

Let's make this a

SUMMER OF
hope

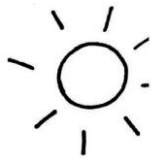


Transform lockdown and cancelled events this summer into a sign of hope by raising money to help CAFOD's Coronavirus response reach some of the world's poorest families.

How to run a Summer of Hope Sports Day in seven easy steps

1 **Decide what games you will play.** For example:

- Egg and spoon race
- Pillow case race
- Obstacle course relay race
- Water carrying race
- Other _____



2 **Set a date and time** – weekend may be best, if some of your family work during the week. It's useful to have a set time so you can publicise it to friends and family who might donate.

- Make a [JustGiving](#) page for your sports day, share it with friends and family and ask for sponsorship per race.
- Play children versus parents and ask people to pay £2 to guess who'll win. All those who guess correctly have their names put in a hat and the one pulled out wins a box of chocolates (or just the glory!)

- Run a competition! Ask other families to pay an 'entry fee', do the same races and time themselves; quickest wins.



3 **Ask for help** – rope in family members to do different jobs, like making a scoreboard or finish lines, or preparing refreshments. Everyone can help with promotion! Contact other families to ask them to hold their day at the same time and run a league table.

4 **Set up your JustGiving page** – start from our [Summer of Hope page](#) and you'll get everything you need.

5 **Promote your event!** Share with friends and family what you are planning and why, especially your JustGiving page. And remember people who aren't online – tell your grandparents about it! You could live stream bits of your day – remember to get permission from everyone involved. Or post pictures on social media.

Tag your photos
@cafod #summerofhope.
Share on
facebook.com/CAFOD
or @CAFODevents



6 **Make your event safe** – check out our [handy guide](#).

7 **Send in your money!** If you have donations that have not been sent via your JustGiving page, you can pay in money direct to CAFOD's Coronavirus appeal at cafod.org.uk/summerofhope



Contact us: events@cafod.org.uk
0303 303 3030

Find your local office: cafod.org.uk/UK

CAFOD
Catholic Agency for
Overseas Development

#SummerOfHope