

## Supporting Rainbows through your Club/Team

**Rainbows relies on people supporting us through fundraising to ensure we are able to continue to provide care and support to the babies, children, young people, and families who are supported by Rainbows.**

The ways in which you could support or fundraise for Rainbows are limited only by your own imagination and creativity! Don't just plan alone, get others involved to help you and come together to have fun and raise money for Rainbows.

**Below are some ideas to get you started:**



**24-hour Event** – Take part in your chosen sport for 24 hours and split the hours across the team and share the hours out, or why not take on the challenge yourself and do something for 24 hours - ask for sponsors as you take on this challenge.



**Tournaments** – Tournaments are a popular fundraising idea and work well for many sports clubs. Could you arrange a tournament, either between club members or invite other clubs to join in too.



**Marathon/Distance Challenge** – Work within your team/club to complete a specific distance over a certain time period. For example, could you collectively walk from Land's End to John O'Groats, or complete 500 laps of a football pitch, asking for sponsorship as you take on the distance, either by mile or lap.



**Play the Parents** – Hold a play the parents match - who will be the winner?




**Coach Punishment** – Link this with another activity, and when a specific target is reached, then the coach will be punished. This could be a fundraising target or a target linked to your sport.




**Match or Training Session Raffle** – Ask club members to donate prizes for a raffle and host a match, or training session raffle to raise money for Rainbows.





**Think outside the box! Your fundraising doesn't have to be related to your activity, for example:**


 **Quiz Night** – Get your friends and family involved and host a social quiz evening. You could even host a raffle on the night to raise even more money!


 **Sport Swap** – Could you link with another local sports team and take part in each other's sports. The subs from each club could be donated to Rainbows.

 **Come Together for Another Event** – Is there another event you could take part in? Rainbows have a range of events suitable for everyone. Could you take part in one of these as a group? Further details are on our website [rainbows.co.uk/events](https://rainbows.co.uk/events)

 **Traditional Sports Day** – Could you host a traditional sports day with events like an egg and spoon race, wheelbarrow race, and a sack race? Great fun for all involved!

 **Club Competitions/Club Events** – Do you hold competitions or take part in club events where you could raise money for Rainbows by asking for sponsorship? You could do this as a team or individually

 **Dog Walking** – Could you set a target for members of your club to walk the furthest distance over a set period of time, use an app to keep track of it, whilst being sponsored. The person who covers the furthest distance could get a prize!

 **Run or Walk 2K/5K Every Day For a Month** – Keep to what you're happy to do, but running challenges are a great way to get outdoors, and children and adults can take part in this!

Want to also support your club and support Rainbows? If you'd like to find out more about how the money raised can benefit both Rainbows and your club, then please get in touch  
[communityteam@rainbows.co.uk](mailto:communityteam@rainbows.co.uk)

