



## THE VIRTUAL CHALLENGE BADGE

## WHO ARE WE?

Noah's Ark Children's Hospice provides support for babies, children and young people with life-limiting or life-threatening conditions and their families in North and Central London and Hertsmere.

Our mission is:

- to provide care and support for children and young people from birth who have a life-limiting or life-threatening condition. Our aim is to enable them to live full lives and to achieve their aspirations.
- to ensure that families are able to live life as fully as possible while their child is still alive and go on to face the future with hope after bereavement.

Our services are free for the families that need them, but it costs us £3.5m a year to run them. We only receive a very small amount of funding from the government (less than 10%) so we are entirely dependent on the generosity of the community to raise the rest.

## WHY OUR SERVICES ARE NEEDED

Last year we supported 294 babies, children and young people who were seriously unwell, 344 of their siblings and 517 of their parents/guardians. However, we know that there are more than 1,200 children with life-limiting and life-threatening conditions in our catchment area who would benefit from our support.

We know from our NHS partners such as Great Ormond Street Hospital that the NHS requires additional support from the third sector to ensure that the complex emotional and clinical needs of these seriously unwell children are fully met. We are determined to offer a wider breadth of care to an increased number of seriously unwell children in North London and Hertsmere.

## WHAT WE DO

Our Care Team provides vital support to children with life-limiting and life-threatening conditions and their families. We address these needs through our **core services**:

**Family Link:** The first point of contact for newly referred families, offering practical and emotional support as needed.

**Specialist Care:** Our Specialist Carers are trained by Paediatric Nurses to care for the needs of a child and aim to support a child's full clinical, emotional, social and practical needs.

**Family Days and Activities:** Activities in the community for the whole family, allowing them to spend quality time together and receive invaluable peer-to-peer support.

**Therapies:** Our Specialist Play and Therapies team supports children, young people and families with child-led sessions that focus on individual needs, helping children communicate their emotions, manage anxiety and gain a sense of autonomy.

**Sibling Support:** Our model of care is holistic. We understand the ripple effects of having a child with a life-limiting or life-threatening condition in the family so we support the whole family including siblings. We organise events, days out, and a Sibling Weekend Away for siblings.

**Home Support Volunteers:** We provide regular help for our families with everyday tasks they may struggle to balance with the constant demands of care.

## THE ARK

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So that we can provide more specialised care for children and their families, we have constructed a purpose-built children's hospice building, which we have named 'The Ark'.

Set on a 7.5 acre nature reserve, The Ark is a home from home for children who are seriously unwell, where they will be given the time and space to be children and not just patients. It provides an inspiring place for relaxation, adventure and for children and their families to connect with others facing similar challenges.



Through the specialised and supportive setting of a children's hospice building we are able to offer a range of children's palliative care services that were not previously available, including:

- Sensory, music and wet **play rooms**.
- **Sensory gardens** and surroundings.
- **A drop-in facility** for families to come and use the dedicated facilities, toys and gardens.
- **Hosting** Noah's Ark Children's Groups, Family Activity Days, Sibling Activities, Parents Groups, Bereaved Parent Groups, and bereavement counselling
- **Overnight stays** for children and families to enable earlier discharge from hospital and preparation for care at home
- **Care after death**, including 24-hour family access to their child's body in dedicated Bereavement Suites.

# THE CHALLENGE BADGE

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**Our Community Fundraising Team are really enthusiastic about engaging with families and have decided to make our popular scouting badge – the Noah’s Ark Challenge Badge – available to everyone!**

The Noah’s Ark Challenge Badge is a fantastic opportunity for children and young adults to have fun and learn whilst doing something positive and worthwhile. The badge is split into four sections which can be completed either on your own, virtually or with your family.

Each section is inclusive for all ages and abilities and you can even make your own challenges up – as long as they fit the objectives!

## WHAT YOU NEED TO DO

To gain this badge you should complete **at least one activity from Section 1** and **at least one activity from Section 2**.

In addition to the above:

- **6-7 year olds** should complete at least one other activity from Section 3 or 4
- **8-9 year olds** should complete at least two other activities from Section 3 and/or 4
- **10-18 year olds** should complete at least three other activities from Section 3 and/or 4

Record your activities in our Challenge Badge Log Book as you go and remember to keep as much evidence as possible!

