

TAKE PART IN THE



 Aching Arms

Dandelion Dash

Complete 5K, your way, during July!

Aching Arms Dandelion Dash

Thank you for signing up to take part in our Dandelion Dash 2026

The Dandelion Dash is an opportunity to help us raise vital funds to support us in giving Dandelion Bears to children coping with the loss of a baby sibling, while increasing awareness of pregnancy and baby loss. With your help, we can grow our services and raise essential funds. These funds will offer comfort and support to grieving children and their families. It's also an excellent way to stay active, get out with your friends, family, or colleagues and contribute to a cause that truly matters this summer.



Our Dandelion Dash takes place during the month of July. By taking part in this challenge you will help raise funds that will ensure we can continue to offer comfort when it's needed most.

If you think you could raise £150 and complete 5K then this challenge is for you!

Create your team

Complete your 5K Dandelion Dash challenge throughout the month or one day in July and raise £150. Whether you walk your local park, jog along the seafront, explore a new route on holiday, tell people about Aching Arms and ask your friends and family to sponsor you. Or maybe they would like to join you and form a team to complete the challenge?

Spread the word

Why not gather your colleagues together and create a workplace Dandelion Dash team? A stroll on your lunch break can boost wellbeing and team bonding whilst raising funds to support Aching Arms' ongoing work.





Why take part in the Dandelion Dash?

Every person who takes part in our Dandelion Dash will be raising awareness of the impact of pregnancy and baby loss whilst helping to raise vital funds for Aching Arms to ensure we can continue our ongoing work.

To date, Aching Arms has provided over 59,000 Comfort Bears to more than 198 hospitals throughout the UK, providing support to bereaved parents. Our mission is to expand this service to include siblings, children who also carry grief and the pain of empty arms.

Funds raised through the Dandelion Dash will help provide Dandelion Bears, ensuring siblings receive a hug when they need it most and help us to grow our support services. To make this happen, we depend on your generosity and kind fundraising, allowing us to continue reaching out to the many families who sadly need our support.



Our Support Work

We also have telephone and email bereavement support service that is run by our experienced and compassionate staff. It gives bereaved families the opportunity to talk to someone who has an understanding of what they're going through.

As part of our Bereavement Support Service, we also have dedicated online support groups, for bereaved Mums and Dads, these are hosted each month and are a place where our community can come together with others and share their experiences. Dads groups run the first Monday of the month and Mums groups run the first Tuesday of the month. (Please see our website for more details)

Our work also includes actively campaigning for improved bereavement care. We strongly advocate for bereaved parents' emotional and mental health needs. We deliver an ongoing programme of awareness training for healthcare professionals, and bereavement care in the workplace training for employers.

Next Steps!

- Sign up by creating your JustGiving fundraising page - personalise it, add a photo, and add your story.
- Spread the word on social media - let family & friends know about the Dandelion Dash and keep them updated with your progress. Sharing your fundraising page regularly will help to secure donations. See our hints and tips on the next page.
- On the day of your 5K, please connect with us and tag us in your posts on social media. We'd love to know how it's all going and see any photos you take along the way.
- After you complete your 5K, be sure to celebrate your fantastic personal achievement and have a well-earned rest.
- We would love to know how your challenge went. Please share your Dandelion Dash stories and photos by sending them to fundraising@achingarms.co.uk and with your permission, we may share them on our social media pages.



How to pay in your donations

Your JustGiving fundraising page will ensure your donations come directly to us.

If you collect cash donations you can add them to the offline part of your page to keep your donation total in one place. You can also use our Sponsorship Form within this pack to keep track of donations.

The easiest way to send us any funds you have collected 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.

How your donations help:

£20

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

£44

will fund a box of books - our guide for bereaved Dads to local hospitals

£26

will fund an hours support call with our bereavement support service

Over 5,000

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.

158

families received support via our helpline last year.

