

Twins trust. We support twins, triplets and more...

Welcome to
Twins Trust's
annual
Reindeer Run
activity pack!



We'd love your school or group's help to raise some festive funds, to help save babies' lives and support families who have twins, triplets or even more.

Our charity helps families across England, Wales, Scotland, and Northern Ireland, so there will be someone near you who will benefit from your fundraising.

We need your fundraising to help us to:

- Find out more about medical conditions that can be life-threatening for babies during a multiple pregnancy.
- Help medical professionals – who may not have experienced it before – to understand the safest way to look after mums and their multiple babies, during pregnancy and just after the babies are born.
- Give families advice and expert support through our Family Crisis Support Service, our Twinline helpline, and in many other ways. Looking after two or more babies can be emotionally, physically, financially, and practically challenging!
- Support families who have lost one or more of their babies through our Bereavement Support Group.

Our Reindeer Run has two exciting elements to keep everyone busy:

1. An **eco-friendly** creative craft activity for your children, to make their own reindeer antler headband.
2. A **sponsored sports activity** to fundraise as much as you can while wearing the antlers.

twinstrust.org

How to make your antlers

We're asking you to make your own, as it is better for the environment than buying ready-made antlers and plastic noses - **and it's fun!**

1. Print off the template in this pack and ask your children to decorate their own. Brown antlers and a red nose are traditional, but **anything goes!**
2. Once the template is decorated, cut out and secure it at the back to fit around the child's head. (You will need an extra strip of paper for the back of the headband.)
3. **Practice your best reindeer impressions.**



How to fundraise

- Choose a day and time for a Christmas fundraising activity on your playground, in your hall, or at a venue near you.
- Decide your distance your children will do and how they will cover it – walk, run, hop, bounce, gallop – the choice is yours.
- Tell your community about the event and encourage them to donate.
- Share the sponsorship form in this pack with your community or set up and share a justgiving page to link to our Reindeer Run event:
www.justgiving.com/campaign/Twins-Trust-Reindeer-Run-2021
- Enjoy having a Christmassy, silly time with all your children – we hope the adults will join in wearing antlers too!

If you have any questions

Please contact Luciewigley@twinstrust.org for help and inspiration.

After the event

Share your photos

We'd love to share images of your running reindeers on our web pages and social media. Please send us a photo of your group looking fabulously festive (ensuring all those pictured are happy to appear on Twins Trust's media channels), so we can show all our supporters how brilliant you all look! Send us your images here:

twinstrust.org/upload

Sending your sponsorship to Twins Trust

We highly recommend you use justgiving; the funds will automatically be sent to us – you don't need to do anything.

You can send cheques payable to 'Twins Trust' to: Fundraising Team, Twins Trust, Manor House, Church Hill, Aldershot, Hampshire GU12 4JU.

If you have collected cash, please don't send it through the post. It is safer to make a bank transfer to: Account Name: Twins Trust; Account Number: 74604457; Sort Code: 60-09-21 (NatWest). Please let us know if you make a bank transfer.

Congratulate yourselves!

You are all Christmas stars! Because of you, more babies' lives will be saved, and more families will have access to better health and support.

We'll be sending you a certificate to display at your school or venue, and to share electronically. We can also send you a pre-recorded thank you message to play to your children.

What an amazing achievement; thank you so much.

