

Move for Momentum

Community Fundraising Pack

**MOVE FOR
MOMENTUM!**



**Join the Move for
Momentum
Challenge this
September during
Childhood Cancer
Awareness Month.**



Choose your move.



**Create your
fundraising page.**



Make a difference.


momentum
children's charity

A movement for Childhood Cancer Awareness Month

**MOVE FOR
MOMENTUM!**

This September, community groups, clubs, and businesses across the UK are coming together for Move for Momentum.

Every year, around **1900** children in the UK are diagnosed with cancer.

Momentum Children's Charity supports children facing cancer, serious illness and bereavement across London, Surrey and Sussex, helping local families feel supported when they need it most.

Move for Momentum brings communities together to get moving, raise awareness and support children facing cancer during Childhood Cancer Awareness Month.

Whether it's a workplace challenge, fitness event or community walk every move helps families feel seen, supported and less alone.

This is not about being the fittest. It's about moving together for a meaningful cause.



Why communities get involved

- Bring communities, clubs and businesses together
- Show visible support for children facing cancer
- Create a meaningful fundraising moment
- Raise awareness locally
- Be part of something bigger than “business as usual”


momentum
children's charity

How it works

**MOVE FOR
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Step 1 Choose your move

Choose a movement challenge, activity or fundraiser for Childhood Cancer Awareness Month.

Move for Momentum is designed to fit around things your community, club or business may already be doing.

Keep it simple or go as ambitious as you like.



Step 2 Create a fundraising page

Use our ready-made fundraising page to join the movement and start fundraising in just a few clicks.

You can upload an image, add details about your challenge and share why you are taking part.

**Start your
fundraiser**

Step 3 Get others involved

Invite friends, members, customers, staff and family to support your challenge, donate or help spread the word.

The more people involved, the more awareness and support we can build together during Childhood Cancer Awareness Month.

**Tag Momentum and use:
#MoveForMomentum**

We'll be sharing and spotlighting businesses and community groups throughout September.

Your move, your way

**MOVE FOR
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Move for Momentum is a challenge where any movement counts and every community can make it their own.

During Childhood Cancer Awareness Month this September, businesses, workplaces and community groups across the UK are getting creative to support children facing cancer.

Here's how a few supporters got moving last year



One community supporter clocked up miles mowing lawns throughout his neighbourhood, proving that every move counts.

A karate club took on 15 consecutive one-minute movement rounds - that brought their whole community together.



Last year, David brought friends together for a 10-mile riverside walk, turning every step into support for families facing childhood cancer

Whether you are sprinting, stretching, cycling, dancing or creating your own challenge, every move helps shine a light on Childhood Cancer Awareness Month.

By taking part, your community, club or business can help children facing cancer and their families feel supported when they need it most.

**That's the magic of
Move for Momentum!**
There's no 'right' way
to take part!

You can go:

- **Big or small**
- **Fast or slow**
- **Serious or silly**
- **Solo or as a team**

Choose your move!

MOVE FOR MOMENTUM!



However you move this September, you'll be helping shine a light on childhood cancer and showing families they are not facing it alone.

Accessible Ideas



- Daily step challenge
- Community walk
- Sponsored swim
- Gentle movement class
- Wellbeing challenge



Community Ideas



- Café fundraising day
- Charity football match
- Gym fundraiser class
- Workplace awareness day
- Community dance event



Big & Bold Ideas



- Marathon
- Mountain climb
- Skydive
- Endurance cycle
- 24-hour challenge



Or...

Create your own!

The most memorable Move for Momentum challenges are often the personal ones. Create something that reflects your people, your community and the kind of impact you want to make.

Start your fundraiser



Join the movement

Last September, communities, clubs and businesses across the UK came together for Childhood Cancer Awareness Month.

From cafés and gyms to workplaces and community groups, people across the UK are choosing their move and getting involved in creative and meaningful ways.

Community Spotlight



Thea & Wormsley Cricket Club
Cricket Match
Raised: £450

Thea rallied her local cricket community together in memory of Louis, creating a day filled with love, hope and support.



Brownies
Dance-a-thon
Raised: £215

From Macarena dances to choosing songs for their own Move for Momentum event, these Brownies turned kindness into action.



Colets Health and Fitness
M4M Bootcamp
Raised: £400

From bootcamp burns to big-hearted support, the Colets community came together for families facing childhood cancer.

Your move could be next!

Whether you raise £50 or £5,000, your fundraiser will help Momentum continue supporting children facing cancer and their families when they need it most.



Ready to join the movement?

**MOVE FOR
MOMENTUM!**

**Start your
fundraiser today.**



Follow the link above
or scan the QR code to set
up your fundraising page.

Get in touch

Planning a larger challenge
or fundraiser?
We'd love to hear from you.

Website:

www.momentumcharity.org

Email

fundraising@momentumcharity.org

Registered Charity No. 1195373

Share your move

Tag Momentum and use:

#MoveForMomentum

#ChildhoodCancerAwarenessMonth



[@momentumcharity](https://www.instagram.com/momentumcharity)



facebook.com/momentum.org



[Momentum Children's Charity](https://www.linkedin.com/company/momentum-childrens-charity)