



Virtual fundraising:

Take part in a sports challenge



children's
air ambulance

keeping hope alive

Whether you're an avid sports enthusiast or just starting out, setting personal targets and teaming them up with a fundraising goal for the Children's Air Ambulance is a great way to keep yourself motivated.

Perhaps there's that one event you've always wanted to try? Or you've been curious to test out your endurance on a particular route? Join Team Mission and you can undertake your challenge at any time and any place that suits you. Rope in your colleagues, friends or family members and make it a team effort or ride it solo and smash your personal best, just decide on your event and go for it!



£5 could pay for 300L oxygen to help critically ill children breathe.

1 Choose your challenge

Decide what sports challenge you're going to take on - thinking about the activity, the distance, the time period you will do it over.

- Cycle the distance from one base to another – Oxford Airport to Doncaster Sheffield Airport - 142 miles.
- Climb the equivalent of Mount Kilimanjaro on your stairs - that's around 38,680 steps
- Run the Great North Run in your garden
- Take a trip across the English Channel on your rowing machine.

2 Set up a JustGiving page

JustGiving allows people to sponsor you for taking on your challenge without using cash. They can pay securely online knowing that their donation will be going directly towards supporting our lifesaving services.

3 Promote your challenge

Utilise your social media pages and share amongst your friends and family. Sharing your JustGiving page link will allow others to read your story and make paying their donations quick and easy. You could accompany your fundraising page with photos of you training, short video blogs of your progress or your route map from tracking apps such as Strava. Don't forget to tag us in anything that you post.

4 Get in touch

Let us know about your challenge and how much you've raised by tagging us on social media.

 @TheChildrensAirAmbulance

 @childrensairamb

 @childrensairamb

£24 could pay for a pair of children's ear defenders to protect little ears from our noisy rotors.

Hints and tips

- Livestream yourself taking part in your challenge and add the livestream video to your JustGiving page. This makes it easy for your supporters to keep up with your progress, encourage you and donate towards your challenge throughout the duration of your fundraiser.
- Connect your Strava account to your fundraising page and social media so that your supporters can keep a track on your training and progress - this is also a great way to keep yourself motivated, accountable and to see how far you've come.
- Please ensure you are following the most up to date government guidance when completing any activity that requires you to leave your home or have contact with others, outside of your own household.



Team Mission

By becoming part of Team Mission you will be part of a wider group of supporters who are challenging themselves to their limits while raising vital funds for our lifesaving charity.

Our team will be there with you every step of the way - we will provide you with support, motivation and inspiration to take on your challenge and achieve your personal goals.



Feeling inspired?

Visit our website to find out about more ways to support us.

Children's Air Ambulance is an inter-hospital transfer service flying critically ill babies and children from one hospital to another for specialist care.

With our ability to fly approximately four times faster than a land ambulance, we can minimise travel times and the risk for little patients.



 0300 3045 999

 fundraising@childrensairambulance.org.uk

 childrensairambulance.org.uk

