

Move for Momentum

Individual 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.

A movement for Childhood Cancer Awareness Month

**MOVE FOR
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This September, people across the UK are choosing to move for children facing cancer.

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 is a chance to get active in a way that works for you, while raising awareness and vital funds during Childhood Cancer Awareness Month.

Whether you walk, run, swim, dance, cycle, stretch or create your own challenge, every move helps families feel seen, supported and less alone.

This is not about being the fittest. It's about choosing your move and making it count.



Why people get involved

- Support children facing cancer and their families
- Raise awareness during Childhood Cancer Awareness Month
- Set a personal goal and challenge yourself
- Move with friends, family or your local community
- Be part of something bigger than a single fundraiser


momentum
children's charity

How it works

**MOVE FOR
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Step 1 Choose your move

Pick a movement challenge, activity or fundraising idea for Childhood Cancer Awareness Month.

Move for Momentum is designed to fit around your everyday life.

Keep it simple or go as ambitious as you like.

Need inspiration?

Take our [Find Your Move Quiz](#)



Step 2 Create a fundraising page

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

Share your story, upload a photo and tell people why you're taking part.

**Start your
fundraiser**

Step 3 Get others involved

Invite friends, family, neighbours and colleagues to support your challenge, donate or help spread the word.

The more people who hear about childhood cancer, the bigger the impact we can make together.

**Tag Momentum and use:
#MoveForMomentum**

We'll be sharing and spotlighting Move for Momentum Supporters throughout September.

Not sure where to start?

MOVE FOR
MOMENTUM!



Find your Move for Momentum.

Take our quick 60 second quiz for personalised challenge ideas and inspiration tailored to your energy, goals and style.

Discover:

- Your mover identity
- Challenge ideas
- Fundraising inspiration
- Your next step
- Download & share your movement badge

Take the Quiz

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.

Everyday Moves



- Daily walking challenge
- Dog walking fundraiser
- Step count challenge
- Gardening challenge
- Mini Golf fundraiser
- Daily yoga challenge



Move Together



- Sponsored walk with friends
- Family bike ride
- Charity swim
- Community fun run
- Dance challenge
- Hiking adventure



Big & Bold



- Half marathon or marathon
- Long-distance cycle
- Mountain hike
- Open water swim
- Multi-day challenge
- Personal endurance goal



Or create your own!

The most memorable Move for Momentum challenges are often the personal ones.

Choose something that reflects your interests, your story or the reason you're taking part.

Start your fundraiser



Join the movement

Last September, people across London, Surrey and Sussex chose their move for Childhood Cancer Awareness Month.

Every fundraiser looked different. Some challenged themselves to something new. Others brought together friends, family or their local community. Together, they helped raise awareness of childhood cancer and supported local families when they needed it most.



Supporter Spotlight



Thea

Cricket Match

Raised: £450

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



Thomas

Mow for Momentum

Raised: £200

Thomas mowed lawns around his neighbourhood, donating every penny he raised to support children facing childhood cancer.



Kat

Tough Mudder Challenge

Raised: £542

From climbing walls to crawling through mud, Kat's Tough Mudder challenge raised vital support for local families.

Now it's your turn.

Whether you raise £50 or £500, every fundraiser helps children facing cancer and their families.

Ready to join the movement?

**MOVE FOR
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**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



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facebook.com/momentum.org



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