



Sophie's
Appeal
Support Treatment And Research

☎ 023 8032 0618

✉ info@sophiesappeal.org



Join the Sophie's Appeal community

We are a volunteer charity that fund raise to support children with childhood cancers and other life-limiting illnesses. See our website for more information.

www.sophiesappeal.org

info@sophiesappeal.org

Sophie's Appeal Registered charity number 1111154



• Every Bead Tells a Story of Strength, Honour & Hope •

Sophie Louise Barringer

Sophie was a happy healthy five year old who had just celebrated her auntie's wedding as her bridesmaid.

Exactly one month later Sophie was diagnosed with a form of kidney cancer, following only a few days of feeling unwell. Sophie's tumour spread from her kidney up her main vein and into her liver and heart.

She immediately began an intensive regime of chemotherapy to try and shrink the tumour. Without surgery to remove the tumour her outlook was very bleak. After weeks of chemotherapy, Sophie underwent a major operation during which her heart was stopped so that the surgeon could remove the tumour from her heart, liver and left kidney. The operation was a success but, combined with the radiotherapy and continued chemotherapy, Sophie was very poorly.

Following weeks of touch and go, Sophie pulled through and became well enough to leave the hospital and go home to her family in Eastleigh. Family life became almost normal, interspersed with regular visits to hospital for chemotherapy, blood tests, transfusions and more.

Life was turned upside down again when a routine scan gave the news we had all dreaded. The cancer had not been beaten and the chemotherapy was no longer working.



Sophie's dream to help others is now a reality - Sophie's Rainbow Retreat.

A holiday home in Poole to send families on a respite holiday away from hospital life when their child is fighting a life-limiting illness.



Sophie died at home on 9th December 2004

Shortly after this, Sophie's Appeal was launched!

Aims

Support - One of the founding aims of Sophie's Appeal is to support the social, emotional and educational welfare of children, their families, nursing and support staff and provide a caring and supporting environment in both local hospitals and in the community. There are so many ways in which the trust can provide support to parents, carers and schools who find themselves suddenly faced with the reality of cancer.

Treatment - To provide additional resources to meet the specific needs of cancer care. The trust aims to work with two Hampshire hospitals and monies raised can meet their treatment requests.

Research - Without research.... Without hope! This is why it is vital to support research and development into treatments and cures for childhood diseases.

Sophie's Appeal has now launched it's very own holiday home in Sophie's honour to give families the opportunity to have fun as a family without worrying about the cost! These families need this time away from hospital life to make as many memories as possible. It's a home from home retreat that's extremely well equipped and provides everything they may need.



Sophie's helping hand is actually used for the logo!



We need
your help!



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BECOME A SOPHIE'S STAR



Event Volunteer

Key Responsibilities:

Become an events volunteer and gain valuable experience while also having fun helping a very worthwhile cause.

We need Sophie's stars to help with the following:-

General helpers - Volunteers may be asked to help set up at an event, man a stall, bucket shake at various locations, assist trustees, tidying up at the end of an event and to help at our fundraising events.

Marshals - We need marshals to help direct participants, it may be at a Santa fun run, summer events and are vital for the smooth running of that event.

Stall volunteers - These stars are always needed as we do many events such as Eastleigh xmas market, summer event cake stands, chocolate tombolas, merchandise stalls, Sophie's summer ball, and much, much more!!!

Key tasks and person specification:

- ★ You need to be warm and friendly and be comfortable to face the public when needed.
- ★ A reasonable level of fitness as you may be on your feet for a number of hours, some walking will be involved as well.
- ★ Happy to collect donations in boxes or buckets.
- ★ You must be 16 or over to volunteer at our events.
- ★ Able to be called upon within a reasonable notice period to attend events, needs to be flexible, adaptable and confident to be working with limited supervision on occasion.

To Apply:

Please contact us at :- info@sophiesappeal.org

We will need:-

Your name

Your address

Your contact number

Your email address

Do you drive?

