



# The Compassionate Friends

**Support The Compassionate Friends  
while keeping your social distance!  
Fundraise at home.**



TCF has adapted its face-to-face services to protect bereaved parents against coronavirus. We continue to support bereaved parents and siblings online, over the telephone, by e-mail and through social media.

However, we still need to raise funds to allow us to support bereaved parents and siblings. As the economy suffers, as funders divert their donations, quite legitimately, to the direct fight against coronavirus and as challenge events get cancelled, the sources of funding on which The Compassionate Friends has relied in the past are disappearing, perhaps only temporarily, but maybe also forever. We, therefore, need to source funds from elsewhere.

We are particularly seeking funds at the moment to set up a webchat facility on our helpline and to offer training to TCF volunteers so that they can offer online group meetings for bereaved parents.



## Fundraising at home

For many of you who are self-isolating, you can still do some good at home! Whether it is taking part in virtual events or getting sponsored for your favourite hobby, there are still many ways to support bereaved parents and siblings.

Here are some great suggestions how you can support people through the pandemic.

### Get sponsored to do a virtual event



- Sponsored walk – how many steps can you take a day when in isolation? Challenge yourself to take 10,000 steps per day at home.
- Solo running challenge. Who needs the London Marathon? Get sponsored to complete a challenge in your house or apartment, in your garden or on your balcony. Maybe challenge yourself to do a 10k run or even a half-marathon.
- Sponsored stair climb. How many flights of stairs can you complete in a week?
- Do you have an exercise bike at home? Challenge yourself to a number of miles within a set period.

## Support TCF from home



- Clear out your home, and sell the things that don't bring you joy online with the proceeds going to TCF.
- Read-a-thon. How many books can you read in a set period of time? Ask your friends and colleagues to sponsor your efforts.
- Binge-watch-a-thon. Reckon you can nail all 236 episodes of Friends while you're in isolation? Prove it and get sponsored while you do it!
- Dress-up Fridays! Flip tradition, ask your colleagues to join you while they are also working from home, paying a small donation fee to TCF.

The above are only a few ideas. There are hundreds of other ideas for raising funds online. If you decide to support TCF while in quarantine at home, let us know and we will do all we can to help promote your idea and increase the number of donors. You can raise funds by setting up a Just Giving or Virgin Money Giving page.

For further details, please contact Stephen Armstrong at [stephen@tcf.org.uk](mailto:stephen@tcf.org.uk)