

# Challenge Yourself for Coram

Find out more about Coram  
and how you can get involved



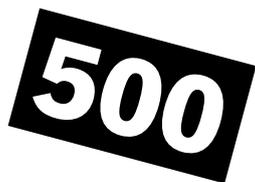
Registered with  
FUNDRAISING  
REGULATOR

Coram is the UK's oldest children's charity and has been supporting children for over 280 years.

We are a group of charities working together to provide children with the best possible chance in life by finding them a home, advocating for their rights and developing their skills.

For more information on what we do, head over to our website.

**[www.coram.org.uk](http://www.coram.org.uk)**



**500**

Coram placed 100 children in adoptive families with another 100 matched with adopters through Adoption Activity Days

## Will you join us?

We need our supporters, now more than ever, to make sure we are here for a generation of children who are at risk of getting left behind. 2021 is shaping up to be a positive year, so look after your wellbeing by getting yourself into shape, running a marathon, creating your own challenge, throwing an event or volunteering with us. Every challenge you take on will help Coram improve the life chances of children across the country.

This leaflet provides you with an insight into some of the ways you can get involved, and some inspiration on what you could do yourself to help support Coram and have some fun in the process!

Coram continues to develop, deliver and promote best practice in support of children and young people. We shall not rest until all children have the best possible start in life.



# 1150

The amount of children, Coram are working hard to recruit families for, who have been waiting for 18 months or more

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“6 years ago a lively unique little girl joined our family, a child is no longer in the care system, and our family is bigger and better for it. I’ve been supporting Coram for the last four years by doing various challenge events, and plan to do another one in the next year.

More than ever this year, Coram have had to adapt to find new ways of reaching and helping those children, and they have also had to adapt their fundraising in a year where mass events have been impossible to stage.

And if you too can help, if you can support in any way, please do!”

Diederick Santer – Adopter and Marathon runner

# Run for Coram — what's on?

## Superhero Run

July

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## London Landmarks half

Sunday 1st August

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## Palace half

Sunday 19th September

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## Hackney half

Sunday 26th September

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## Royal Parks half

Friday 1st October

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## London Marathon

Sunday 3rd October

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\*When viewing this leaflet some application dates may have closed, but we can always keep your information for the following year or perhaps look into other events we have available. Don't forget to get in touch with the team if you can't see what you are looking for.



**100**

Families were supported last year through training, workshops, and 1-1 support, ran by Corams Post Adoption Support team

# Cycle for Coram

## DIFC London to Brighton

12 September

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## London to Torquay

24–26 September

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Contact the team

For more information on events:



[challengeyourself@coram.org.uk](mailto:challengeyourself@coram.org.uk)



020 7749 7976

# Get Active for Coram

## Fun runs

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## Adrenaline events

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## Spartan Races

– across the country beginning from June

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## Swim Serpentine

18th September

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Don't forget to share everything you are doing

[@Coramsince1739](#)



[@Coram](#)



[Coram](#)



[@coram.uk](#)

# And more!

More events are available on our website, you can also search for events in your local area with our Run Local section – click here [for our challenge events page](#)

## Host your own virtual event

This is a great time to kick-start fundraising, we have plenty of virtual event ideas for you to fundraise from the comfort of your home. They can be simple and just as fun as in person events – you just have to get creative!

[Click here for our virtual event examples](#)

## Virtual events

### Running Tracks Challenge

Take to the streets to your favourite choice of beats – May 2021

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### Challenge 1739

Take something personal to us and make it personal to you October 2021

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### Virtual Virgin Money London Marathon

The world's first 100,000 Marathon  
Sunday 3rd October 2021

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# Other ways to fundraise for us

Are you ready to organise  
your own event?

## Get sporty

You can organise your own sporting event, from park runs, to golfing tournaments or mountain treks to an overseas challenge. We can support you with whatever you choose to do from advice to fundraising merchandise for the event\*

## Get social

Gather your friends, family or work colleagues and let your inner fundraiser out! You could throw a pub quiz night, garden party or a Bake off – whatever you choose to do, make it your own and add a fundraising twist!\*

Every donation helps us to provide children with critical services to give them the best possible chances in life – what we do is only possible because of you!

Here are some ideas for your own fundraisers, some of which can even be turned into virtual events where necessary. Don't forget to contact the challenge events team for any support you may need.

## Get fancy

You could host a ball or a gala dinner to support Coram – why not have an evening to remember and bring people together for a wonderful cause? You could even introduce a raffle or auction at the event – a great way to increase your fundraising on the night!\*

## Got a question about fundraising

Check out our Fundraising FAQs – alternatively speak to the team



[challengeyourself@coram.org.uk](mailto:challengeyourself@coram.org.uk)



020 7749 7976

## FUNDRAISING FAQs

\*Please check current government guidelines

# 2.3m

Coram - Registered charity no: 312278

children are estimated to be living with risk because of a vulnerable family background

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“Without Coram I would not be Mum to the gorgeous little lady I am privileged to call my daughter. Both of our lives would look very different if it wasn’t for Coram bringing us together. I will always be grateful to Coram for that as well as for all the support they’ve given us both before the adoption and since.

So when they asked for help to do a bit of fundraising for them then of course I wanted to do whatever I could, and raise as much money for them as possible to help them continue their invaluable work, and would absolutely do so again in the future. Thank you for all you do!

Christine Taylor – Adopter and 2020 Challenge event participant

