



## 30 DAYS OF CARE FOR 30 YEARS OF CARE

A challenge to raise funds for St Mary's Hospice, Ulverston

### What does St Mary's Hospice do?

St Mary's gives free care and comfort for patients who have any life shortening illness or long term condition and their family, either at the hospice or at home. They support people from the moment they are told they are ill and their families for longer.

### Are you ready for a challenge?

St Mary's Hospice is celebrating 30 years of giving care and support to the South Lakes Community. We are part of that community. We want to help St Mary's celebrate their anniversary and challenge ourselves to try new things. St Mary's need to raise £3.2 million every year. This challenge is our chance to help them reach that total.

### 30 days of care- a sponsored challenge for June 2019

- Plan your challenge. Look at the different tasks on the list and decide if you will:
  - a. Choose 1 task to do every day for 30 days,
  - b. Choose 4 tasks to do, 1 for each week of the challenge or
  - c. Choose a different task to do every day for 30 days
- Get organised. Make sure you have everything you need to be able to complete your task or tasks.
- From 1 June 2019 to 30 June 2019, write about your task on the calendar. Remember to do a task every day for 30 days.
- Ask to be sponsored for each task or for donations (we suggest 50p per task). Try to ask 30 different people. Write their names, addresses and how much they have donated on the sponsor form. Try to collect the money as you go along.
- Have some fun. Enjoy the challenge and notice the difference it makes to how you feel. Discover new things about yourself and your environment. Together we can make a difference to our community.
- Be proud as you keep your girlguiding promise to do your best, to serve the Queen and your community and help other people

### When the challenge is over...

Bring your calendar, sponsor form and the money you have collected, plus any cheques (made payable to North Lonsdale Division Guide Association) to your unit meeting by 5 July 2019. The money raised will be presented to the hospice on 9 July 2019. You will get a certificate to keep to show you have completed the challenge. You will help St Mary's Hospice very much.

# 30 DAYS OF CARE - JUNE 2019

Care for yourself	Care for others at home	Care for your community	Care for the environment
Eat your 5 a day	Make someone a cup of tea	Do a chore for a neighbour	Recycle
Give up sweets and chocolate	Make someone a meal	Help at an event	Collect clothes to donate to the hospice
Give up fizzy drinks	Keep your room tidy and/or make your own bed	Do something helpful for the church	Make bird feeders
Exercise - at least 30 minutes	Do a chore	Do something helpful at school	Do a litter pick
Get more sleep	Hoover and/or dust	Do something helpful at your club	Turn lights off when leave room
Spend less time on your phone	Do the washing up/dry and put away	Do some voluntary work	Make an insect garden
Spend a day without your x-box/ps4 and/or social media	Do the laundry/iron/fold and put away	Walk a neighbour's dog	Use your bike or walk instead of the car
Drink enough water * 1 litre 5-8 year olds/ 1.5 litres 9-12 year olds/ 2 litres 13+ [age dependant]	Let everyone enjoy a period of silence (at least 30 minutes)	Spend some time with an elderly relative or friend - read to them for example	Organise a walk with friends and enjoy being outside
<b>Your own ideas for ways to care</b>			



# 30 DAYS OF CARE - JUNE 2019



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

I cared today...





# 30 DAYS OF CARE



Please sponsor me (name) \_\_\_\_\_

Home address \_\_\_\_\_ Post code \_\_\_\_\_

Full name of sponsor	Home address	Postcode	Gift Aid ✓	Amount pledged	Amount given
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
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20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

**Total amount** \_\_\_\_\_

St Mary's has a legal responsibility to ensure that money raised by sponsored persons is received in full by St Mary's Hospice. Sponsored persons are responsible for collection and safety of all money collected until received by St Mary's Hospice. St Mary's Hospice Ltd registered in England & Wales No. 2016831. Registered Charity No. 517738

*Please make all cheques payable to St Mary's Hospice*