If you have any questions about the Challenge Badge, or if you would like to learn more about Noah’s Ark Children’s Hospice, please contact Priya Singh at [psingh@noahsarkhospice.org.uk](mailto:psingh@noahsarkhospice.org.uk) or on 07845 014 348.

## Section 1

# FUNDRAISING

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**It currently costs us over £3.5 million a year to keep Noah's Ark afloat and around 90% of this comes from our community. Try one of the ideas below – or perhaps you could come up with your own idea to raise money for Noah's Ark Children's Hospice?**

- 1 Hold a Pillow-fort camp out at home and pay to take part – you can invite your family into your fort and get your friends involved in their own homes too.
- 2 Hold a virtual bake off with your friends or family – take pictures of your cakes and vote for a winner.
- 3 Step the Globe with us, virtually, or hold you own sponsored walk/ run/ jump-rope in your garden: <https://www.noahsarkhospice.org.uk/get-involved/events/step-the-globe/>
- 4 Give up something you like – could you go a month without chocolate, fizzy drinks or video games? Get your family and friends to sponsor you!
- 5 Collect 20p pieces in a Smarties tube – if you fill it completely it'll contain £10!
- 6 Offer to do chores/ odd jobs for your family in exchange for donations.
- 7 Take up a new hobby and get sponsored – do some exercise every day for a month, get your parents to sponsor you for every book you finish reading, or how about learning to knit?
- 8 Host one of our virtual events with your friends, but you must be over 16 to do this: <https://www.noahsarkhospice.org.uk/get-involved/events/>
- 9 Are you really good at a certain school subject? – Help your friends with their schoolwork in exchange for donations.

*Remember to take pictures or write about what you've learned so you can share it with your group leader or directly with us if you are not in a group. You can also share it with us on social media.*

The easiest way to collect donations is to set up an online fundraising page. Please see below for a step-by-step guide on how to set up your page (you may want to get a family member to help you).

# YOUR ONLINE FUNDRAISING PAGE

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- Go to: [www.justgiving.com](http://www.justgiving.com)
- Select 'Start Fundraising'
- Choose fundraising for 'A charity'
- Login or create an account using your email and a selected password
- Search for 'Noah's Ark Children's Hospice' - Scroll down the page to find us under 'Charities'.
- Choose 'Doing your own thing - Personal challenge'
- Fill in the form, telling people what you are doing to fundraise.
- Please think carefully about question 3 on the form – are you providing goods or services in return for sponsorship? If the person donating to you will not be receiving anything in return, please select 'no' so that we can claim Gift Aid on any donations you receive.
- Start fundraising! Share your page with your friends and family via social media and email.
- Please tag us on social media too!

*Facebook: /NoahsArkChildrensHospice*

*Twitter: @NoahsArkHospice*

*Instagram: @NoahsArkHospice*

## Top Tips for Great Online Fundraising:

1. **Set a target:** Targets are a great way to kick-start your fundraising – they encourage people to donate and give you a goal to work towards.
2. **Add a profile picture:** A nice picture of you preparing for your challenge helps to show people who they are supporting and lets them know that they are on the right fundraising page!
3. **Personalise your page:** Do you have a story you can share about why you decided to fundraise for Noah's Ark? An engaging story can make all the difference. Not sure what to say? [Here are some pointers to help you write a great story](#)
4. **Share, share, share:** Fundraising for charity is an amazing thing – make sure you give as many people as possible a chance to support you. Don't be scared to ask your friends, family, or even your school or club, to share your fundraising page too.
5. **Update your page:** Let people who have donated know how you're getting on and encourage more people to get involved by sharing your progress! Some people may even want to donate again after you have finished a challenge!
6. **Add any money you raise offline:** If you've collected any cash, donate it through your Just Giving page so that everyone can see the total amount you've raised!
7. **Have fun!** Make sure you choose something you're interested in doing, or learning, as your fundraiser – we want you to have a great time fundraising and so will those who support you!

