Virtual Sleep In

Organise your own Sleep In and raise money for World Child Cancer
Sleep In 2020

Sadly our Sleep Out with Leyton Orient Football Club has been cancelled due to the current situation with Covid-19.

HOWEVER, that doesn't have to stop you from organising your own 'virtual sleep in'!

**Sleep In on any evening between 10th April and the 10th May and raise money for children with cancer!**

We suggest raising a minimum of £100, and this could pay for two rounds of life-saving chemotherapy for a child in Ghana.

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**Who are you fundraising for?**

**World Child Cancer**

- A charity supporting the diagnosis, treatment and care of children with cancer and their families around the world

- Over 300,000 children worldwide develop cancer each year. Many of these children can be cured – 80% of children with cancer in the high income world survive. However, in low and middle income countries, survival rates can be as low as 10%, with many children dying without effective pain relief

- World Child Cancer believes that every child, no matter where they are born should have equal access to the best possible treatment and care

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Why a Virtual Sleep In?

In some of the countries where World Child Cancer works, families have to travel for hours – sometimes more than a day – to reach hospital. If a child is diagnosed with cancer, they may then have to repeat this journey time and time again to undergo treatment.

They will have to find money to fund the journey, medication and food to keep their child as strong and healthy as possible during treatment. In cases where parents can't afford shelter they are forced to sleep wherever they can – sharing their child’s hospital bed, in the corridor or even in the car park.

Now it is more important than ever that parents don't sleep outside or with their child due to the potential risk of Coronavirus.

These parents have received some of the worst news they will ever receive – their child has cancer – and now they’re sleeping outside for days and weeks on end.

We can’t imagine what this must feel like, but we have organised the Virtual Sleep In to raise awareness of families who find themselves in this position and to raise funds to support children with cancer around the world.

In countries where some families earn as little as £90 per year, spare money for the parent to eat and find somewhere to sleep is almost non-existent.
Your fundraising could:

£5
- provide a week's worth of pain relief medication for a child with a life-limiting condition in Bangladesh

£10
- buy a welcome pack of basic supplies for a family new to the children's cancer ward in Malawi

£50
- pay for a round of life-saving chemotherapy for a child in Ghana

Top Tip:
Be sure to share your fundraising journey on social media. Use the hashtag #wccsleepin

Where can I do my Sleep In?

- Sleep In anywhere in your house that isn't your bed!
- If it's sunny and you have a garden you could camp out in it!
  - Find a tent and turn your garden into a campsite
- Set up beds in your living room and get your whole family to sleep in one room
- Build a fort to sleep in, be creative! Sleep anywhere that isn't your bed to support children with cancer!

How do I fundraise?

- Register to set up a fundraising page here and collect donations from your friends and family!
- Challenge your friends to take part! Share a picture of you taking part in the #wccsleepin, tag your friends to do the same, and donate £5 to your own page!
- Why not set yourself a challenge of sleeping somewhere a bit more uncomfortable depending on which target you reach! Raise £50 sleep on the floor, £100 sleep in the bath, £150 sleep on the stairs!
- Check out our A-Z of fundraising ideas to find lots of other exciting ways to fundraise!
Meet Hla...

She is 10 years old and was diagnosed with cancer after her mother noticed a swelling in her stomach back in March 2015.

Following four months of treatment at Yangon Children's Hospital in Myanmar, Hla's family experienced financial problems and had to abandon treatment. Ten months later, Hla became very ill again, and the family had to return to the hospital, despite their financial struggles.

World Child Cancer provides support to cover the transport costs for families like Hla's through our partner organisation Please Take Me There. This is vital in ensuring that children finish their treatment, giving them the greatest chance of survival.

Hla attends the Heroes School at the hospital which was set up and is supported by World Child Cancer to ensure children can continue their education whilst receiving treatment.

World Child Cancer supports many children like Hla in Myanmar by funding training for doctors, treatment, transports costs and raising awareness of childhood cancer.
After your event

Once your event is over, you will no doubt want to get your donations to us as soon as possible so that your money can start to make a difference. See below the many ways in which you can get that money to us:

**Online** – you can pay your donations in easily on our website! If you do donate online, please email alice.castle@worldchildcancer.org to let us know that you have paid in the money and so we can thank you!

**Bank transfer** – contact our team to get our bank details.

**In the post** – send a cheque in the post with the amount you raised. Please make this payable to World Child Cancer UK and send to the following address: 9 Maltings place, 169 Tower Bridge Road, London, SE1 3JB

Don't forget to thank all of your donors! A personal thank you will really mean a lot, and may even inspire them to do some fundraising of their own!!

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Can you help us to help other children like Hla during this challenging and uncertain time?