300

families joined our community events



Erica Stewart



Tom Donaldson



Social Media Guidelines, Hints & Tips

You will find Aching Arms on Facebook, Instagram, LinkedIn, and TikTok

Click the icons below to find us



Now that you've signed up for the Dandelion Dash 2026
If you are comfortable doing so, you may like to share your story about why you're taking part in the Dandelion Dash 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 the Aching Arms Dandelion Dash 2026, and I'll be completing 5K throughout July.
Please check out my fundraising page and donate if you can x

Only (insert number) days to go until I take part in the Aching Arms, Dandelion Dash 2026, in memory of (insert name).
Please support me if you can x

Today I'm going to be doing (insert challenge) in the Aching Arms, Dandelion Dash 2026, and it will be in memory of (insert name).
Please check out my fundraising page and donate if you can x

I've completed the Dandelion Dash of 5K in July in memory of (insert name). If you are able to make a donation it would be much appreciated by myself and Aching Arms. Thank you!

- Tag Aching Arms in your posts and stories.
- Use the hashtags #DandelionDash2026 #DandelionDash #TeamAchingArms.
- Use the graphics provided.
- If you are comfortable doing so, then tell your story about why you are taking part in the Dandelion Dash

Your Fundraising Page



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.



Set a fundraising target - You could increase your donations by up to 44%!



Share your journey through a fitness app such as Apple Fitness, Fitbit, Strava etc. It has shown a 32% rise in fundraising!



Don't be shy - spread the word, and share your JustGiving 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 or even add it to your email signature. The more the merrier.



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 - At the end of your 5K, remember to update your page with how proud you are and how your challenge went. Remember to post your achievements online. It's a handy way to prompt people who have been meaning to donate.



 Aching Arms

Dandelion Dash



Thank you for taking part in our Dandelion Dash challenge.
Every pound you raise will make a difference to bereaved families.

*Get in touch with our Fundraising Team for any
fundraising advice*

E: fundraising@achingarms.co.uk M: 07557 742825

Corporate Team: helen@achingarms.co.uk | kate@achingarms.co.uk



Ilana Manning



Claire Shuttleworth



Helen Gallagher



Kate Shaw

We understand challenges such as this
can be emotional and bring up many
feelings.

Please look after yourself, and only do
what feels comfortable for you.

If you would like some support
from someone who
understands
then please contact one of
our care team:

