uk



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Keeping It Safe & Legal Guide

Guidelines for Fundraising in aid of Aching Arms

- If you are holding a public event in aid of Aching Arms you are responsible for ensuring that it complies with the law and is safe for all concerned. Aching Arms cannot and does not accept liability for your events or responsibility for accidents or theft/loss of personal belongings or equipment.
- When fundraising for Aching Arms please ensure that our registered charity number 1153296 is used on all promotional materials.
- Please refer to your fundraising as 'in aid of Aching Arms'.
- Please only use the official Aching Arms sponsorship forms from your Digital Fundraising Pack.
- Ensure you do not do anything that threatens Aching Arms reputation or name. If you do, we have the right to ask you to cease fundraising in aid of Aching Arms.
- Do not use any unlawful means by which to raise funds in aid of Aching Arms. The charity has a duty to report any illegal activity to the appropriate authorities.
- Do not carry out door-to-door collections or leaflet drops.
- If you are holding a raffle at an event and selling raffle tickets prior to the event date, you will need to obtain a small lotteries license to do this. They are usually around £40-50 and are attainable from your local borough council/the borough council in which the event is going to take place in. If obtaining a license is not possible, we suggest selling raffle tickets on the day.
- If you are collecting in a public place, you must obtain the necessary licences (such as local council if you would like to do a street collection) or permissions (such as shopping centres). You must show Aching Arms a copy of all licenses obtained prior to a collection.
- You have full responsibility and must accept full liability for the secure safekeeping of all funds raised or received through your fundraising event in aid of Aching Arms, and for the transfer of those funds to Aching Arms within 2 weeks of your event.
- You should obtain and maintain all adequate and appropriate insurances (if any) prior to the start of the fundraising activity and will indemnify Aching Arms in relation to any loss, damage, costs, claims, injury or death suffered by you or any third party.
- It is your sole responsibility to obtain all necessary and appropriate permits, licences, approvals, and consents prior to the commencement of the fundraising activity. You will abide by all by laws and regulations relevant to fundraising pursuant to the Charities Act 2011. Aching Arms is, in no way, liable for any claim which may arise from an event that you hold. It is important to understand that the individual/organisation is holding this event/activity entirely at their own risk and Aching Arms will not be liable for any injury or loss that may occur because of the activity/event.
- If you have any questions please contact us at fundraising@achingarms.co.uk or on 07557 742825.



achingarms.co.uk



fundraising@achingarms.co.uk



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Got a Question?

In this section of our fundraising guide, we have gathered a list of questions that you might have while you fundraise with us. Here, we will provide you with several examples accompanied by helpful answers.

'I want to promote the charity during my event/challenge, do you have an promotional material that I can use?' - We have a selection of our charity logos that can be used if you wish to get t-shirts and vests printed, or for use on posters, and/or social media platforms. We also have event posters that you are welcome to download from our [website](#). Please get in touch for more information.

'Can I have a running vest/T-shirt' - Yes, we can provide you with a running vest or T-shirt which can be brought through our shop for FREE using our unique discount code. All we ask is that you pay for the postage and packaging. [FREE Aching Arms T-shirt](#)

'Do you have a collection pot I can use?' - Yes, we have collection pots, and are happy to post one out to you. We ask that you fill in our collection pot form and to read through our guidelines. Contact fundraising@achingarms.co.uk.

'I am holding a raffle as part of my fundraising and want to ask for raffle prizes, do you have a letter I can give to my supporters?' - Yes, we have raffle letters that we can provide you with. Contact fundraising@achingarms.co.uk.

'I need some ideas and support on how I can boost my fundraising, can you help me?' - We are here to support you every step of the way. You can have a look at our A-Z of fundraising ideas (page 18-22 of this guide), you are also welcome to join our dedicated Aching Arms Fundraisers Facebook group too! This is the place to go to to share ideas, get support, give support, discuss plans and ask questions. You can also contact us at fundraising@achingarms.co.uk where we will be happy to help.