THANK YOU

Registered charity number; 1111154

	Abseil - off your local town hall or stadium, you'll definitely be noticed.		Name the.. - Teddy, dolly or bunny, charge to enter this simple guessing game.
	Bake sale - whether you run the bake sale at work, school or at home, cakes are a winner!		Office dress down day - £1 to enter is probably the easiest fundraiser.
	Cuppa for sophie - invite your friends for a catch up and a cuppa and donate.		Pancake race - An old tradition that's so much fun. Pay to enter and split the winnings. Get the street involved.
	Dance/Disco - enter a competition or host a disco at your local school or workplace.		Quiz night - Down your local pub, village hall, best of luck for those tricky general knowledge questions.
	Easter egg hunt - your street, school or workplace could get involved.		Raffle - Use social media to ask for prizes, anyone can hold a raffle.
	Football match - hold a match at your local recreation ground, grown ups and children.		Santa fun run - Get your local community involved, walk, jog or run - spread the xmas joy.
	Give it up - use our sponsorship form and		Twenty pence challenge - Take a tube of smarties, much your way through then refill with 20p's and a full tube will be £5.00
	Head shave - we commend you, not only can you raise enormous amounts for us but you can also donate your locks.		Uniform swap - Teachers and pupils, male and female colleagues.
	It's a knockout - The ultimate school sports day for adults. Local businesses might like to get involved.		Vintage - Vintage clothing or just a clear out, car boot your clothing for Sophie's appeal.
	James Bond night - Not just a movie night, you can dress up and prepare the martini's - shaken not stirred!		Wax - Legs, chest or maybe even the odd eyebrow.
	Karaoke - Reach out to friends on social media. Sophie's favourite was "reach for the stars".		Xbox/PlayStation marathon - players get sponsorship for 24 hour playathon in teams, stay awake sleepy heads!
	Ladies day - Gather your ladies and arrange the perfect entertainment.		Year to remember - Set a goal or challenge to last a whole year for sponsorship. What an achievement.
	Marathon - What an achievement, set your personal goals and go for it!!		Zip wire - Challenge yourself or a group for some adrenaline fun.

Share a cuppa for Sophie

Invite your friends for a cuppa and a catch up and
raise funds for Sophie's Appeal
It's that easy!!!!



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CAN YOU GUESS WHICH JAR HAS THE MOST SWEETS?

Only £2 a go
Guess which jar has the biggest number of sweets and win a prize!

How the game works

1. Fold and stick top right corner of the poster over to hide the winning number.
2. Stick the poster up at your place of work, school office, or display at your 'cuppa for Sophie' afternoon.
3. Ask everyone to give £2 to write their name and contact number under the jar of sweets of their choice.
4. Once the game is full, fold back the top right corner to reveal the winning jar number, the name under that jar is the winner!

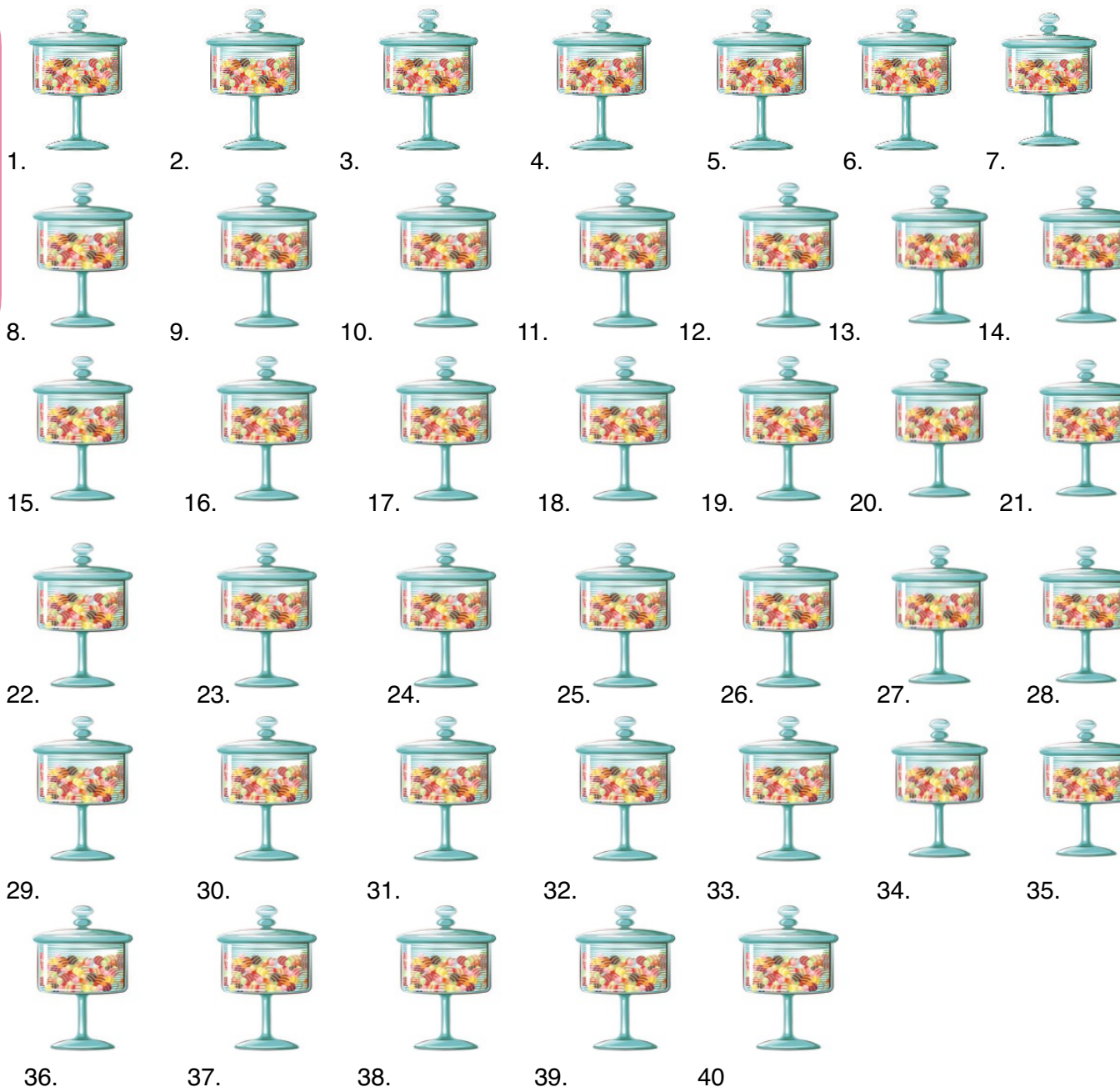
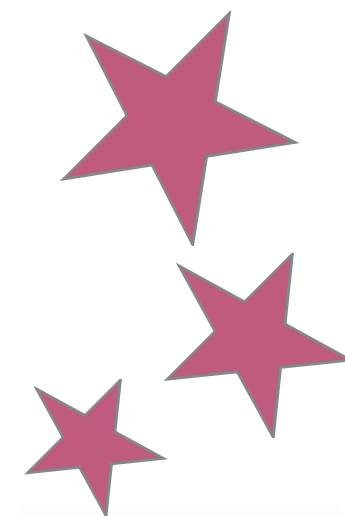
The winning prize can be a percentage of money raised from the game or a non monetary prize of your choice, maybe a fantastic cake!