- Call or Text 07464 508994
- Email support@achingarms.co.uk



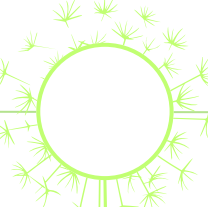
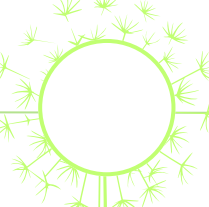
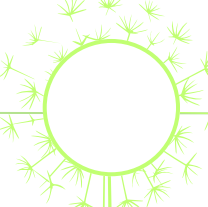
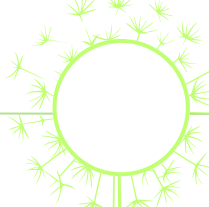
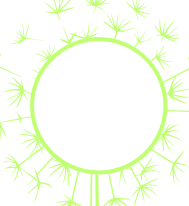
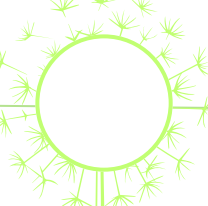
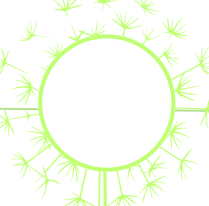
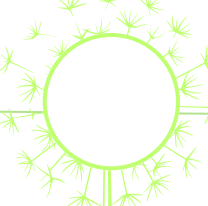
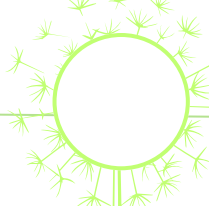
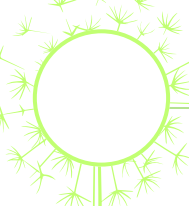
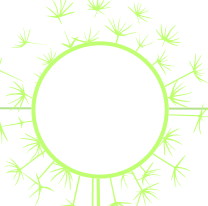
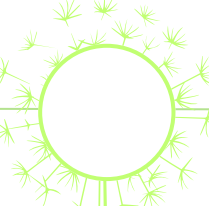
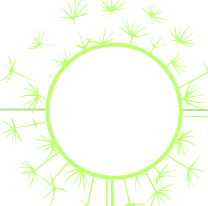
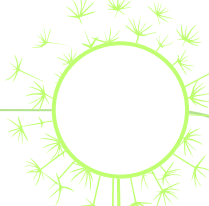
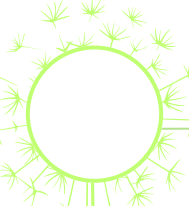
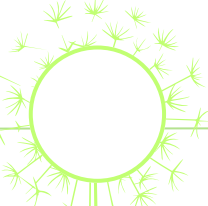
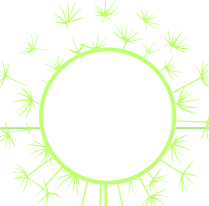
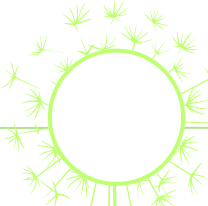
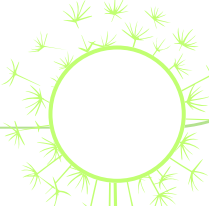
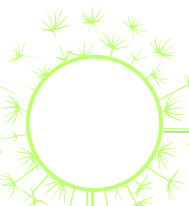
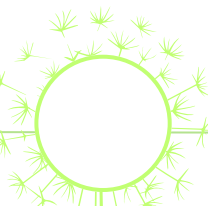
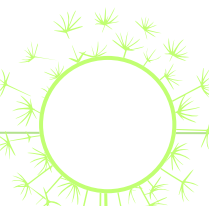
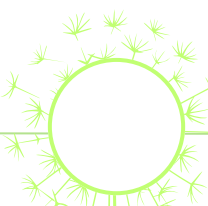
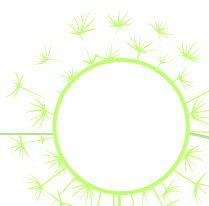
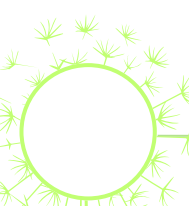
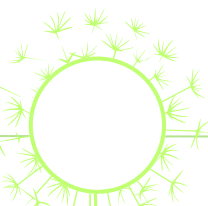
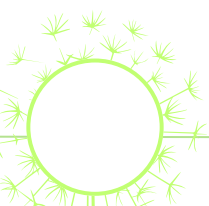
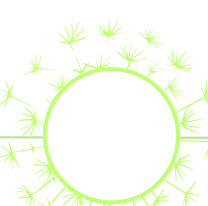
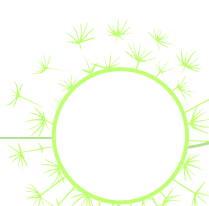
Registered with
**FUNDRAISING
REGULATOR**

Aching Arms

Dandelion Dash

Let's do this!

5K Tracker

 day 1	 day 2	 day 3	 day 4	 day 5
 day 10	 day 9	 day 8	 day 7	 day 6
 day 11	 day 12	 day 13	 day 14	 day 15
 day 20	 day 19	 day 18	 day 17	 day 16
 day 21	 day 22	 day 23	 day 24	 day 25
 day 30	 day 29	 day 28	 day 27	 day 26
 day 31	YOU DID IT!			