'I have signed up to run in aid of your charity, but I am no longer able to due to injury. How can I support Aching Arms still?' Sometimes injuries and/or other circumstances prevent our fundraisers from completing their event. There are plenty of ways you can continue to fundraise, from getting involved in one of our annual campaigns such as a Forget Me Not Tea Party, Miles in Memory, or by donating a bear. To other events, The Run for Charity platform will show you lots of different running and challenge events. You can sign up for to fundraise in aid of Aching Arms, and can filter to event type and geographical area for something that might suit you. Details can be found here: [Run For Charity](#). You could also take a look at our A-Z of fundraising ideas (page 18-22 of this guide)

'I don't have an online fundraising page, and would like a sponsorship form. Can you provide this?' - Yes! We have posters and sponsorship forms that we can provide for you. Contact fundraising@achingarms.co.uk, alternatively you can find them on our website here: [Sponsorship Form](#)

Got the Fundraising bug?

Check out our A-Z of future ideas

A

Abseil – try a sponsored abseil down a building or well-known landmark

Aerobics-athon – get active and hold a sponsored aerobics session, or maybe even a 12- hour event.

Auction of promises – walk the dog, clean the house, do the washing up for a week, offer to babysit – collect as many promises as you can and auction them off

B

Bake Off – get friends and colleagues to hold a Bake Off competition, you could be the judge!

Bring n Buy Sale – organise a sale with all proceeds go to Aching Arms

Baked bean bath – sit in some cold baked beans or persuade others to!

Beard shave – your own or someone else's – and get sponsored.

C

Cake sale – bake your own or ask for donations to sell.

Coffee morning – ask friends round for a cuppa and raise some money at the same time

Charity ball – organise a venue, food, entertainment and you could have great night and raise money

Craft fair – sell your own items at a craft fair or organise your own fair and ask crafty stallholders to pay for a stall

Candle sale – hold a candle sale and ask if your party organiser can give your commission to charity

Car boot sale – have a clear-out and take your items to a car boot sale

Cycle challenge – keen cyclist? Then why not set yourself a cycle challenge or have Aching Arms as your chosen charity if you are taking part in a long bike ride

Collecting tins – have one of our collecting tins in your shop or even in your home

D

Dress up days – ask work colleagues to dress up in their poshest outfits or silliest dress up clothes they can find

Dress down days – ditch the suits and formal office wear and go casual for the day

Dart-athon – get some mates together and play darts, how many hours could you manage?

Duck Race – people can pay to enter their rubber ducks into a race down a river

E **eBay selling** – if you use eBay you can select the option that allows you to give a percentage to your chosen charity

Easter egg hunt – hunt for chocolate eggs or place pictures of eggs around a playing field and get the kids to spot them all
Easter egg painting – hold a competition to see who comes up with the best painted Easter egg
Egg & spoon race – lots of fun for people of all ages and easy to set up

Easy Fundraising – sign up to www.easyfundraising.co.uk and earn money for Aching Arms while you shop online

F **Football match** – charity football matches are great fun, try kids against adults or girls against boys

Fishing match – if you know any keen anglers you could organise a fishing match

Flower bombing – plant flower seeds, that we send you, in your garden, a field or park
Face painting – get the face paints out, kids love it!

Film night – could be a children's party or a night in with your friends and family watching some films.

G **Garden Party** - invite your friends and family for a fun garden party – be prepared for British weather though!

Guess the ? – weight of the cake, name of the teddy, number of sweets in a jar – the list is endless

H **Hook a Duck** - hold your own hook a duck game

Head shave - do you dare to shave your hair off to raise money?

Halloween Party – get spooky, dress up and have a party

I **It's a Knockout** – bring back the competition and hold your own series of games
Ironing – offer to do friends and family's ironing for a week – for a donation



J **Jumble Sale** – have a clear out and see what you can sell at a jumble sale
Jewellery making – get creative and make some jewellery that you could sell
Juggling competition – can you juggle with three, four or more balls – hold a contest to see who can juggle the most
Jelly eating contest – who can eat the most jelly only using their hands?

