



 **ride** *to the*
rugby
tŷ hafan

Tuesday 4 February – Sunday 9 February 2020



tŷ hafan

Celebrating 20 years

A four day, 280 mile cycling challenge leaving from the Principality Stadium and arriving at the Aviva Stadium to see Wales kick off against Ireland on Saturday 8 February 2020.

Join Team Tŷ Hafan and take on a **280 mile cycling adventure** while fundraising to make **a short life a full life** for Tŷ Hafan families.

The challenge includes:

- Five nights accommodation
- All meals on route (evening meals not included)
- Ticket to Ireland v Wales at the Aviva Stadium in Dublin
- Branded training shirt
- Branded cycling shirt
- Fully supported ride
- Ferry crossing
- Return transport

For more information, contact **Sali Thomas** at sali.thomas@tyhafan.org or **029 2053 2279**.

What your fundraising pays for

£416

...would pay for two shifts of a nurse who can deliver critical care and respond to medical emergencies at any time

£623

...would pay for all the medical supplies used at the hospice for two whole months

£833

...would pay for the oxygen supply to the hospice for five months

£983

...keeps the doors of the hospice open to provide our unique care and support to children with life-limiting conditions and their families for two hours

£1,500

...would pay for a specialist bed essential for alleviating pain, providing support and helping accessibility

Fundraising

The fundraising target for **Ride to the Rugby Dublin 2020** is set at £1,200. This includes £800 to cover the costs associated with taking part in the event. You can choose whether to fundraise the whole amount in sponsorship only or self-fund by paying the £800 that will cover your costs and then raise a minimum of £400 for Tŷ Hafan.

Sponsorship only: Fundraise a minimum of £1,200

Self fund: Pay to cover your costs of £800, fundraise a minimum of £400

Payment

Please note that the following payment deadlines will apply to both the sponsorship only and self fund options. This ensures that costs are covered for the event with enough time for Tŷ Hafan to re-sell any places in the event of a cancellation.

Payment	Amount	Date
Deposit (non-refundable)	£100	Upon sign up
First instalment	£250	5 August 2019
Second instalment	£250	2 September 2019
Final instalment	£200	2 December 2019
Minimum Sponsorship	£400	Up to three months after the event

Ride to the Rugby 2019 Team Tŷ Hafan arrive in Paris



Fundraising tips

Your sponsor form:

How to raise £400 in ten days

Day 1

Take the first step and sponsor yourself **£20**

Day 2

Ask two close family members to sponsor you **£15 each**

Day 3

Hold a quiz night in a local pub **£150**

Day 4

Ask two neighbours to contribute **£5**

Day 5

Ask five social network connections through Facebook, Twitter or LinkedIn to sponsor you **£2**

Day 6

Ask your boss or company to contribute **£40** or even better – if they will match whatever you raise

Day 7

Ask two workplace suppliers to contribute **£50 each**

Day 8

Ask five colleagues to sponsor you **£5 each**

Day 9

Ask three friends to contribute **£5 each**

Day 10

Well done, you've raised £400!

Now you can concentrate on your training.

giftaid it

It means an extra 25p for every £1 sponsored. It won't cost you or your sponsors a penny!

www.tyhafan.org/ride-to-the-rugby

TŷHafan - the hospice for children in Wales. Registered Charity Number: 1047912.



At work:

- **Match funding**
- **Work place suppliers**
- **Hold a bake sale**
- **Dress up or down day**
- **Office quiz**
- **Cycle-a-thon**
- **Set up a sweepstake**

In the community:

- Ask local shops and businesses if they will take a **collection box**
- Supermarket **bucket collections**
- Hold a **pub rugby quiz night**
- Hold an **Irish pub night**
- **Run a raffle** – ask local businesses to donate prizes

Online:

- Set up an **online giving page** through JustGiving (you can choose Tŷ Hafan and Ride to the Rugby as options)
- Post it on your **social media** regularly
- Be creative: ask people to **guess the score in the Ireland v Wales match** and set a prize for the winning guess



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