 Aching Arms

Don't forget to share you progress with us, tag us on socials @AchingArmsUK

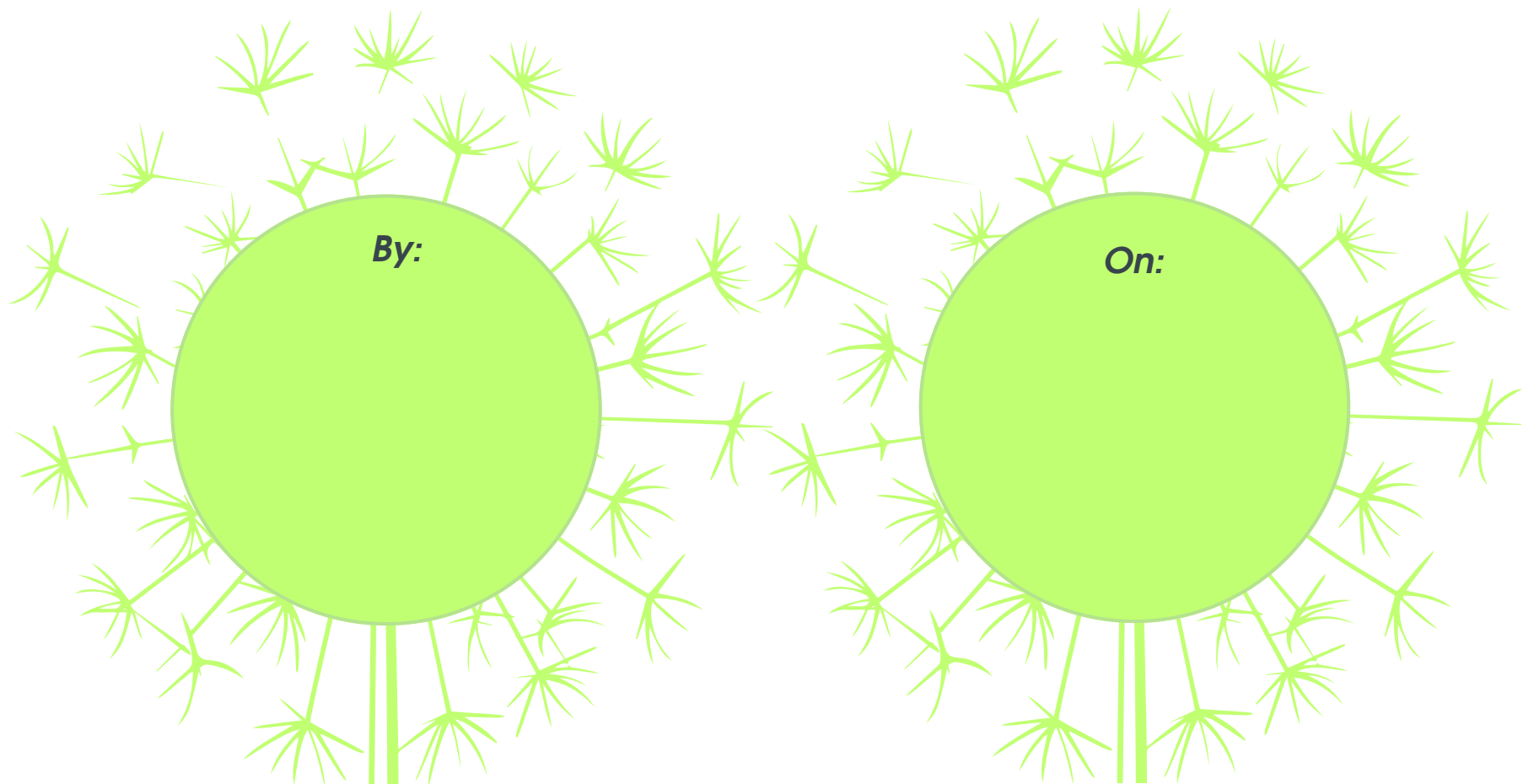
Cerftificate of Completion

I took part in the



Dandelion
Dash

In July



Aching Arms
Fundraising Team



Don't forget to share your achievement with us, tag us on socials @AchingArmsUK

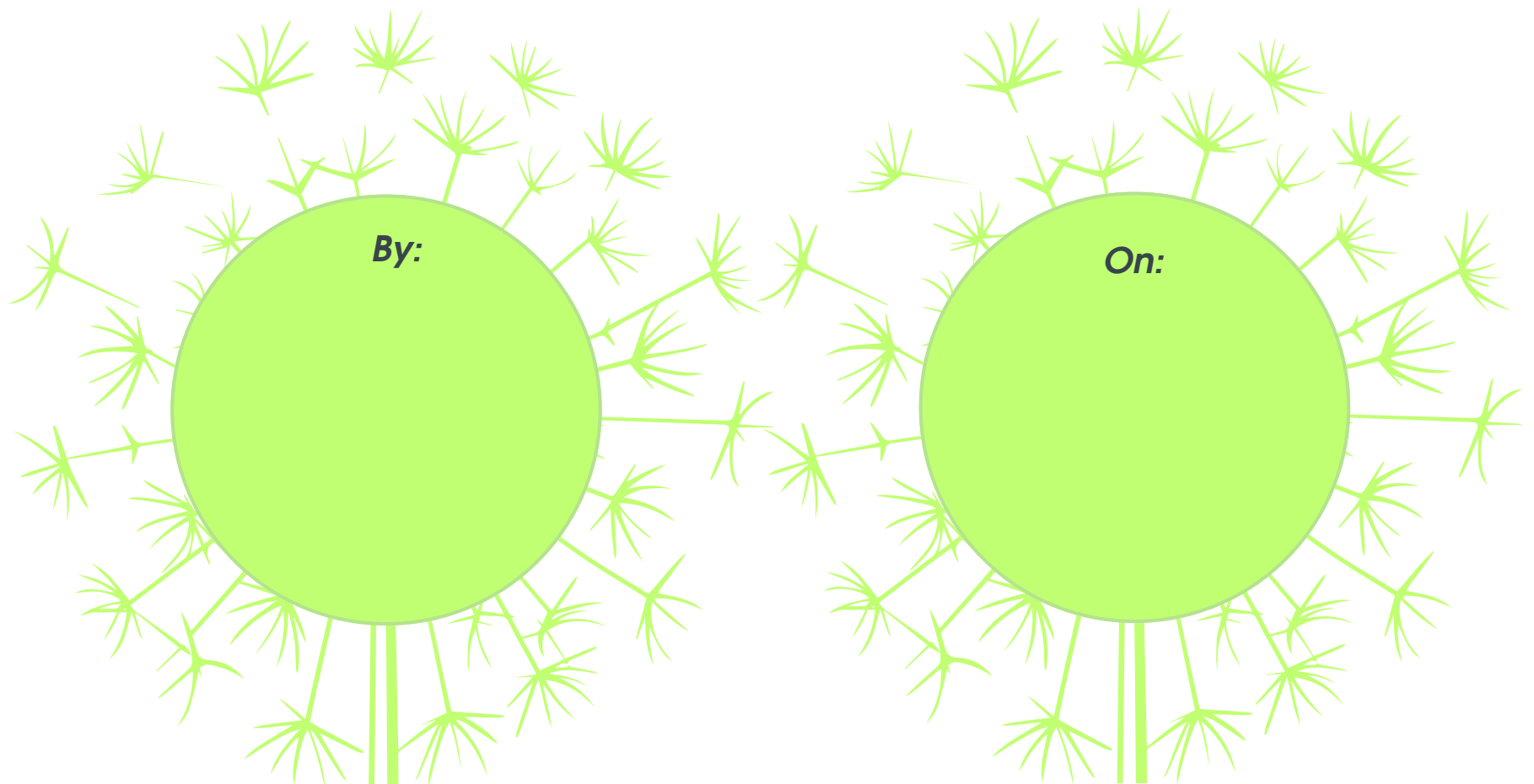
Cerftificate of Completion

We took part in the



Dandelion
Dash

In July



Aching Arms
Fundraising Team



Don't forget to share your achievement with us, tag us on socials @AchingArmsUK

Cerfttificate of Completion

I took part in the



Aching Arms

Dandelion
Dash

In July

By:

On:

Aching Arms
Fundraising Team



Aching Arms

Don't forget to share your achievement with us, tag us on socials @AchingArmsUK

Cerfttificate of Completion

We took part in the



Dandelion
Dash

In July

By:

On:

Aching Arms
Fundraising Team



Don't forget to share your achievement with us, tag us on socials @AchingArmsUK

Aching Arms

Sponsorship Form



About you

Name: _____

Address: _____

Your event

I am raising money in aid of Aching Arms, a charity that offers comfort and support after pregnancy and baby loss.

My event is:

Event date & time:

I enclose £ _____ sponsorship money

Please make cheques payable to Aching Arms and return to:

Aching Arms Treasurer
33 Victoria Road
Brentwood
Essex
CM14 5DR



Gift Aid

If your donors or sponsors are UK taxpayers, remember to ask them to Gift Aid their donations and turn every £1.00 into £1.25 at no extra cost!

Just ask your sponsors to include their full name, home address and postcode and don't forget to tick the Gift Aid box on the sponsor form. Remember to post the form back to us with your payment so we can claim the Gift Aid.