Then return your form and donations to
Sophie's Appeal, 20 Ruskin Road,
Eastleigh, SO50 4JS

Please make your cheque payable to
Sophie's Appeal or make a Baos
payment to;
Sophie's Appeal 30-92-94
02176652

Fold this corner over and stick to hide the winning number

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Organiser's name
Address
.....
Post code
Telephone
Email

To the organiser: please note your details will only be used by the Sophie's appeal team to send you other ways of how you can help and to say thank you.

For more information on how to fundraise and to see where your donations are going please visit www.sophiesappeal.org

1. This sweepstake is an exempt lottery under the Gambling Act 2005 and is promoted by (please write the name and address of the organisation here i.e the person responsible for collecting the money.) 2. The poster is for use in Great Britain only. 3. The promoter and the entrants must be 16 or over. 4. Your sweepstake must be conducted as a works or residents lottery. This means that people are only eligible to enter if they work or live in the same premises as the promoter. 5. You may only display this poster or advertise the sweepstake on the premises in which the sweepstake is taking place (see before). 6. The rights of any entrant are not transferable to any other person and any attempt to transfer them will be treated as ineffective. 7. If the game does not get full the entrants can have their £2 returned to them or they may wish to donate it to Sophie's Appeal. 8. The game will close on And where possible the winner will be revealed within 5 working days of the closing date. 9. The promoter is responsible for ensuring the sweepstake is run properly - Sophie's Appeal is not a promoter and does not accept any responsibility for your sweepstake. 10. Any personal information collected will only be used for the proper purposes of this promotion. Please note this game is a work or residents lottery as defined in the Gambling Act 2005 so whilst the proceeds of the game cannot be donated directly, we hope that the winner will choose to donate all or some of their winnings to Sophie's Appeal Sophie's Appeal is a registered charity: 1111154

WHAT YOUR MONEY CAN BUY

All donations large and small can make such a difference to many local children and families.....

£600 will send a family to Sophie's Rainbow Retreat for a whole week- making memories as a family with their precious children, supporting any family with a child fighting a life-limiting illness. For some these memories may be their last.

This could be raised by doing a sponsored head shave or marathon, by organising an event for all your friends and family to enjoy!

£300 would cover one months donation to "beads of courage" - a truly magical and special gift to children going through treatment and collect these beads to show everything they have achieved, which is just fantastic.

£100 could send a family on a "make a wish" day out together.

£25.00 could send a child to watch a magical theatre production.

£10.00 would provide enough material to make 10x "Wiggly bags" which are bags that carry a child's Hickman line while undergoing treatment.

£1.00 could buy items for lucky dip prizes which the Sophie's appeal team use at many events!

Thank you so much!



Sophie's Appeal registered charity number 1111154

We're Supporting Sophie's Appeal And Sophie's Rainbow Retreat



For more information on fundraising,
support and much more, please
contact the Sophie's Appeal team.



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"Supporting Other
People, Helping
Individuals Escape
Sadness"