K **Karaoke** – get vocal with a karaoke evening – pay to sing
Knitting – knit some items and sell them or hold a knitting competition where entrants have to knit a bear and you get to judge the best one.
Kayaking – get sponsored for a kayak challenge

L **Leg wax** – a daring challenge for the men
Line dancing – either learn to line dance or hold a line-dancing night for enthusiasts
Live music night - maybe you are in a band or know some local musical talent who may be happy to perform as part of a live music night
Lucky dip – hold a lucky dip stall with surprise presents, everyone's a winner

M **Mile a Day for a month** – walk/run/cycle a mile every day for a month
Mile of coins – collect coins 1p to £2 and create a mile of pennies in your town centre or local park
Mastermind event – what's your specialist subject, ask a few of your friends to take part in a Mastermind event
Magic show – ask people for a donation to see a magic show – great for kids and adults

N **Nearly New Sale** – organised a sale or take along some of your goods to a sale and donate the proceeds to charity
New Year's Resolutions – stick to your resolutions this year and get sponsored to follow them through Name the teddy – ask people to have a go at naming the teddy
Night time walk – organise a walk but hold it during the night





Open mike night

Open gardens – if you are a keen gardener you could show off your horticultural skills and ask for donations for people come to visit

Obstacle course – create an obstacle course and challenge your friends to take part



Pyjama Day – wear your pyjamas to work or school

Pancake race – hold your very own pancake race

Puppet show – organise a puppet show – great entertainment for kids



Quiz night – create a general knowledge quiz

Quit something - anything – your phone, social media, the internet, wine, chocolate for a week or a month



Raffle - ask for prizes to be donated and sell raffle tickets

Race night – hold a race night to raise funds

Ramble – organise a ramble, on your own or with friends, and get sponsored



Sponsored anything – silence, bike ride, swim, run whatever takes your fancy

Silent auction – collect lots such as days out, spa days, cinema tickets, supermarket vouchers and so on and then ask for sealed bids – the winner gets the prize and the money goes to charity

Skittles – hold a skittles competition

Swishing - a clothes and accessory swapping event – take along an item that you no longer need and pick up something else you do need for free – ask for a donation towards the charity

Splashathon – organise a team to swim for 24 hours Smartie tube – hand out Smartie tubes and once all the chocolate has been eaten ask people to fill the tube with coins and hand back to you



T **Toddle waddle** – organise a short walk for toddlers and pre-schoolers to take part in
Tandem skydive – feeling brave then why not take part in a tandem skydive
Toy sale – have a clear out of the kids' toys and sell them
Tombola – an easy way to raise money by holding a tombola
Treasure hunt – make this as small or big as you want – find hidden treasure in small sandpit or get people to follow a series of clues to find some treasure
Ten pin bowling – hold a competition for teams or individuals
Talent competition – get talented friends and family to take to the stage for a one-off contest

U **Unwanted presents** – sell your unwanted presents

V **Variety show** – organise a variety show

W **Welly throwing** – organise a contest to see who can throw their wellies the furthest
Wine tasting – one for the adults, hold a wine tasting evening and charge for each wine tasted or ask for a donation at the start of the evening

X **X Factor contest** – give any future stars a chance by holding your own X Factor competition
Xmas hampers - sell Christmas hampers with the profits going to Aching Arms
Xmas card donation – instead of sending Christmas cards this year make a donation to charity

Y **Yo-yo competition** – hold a competition to show off all your tricks with a yo-yo
Yoga-thon – hold a day of yoga invite friends and family to join you

Z **Zumbathon** – get shimmying with a Zumba workout
Zodiac evening – see what the stars say with a special reading of your zodiac chart




Could you be an Aching Arms Champion?

With heartfelt gratitude for your generous contribution to Aching Arms, we invite you to join us in our continued mission to provide comfort and support to bereaved families. Our aim is to reach every bereaved family experiencing the heartache of baby loss, assuring them that they are not alone in their journey.

Can you help us?

-  Donate a bear each month in memory of a baby special to you.
-  Join our campaigns for raising awareness of baby loss and helping to improve care for those that go through baby loss.
-  Get your employer/company involved with us being your charity of the year.
-  Volunteer with us - from preparing bears for your local hospital, cheering on our fundraisers at events to giving talks to hospitals and chatting to the media about Aching Arms.
-  Become an Ambassador - Our Ambassadors are volunteers who feel confident to speak about the charity at business networking events, local community groups, schools or other local organisations.
-  Fundraise again.

Aching Arms
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