## Section 2

# SHOUT ABOUT IT

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**As a small local charity we are always trying to raise awareness of who we are and what we do. This section is all about shouting about Noah's Ark!**

- 1** Make a poster about Noah's Ark Children's Hospice to tell people about what we do – you can put in your window or upload it on to social media.
- 2** Make a video about Noah's Ark Children's Hospice and what we do and share it with us on social media – if you don't have your own social media accounts ask your parents or older siblings if they can share it on theirs!
- 3** Catching up with your friends and family via a video call? At the beginning of each video call tell your family or friends an interesting fact about Noah's Ark Children's Hospice. Try telling at least five people about us!
- 4** Write a letter to your teacher to ask if your school can support Noah's Ark – tell them why it is so important and how much we need their help. Make sure you give this to them when you go back to school – or you could even email it to them now.
- 5** Ask three adults that you know (or friends and family aged 13 or over) to share our Coronavirus appeal on facebook/twitter etc. You can find the appeal on our social media pages and here: <https://www.noahsarkhospice.org.uk/coronavirus/>
- 6** Like Noah's Ark on Facebook and follow us on Twitter or Instagram (you must be aged 13+ to do this).

Facebook: /NoahsArkChildrensHospice  
Twitter: @NoahsArkHospice  
Instagram: @NoahsArkHospice

You can go to our website for a lot more information about what we do:  
[www.noahsarkhospice.org.uk](http://www.noahsarkhospice.org.uk)

*Remember to take pictures or write about what you've learned so you can share it with your group leader or directly with us if you are not in a group. You can also share it with us on social media.*

## Section 3

# ALL ABOARD **THE ARK**

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### Host a Noah's Ark theme evening for your family.

- 1** Build your own version of The Ark using any method you like: cardboard, collage, clay, cake, sofa cushions etc.
- 2** Make stuffed animals, sock puppets, animal masks, or any other animal-themed crafts.
- 3** Can you make a boat at home? See if you can make something that will float in your bathtub from materials you normally recycle.
- 4** Host a family-themed fancy dress day – get everyone to dress up as their favourite animal, or if you don't want to go full fancy dress, how about painting your faces?
- 5** Take a virtual visit to a zoo – you can find loads of resources online, just google 'Virtual Zoo'.
- 6** Research information about your favourite animal – you can present this to your family or make a little book that you can share with them.
- 7** Organise an afternoon where you go 2-by-2 with someone in your household –you must remain attached to your partner for the whole afternoon!

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## Section 4

# THE REAL NOAH'S ARK

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The activities in this section are based on the work done by Noah's Ark Children's Hospice.

- 1 Find out what a hospice does – how are children's hospices different from adult hospices? How many children's hospices are there are in the UK?
- 2 Lots of our families have problems sleeping as their child's conditions can mean that they are awake a lot during the night. Hold a 'stay awake' night – like a sleepover but with no sleeping!
- 3 Noah's Ark runs regular sibling groups. Write a card to your brother or sister telling them how special they are. If you don't have any siblings, why not write to someone else in your group or to a friend?
- 4 Noah's Ark helps the children we care for to do a lot of activities that may be difficult without our help such as ice-skating – what activities/places do you enjoy doing/going to that you think the children we look after would too?
- 5 Noah's Ark relies heavily on support from dedicated volunteers. Do some volunteering at home – this could be cleaning up your house, helping siblings with their homework or anything else that provides a helping hand to someone else.
- 6 Could you offer to volunteer for your elderly/vulnerable neighbours? You could shop for them or offer to bake them a cake.
- 7 Our most popular events for families are our Summer Ball and Winter Party – hold a party at home with games and a music. Why not learn something you can do at the party like a song, a dance or a trick like juggling?

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**Thank you so much for deciding to support Noah's Ark Children's Hospice by earning your Noah's Ark Challenge Badge!** Please use your Challenge Badge log book to keep track of what you've been doing and to tell us what you have learned. When you have finished please send it to your group leader or to Priya Singh at Noah's Ark at [psingh@noahsarkhospice.org.uk](mailto:psingh@noahsarkhospice.org.uk) or on 07845 014 348.