

Supporter Gaming Pack



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What your support means to us:

“No parent should ever have to think about resuscitation plans for their child.”

For Emma and Phil, this is a harsh reality. Their son, 10-year-old Joshua, relies on a ventilator to ensure he breathes during the night.

Joshua was born unexpectedly at 26 weeks and spent the first four months of his life in hospital. “There were lots of issues with his inability to remember to breathe,” said Emma. “Doctors thought it was because he was premature.

“It was presumed he had a respiratory virus but when we went home, he stopped breathing again. And that was our picture for the next eight months. No one really knew what was causing it.”

A sleep study revealed that when Joshua was asleep, he forgets to breathe. He now has non-invasive ventilation, which means he has a ventilator at night. He is a lot smaller in size than other 10-year-old children and he gets very tired. He also has learning disabilities and has numerous medical problems.

“Since he has been ventilated at night, and sometimes at school if he needs it, we have not had to go in hospital,” Emma said. “He does have

to have his ventilator with him at all times. When you look at Joshua, people don’t grasp that he is as disabled as he is. He just looks like a smaller child.

“We have been told Joshua has a neuromuscular gene change, which doesn’t come from either parent. We know it is going to cause an issue but because it is so rare, we don’t know what will happen.

“It is so worrying and it is always hanging over us. We don’t know if he will have a short life span or a normal life. I am a planner and I have to accept that there is nothing I can do. It really is incredibly isolating.”

Joshua was referred to Rainbows in 2021 by the ventilation team at the hospital. “It is a very special place,” said Emma. “There are two places I can relax properly, one is Rainbows and the other is the ICU. We know he is always looked after and he is never left on his own.

“Rainbows is so important to us and it is so nice to see Joshua grow at Rainbows. When we first went to the hospice, he wouldn’t leave our sides but now he likes to go off on his own. He is more independent and this is what we want for him.”

“Rainbows gives us a place to show all of your emotions and grieve for a life we should have had and a life Joshua should have had.”

- Joshua’s mum

What we do:

As the East Midlands' only hospice for babies, children and young people, we provide vital care and support to families impacted by serious and terminal conditions.

We have been there for **74** families through bereavement over the last 12 months

We are here for over **750** babies, children and young people in the East Midlands wherever they are

We only receive around **14%** in statutory funding, so we rely on donations to continue our services



We provide care **24 hours** a day, **7 days** a week, **365** days a year

24

7

365

We supported **82** siblings of babies, children and young people with a serious or terminal condition



Gaming for Rainbows

Whether you're a Minecraft magician, goal scoring hero on EA Sports FC, property tycoon in Monopoly or a wizard with words when playing Scrabble, there's lots of great ways in which you can help raise vital funds for Rainbows while gaming... plus the added benefit of having lots of fun!

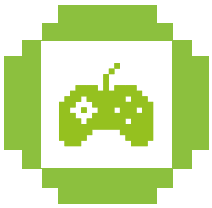
We invite gamers to raise a target of £247 to represent the 24 hours, seven days a week that we provide vital care and support to babies, young people and families affected by life-threatening conditions, here in the East Midlands. Your fundraising could fund a home visit from a Rainbows Nurse, giving respite care to an family; arts and crafts materials; a session of music therapy or a session of physiotherapy.

"Fun"draising ideas to help you reach your target and hit a high score!"



Tournament:

Whether you're planning on video gaming or playing traditional board games, host a tournament for family and friends to join and charge an entrance fee.



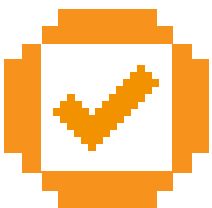
Gaming marathon:

Non-stop gaming with family and friends (or individually if you'd prefer) for 6, 12, 18 or even 24 hours (but don't forget to include regular breaks for food, drink, bathroom breaks and sleep!). While we all love gaming, it's important to make sure you're gaming responsibly. We recommend before starting your gaming fundraiser, you check out the "Game Safe" guidance www.internetmatters.org.



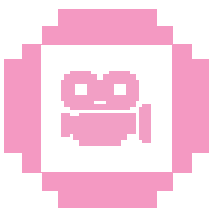
Speed runs:

Perfect for video gamers... finish a level or game as fast as you can, see who in your team can finish first. Perhaps a forfeit for the slowest or a sweepstake amongst family and friends?



Completion lists:

Another great fundraiser for video gamers, obtain all achievements in your chosen video game - add a sweepstake on how long your family and friends think it'll take, with donations for each guess.



