

THE BIG GIVE

Give up to give back

BACK  **THE BUILD**
For the hospice our children deserve

About The BIG Give

What is The BIG Give?

The BIG Give is a fundraising challenge, supporting the creation of THE BUILD, a hospice children deserve.

For 28 days in February, we're asking you to give something up and give something back—fundraising for an amazing cause while making a BIG impact.

Whether it's coffee, takeaways, social media, chocolate or a no spend month, giving up something small can make a BIG difference.

How to get involved

Step 1: Choose your challenge

Think BIG! What could you give up for 28 days?

Some ideas include:

- Coffee or takeaway treats
- Chocolate or sweets
- Social media scrolling
- Alcohol or fizzy drinks
- Streaming services for a month

Choose something that will challenge you but is achievable for the month, remember it can be absolutely anything!

Step 2: Sign up

Congratulations, you've already signed up to take on The BIG Give. Create your JustGiving fundraising page [here](#).

Step 3: Start fundraising

Share your JustGiving link with friends, family, and colleagues. Use this fundraising page to collect donations and talk about why you're supporting Martin House.



Need help?

Email: thebuild@martinhouse.org.uk

Call: 01937 844569

Visit: martinhouse.org.uk



Martin House
Children's Hospice

Here when families
need us most

Frequently asked questions

Who can take part in The BIG Give?

Anyone! Think of something that would challenge you to give up for a whole month and you're ready to go.

Do I have to give something up for all 28 days?

Yes! The aim is to stick to your goal for 28 days, but if you need to adjust, that's okay—just do your best and focus on fundraising.

Can I take part as a group or team?

Absolutely! Groups or teams can give something up together. For example, your office might give up shop bought lunches and donate the money saved.

What if I slip up?

Don't worry—it's all about trying your best and raising funds for a fantastic cause. Keep going and share your journey.

Is there a minimum fundraising amount?

There's no minimum fundraising amount, but we encourage participants to aim for at least £200. Every donation makes a BIG difference.

How do I raise funds?

Set up an online fundraising page, share your challenge with your friends and family. Don't forget to post updates about your progress!

Can I choose something unique to give up?

Yes! The more creative, the better. Whether it's giving up TV, morning snoozes, or late-night snacks, the challenge is yours to decide.

How do I share my progress?

Post updates of your challenge on social media using the hashtag #GiveUpToGiveBack #TheBIGGive. Tag us at @martinhousech for a chance to be featured!

Tips for success

Choose wisely

Pick something that's a challenge but manageable. No matter how big or small, your commitment will make a difference.

Share Your Story

Let supporters know why you're taking part and how their donations will make an impact to Martin House Children's Hospice.

Celebrate milestones

Share updates, photos and mini-wins on social media throughout the 28 days.

Buddy up

Why not get your friends and families involved, encourage and support each other on your individual challenges

Why your support matters

Every pound donated and every brick laid, brings us closer to our goal: to transform the hospice for children with life-shortening conditions, and their families.

Join us and be part of something truly life-changing, as we embark on the biggest project in our history, THE BUILD. Help us raise £2m so that we can be there for families today, and for families of the future.



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