



Sponsored
GIVE IT



Help us to give memorable days out to courageous children

*Together
we're making
a difference...*



Please help us by liking us on facebook /HappyDaysCharityUK

Happy Days Childrens Charity
3rd Floor, Clody House, 90-100 Collingdon Street, Luton, Beds LU1 1RX
Telephone: 01582 651234
Email: enquiries@happydayscharity.org
www.happydayscharity.org Charity Reg No. 1010943



FundRaising
Standards Board

Test Your Willpower and Help Us Give Courageous Kids a Day to Remember...

Give It Up for Happy Days is a great way to get sponsored to give something up for a day, and help raise funds to give brave kids across the UK a day to remember.

Get Involved....

There are loads of ways to get involved, here are just a few ways that people are testing their willpower and really making a difference to children with additional needs:



- Give up your car or the bus for the day and walk or cycle instead. It's a great way to exercise, get fit and change lives.
- Feel better by giving up unhealthy snacks, food or drink. Give up your coffee and donate the proceeds to help those less fortunate. Try it for the day and see how you get on!
- Take on the toughest challenge in the world. Give yourself an IT detox and give up your mobile phone for the day!
- Mum or dad watching too much Strictly Come Dancing? Get them to give up their favourite TV show and get sponsored to do it. A sponsored silence is a popular choice for parents!
- Not up for giving something up yourself? From nail biting to humming, why not offer to sponsor a friend or colleague to give up an irritating habit for a good cause
- Give something up to your advantage. Take a day off wearing your uniform or suit and have a dress down day.



£10

Could support a disabled child with a visit to a farm park



£20

Could give a child with an incurable condition a day at the seaside



£50

Could help us bring a theatre show to an SEN School



£100

Could help towards the cost of a vital family respite break

October is Happy Days Give It Up! Month

...but you can organise a Give It Up! day at any time of the year and make a real difference to the lives of brave kids right across the UK. Don't forget to send us your photos and videos! We really love to see what you're up to so please email your pics to rob@happydayscharity.org or post them directly onto our facebook page.

Get in touch today for your entry pack!

Call us on 01582 651234 or email nicola@happydayscharity.org for your entry pack or to request

- Give It Up Sponsor Forms
- Give It Up Posters
- Happy Days Fundraising Guide

And if you need any help or ideas organising your Give It Up, or any more information about Happy Days Children's Charity and our work supporting children with additional needs in communities across the UK, please get in touch.

GIFTS & PRIZES

As a big thank you for your support, we're giving away FREE Fun Stickers and GIVE IT UP! tote bags to our participants raising sponsorship.

See our website for more details