Thank you for sponsoring me and helping make a difference to bereaved families across the UK

If I have ticked the box headed 'Gift Aid?' ✓ I confirm that I am a UK Income Tax or Capital Gains Taxpayer. I have read this statement and want Aching Arms to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Full name	Address Please use your home address and not a work address if you are Gift Aiding your donation	Postcode It is essential for us to have your postcode in order to claim Gift Aid	Gift Aid Please Tick	Amount	Date



Total donations received: £ _____
Total Gift Aid donations received: £ _____



Aching Arms

Registered charity number 1153296

£20

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

£26

will fund an hours support call with our Support Service

£44

will fund a box of books - our guide for bereaved Dads to local hospitals

Bringing comfort after pregnancy and baby loss

Your donations makes a big difference

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', 'Supporting Arms for Dads' and 'Supporting Arms for Mums' 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 Dad's Support Guide and our ongoing work providing comfort, raising awareness and supporting bereaved families.

Terms and Conditions

Thank you for choosing to take part in a fundraising challenge event for Aching Arms. Please read the following Terms and Conditions carefully before signing up.

1. Participation

1.1 A non-refundable and non-transferable registration fee **may be required** to secure your place in the event.

1.2 You must notify Aching Arms **as soon as possible** if you need to withdraw from the event for any reason.

1.3 If you withdraw before the event takes place, **all donations already received will remain charitable contributions** and cannot be refunded.

1.4 Withdrawing from an event may affect your eligibility or priority for future Aching Arms charity places.

1.5 Aching Arms reserves the right to revoke a charity place in **exceptional circumstances**.

1.6 All events are organised and managed by **external event organisers**, who are solely responsible for event delivery, safety measures, logistics, and participant conditions.

1.7 Aching Arms is **not liable** for the organisation of the event or for any injury, loss, damage or costs incurred through your participation.

Taking part is **entirely at your own risk**.

1.8 By accepting a charity place, you consent to Aching Arms contacting you with essential event, fundraising, and safety information.

1.9 You confirm that you meet the **minimum age requirement** set by the event organiser.

1.10 You agree to undertake appropriate training, be medically fit to participate, and consult your GP if you have concerns about your health.

1.11 Charity places allocated by Aching Arms are **non-transferable**. Any attempt to transfer your place may result in your place being withdrawn.

1.12 If Aching Arms is required to reallocate a place due to participant withdrawal, this cannot be guaranteed. If a place cannot be reallocated, you may still be responsible for meeting your fundraising pledge or covering the cost of the charity place.

1.13 Event dates, formats, or capacities may be changed by the event organiser (e.g. due to weather, safety or regulatory guidance). Aching Arms is not responsible for any associated losses.



Terms and Conditions

2. Fundraising

2.1. You agree to **exclusively raise funds for Aching Arms** for your participation in your event, unless otherwise agreed by the charity.

2.2 You agree to raise at least the **minimum fundraising target** set for your specific event. Gift Aid does **not** count towards this target.

2.3 Between **60–80% of your fundraising must be raised at least 6 weeks before the event**, unless otherwise specified. This requirement may vary depending on event costs and timelines.

2.4 You agree to raise the **full minimum fundraising target** within 8 weeks after the event, unless a different deadline has been communicated.

2.5 You will set up an official fundraising page (e.g. JustGiving or Enthuse, etc.) linked to Aching Arms. Funds raised through this page are transferred automatically to the charity.

2.6 Any funds raised personally (e.g. cash collections, sweepstakes, sponsorship outside your online page) must be transferred to Aching Arms via approved payment methods as soon as possible.

2.7 You have a **legal responsibility** to ensure all sponsorship money collected in relation to your participation is paid to the charity.

2.8 You agree to carry out all fundraising in a legal, respectful and responsible manner, upholding the reputation of Aching Arms at all times.

2.9 Any materials using the Aching Arms name or logo (posters, t-shirts, online graphics, etc.) must be **approved by the charity** before use.

3. Personal Data & Images

3.1 You consent to Aching Arms storing and using your personal data for event administration and fundraising support, in accordance with our Privacy Policy.

3.2 You consent to Aching Arms using your name, story, event photos, and feedback in charity-related communications, including social media, website content, newsletters, printed materials, and press activity.

If you do not wish to be included, please notify us.

3.3 If you send photos that include friends or family members, you confirm that you have obtained **their consent** for sharing and use.

3.4 Events may be photographed or filmed by Aching Arms and/or the event organiser. By attending, you consent to these images being used unless you notify us / event organiser otherwise.

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.

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.