Extreme streams:

Streaming your gaming? This could be a fun way to ask for donations and have a bit of fun, for example your family and friends could set you additional challenges in exchange for donations, such as fancy dress, funny dancing or playing with controller settings you wouldn't usually use?



High scorers:

Aim to beat a gaming record, whether highest points scored on Scrabble, hardest difficulty in your favourite game or challenging your friends to beat a score. Go for it and become a record holder!



Top fundraising tips:

Set a date:

As with any fundraising challenge, it's important to set a date (and time) - and then let people know.

Create an online fundraising page:

Fundraising online via JustGiving is a great way to fundraise while taking part in your gaming challenge. We recommend you personalise your JustGiving page with your story about what you're doing and why, add an image and details of the event. (We've got some great JustGiving tips and guidance on the next page).

Link your Twitch:

If you're video gaming as part of your challenge, connect your streaming account to your JustGiving page - check out JustGiving's guidance on how to stream a gaming event for more information.

Players ready:

Invite your family and friends to join you or alternatively, invite them to watch your live stream and cheer you on (don't forget to ask for donations too!).

Spread the word:

Use your Social Media, Twitch account and online gaming profiles to link to your JustGiving page. Don't forget to give everyone updates during your gaming challenge - and we'd love it if you tagged us in too (we can be found on Facebook, Instagram and Twitter).

As well as sharing how you're progressing with your challenge, you can let your family and friends know you're supporting Rainbows by using some of our social media downloads, which are available via rainbows.co.uk/fundraise/download-resources

Boost your donations:

We'd love it if Gift Aid could be added to your donations, by asking people to tick the Gift Aid box. This means we can claim back tax from the government and increase their donation by 25%.

It's also a good idea to let people know what their donation means to Rainbows. Why not use the information in this pack to show what £5, £20, £70, £80 or £100 could fund?

Fundraising on JustGiving

How to set up a fundraising page on JustGiving:

Setting up a fundraising page on JustGiving is easy, just follow these simple steps:

1. Sign in to or set up your JustGiving account and press 'start fundraising'
2. You will be asked if you are fundraising for a registered charity, select 'Yes'
3. Search 'Rainbows Hospice' and select us when we appear
4. Select what you are doing to support us and tell us a little bit about your activity, this will help us to provide you with support throughout your fundraising
5. Choose a website address, this will help people donate to your page
6. Click 'create page'
7. Click 'edit page' this will allow you to personalise your page with your story and pictures to support your fundraising efforts

You are now ready to start fundraising.

How to set up a team page on JustGiving:

Setting up a team page on JustGiving is easy, just follow these simple steps:

1. Create your fundraising page and click view your page
2. Click the 'create a team' link and give your team an exciting team name
3. You'll be asked to confirm us as the charity you're fundraising for and what you are doing to fundraise
4. Provide your story telling supporters why you are fundraising and add a team photo
5. Set your team's fundraising target, you can also add individual targets in the drop-down menu
6. If you're fundraising as part of a business, link your team to the company, this will help with donations
7. Choose your team's web address and hit 'create a team'

Inviting members to your team:

Now you have an awesome fundraising team page, you can invite members to your team. This can be done in two ways:

1. You can set your page to open, this allows anyone to join
2. You can set your page to invite only, you can now add new members to your team page



Creating a team page could boost your donations by 10%

Start fundraising now at:
[justgiving.com/rainbowschildrens](https://www.justgiving.com/rainbowschildrens)



How your donations help make a difference:

We only get around 15% of our funding from government bodies, so we rely on donations to fund the care we give.

£5 could help...

... our Play Team provide fun and learning using arts and crafts materials

£20 could fund...

... the care of a family member who has been recently bereaved

£70 could fund...

... an hour of Music Therapy

£80 could fund...

... two hours of family support for families across the East Midlands, when they need us most

£100 could fund...

... one day's worth of healthy nutritious food at the Hospice

JustGiving - Tips and Tricks

Use these fundraising tips and tricks to help boost your fundraising efforts:

- Add personalised pictures - could raise 15% more
- Post regular updates - could raise 6% more
- Write a summary of your fundraising efforts - could raise 9% more
- Set a fundraising target - could raise 46% more

For more information about JustGiving team pages contact our Supporter Care Fundraiser, Neil Swift, by emailing neil.swift@rainbows.co.uk or by calling **01509 638 005**.



Are you ready to
select Player One
and start your
next fundraising
adventure today?



Thank You!



rainbows.co.uk

Rainbows is registered as Cope Children's Trust in England and Wales. Registered Charity No. 1014051.
Registered Office: Lark Rise, Loughborough, Leicestershire LE11 2HS.