



**MY
5K'S**

happy days
children's charity

Do your own...

Walk, run, jog or hike

**and help give happiness
and hope to amazing
children**

www.happydayscharity.org
Reg Charity No : 1010943



Registered with
**FUNDRAISING
REGULATOR**

MY 5K'S FOR HAPPY DAYS



Do a personal challenge and help bring some happiness and hope to children

Personal walking, running and hiking challenges are a great way to have fun, keep fit and improve your state of mind. So why not get involved with our My 5K's for Happy Days campaign and get outside for a breath of fresh air whilst also supporting children living with real life challenges. All funds raised will go towards helping Happy Days provide special days and activities for children with special educational needs and disabilities (SEND).

What Does Happy Days Do?

For almost 30 years, Happy Days Children's Charity has been giving trips - to zoos, the seaside, museums, theatres, outdoor activity centres, sporting events and other educational and cultural activities - to children in the UK living with mental, physical and emotional challenges. We supported over 20,000 children with additional needs last year, giving them a chance to get out, meet new people, develop new skills and build confidence in the face of adversity. As well as helping families and groups such as special educational needs schools, we're also here to help other charities, including children's hospitals and hospices, women's refuges and child counselling services. But we couldn't do this without your amazing support.

How You Can Help

Simply find yourself a 5K route or routes and go to it! This could be in your back garden, your local town or village or a day trip further afield. Get out and about and start raising sponsorship with as many or as few 5K's as you'd like to do.

You can download sponsor forms to share or set up a personal sponsorship page via our Justgiving link at www.justgiving.com/happydayscharity

Justgiving



Click on the Start Fundraising button and start raising funds to help brave kids in your community. Don't forget:

To stay safe, wear appropriate clothing and get family and friends involved if you can!

Feel free to bike, swim, unicycle your 5K's if you'd prefer to, whatever works for you.

Send us your photos or stories from your walks. We'd love to hear your route recommendations and see your pictures to post up on our social media.

OR post them up on your own Instagram, Twitter or Facebook pages and tag us in for likes and shares.

Visit our website for all of our social media tags.

What to Do Next

Get out and have fun! If you would like any help or advice, or would like any materials to help you with fundraising (collection boxes, stickers, printed sponsor forms etc) please do give us a call, we're here to help!

Tel: 01462 530710

Email: nicola@happydayscharity.org



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