

# SPRING FUNDRAISING

MAY – JULY 2026



## MAY

### MENTAL HEALTH AWARENESS WEEK STARTS, 11 MAY

- **“Take 10 for Starlight” wellbeing breaks**

Encourage your team to pause for a 10-minute wellbeing break. Caring for yourself matters, just as the play we bring to children in hospital supports their wellbeing. A £2 donation helps make that possible.

- **Desk Yoga or Mindfulness session**

Run a virtual or in-office session with a suggested donation to join.

- **Feel-Good Bake Sale**

Bakes themed around positivity – smiley-face biscuits, sunshine cupcakes – with all proceeds to Starlight.

### INTERNATIONAL NURSE’S DAY, 12 MAY

- **Care Pack Drive**

Teams donate items or funds to create care packs for paediatric nurses and health play specialists (hand cream, snacks, tea, etc.) to celebrate the amazing work they do to support children and families.

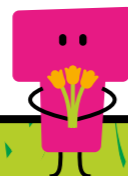
### EUROVISION CONTEST SWEEPSTAKE, 12, 14 & 16 MAY

- **Use Starlight’s Eurovision template to run a £5 per entry sweepstake in the office.**

£5 entry x 35 countries = £175 in total.

£100 for Starlight

£75 for the winner



## JUNE

### FIRST DAY OF THE FIFA WORLD CUP, 11 JUNE

- **Use Starlight’s FIFA World Cup template to run a £5 per entry sweepstake in the office**

£5 per entry x 48 teams = £240 in total.

£100 raised for Starlight.

£80 prize - 1st place

£40 prize - 2nd place

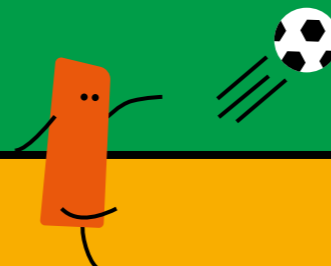
£20 prize - 3rd place

- **Penalty Shootout Challenge**

Set up a mini goal in the office – £1 per shot, prize for the highest score throughout the World Cup.

### INTERNATIONAL DAY OF PLAY, 11 JUNE

- On 11 June, Starlight unites the UK in **The Big Play** – getting the nation to join in a playful moment. More information on how to get involved in this momentous day in the body of the newsletter.



## JULY

### WORLD EMOJI DAY, 17 JULY

- **Emoji Scavenger Hunt**

Emoji clues hidden around the office; £3 entry to play.

### COMMONWEALTH GAMES, 23 JULY - 2 AUGUST

- **Office Mini-Games Tournament**

Teams compete in fun challenges (beanbag toss, mini relay, paper-plane javelin). Entry fee per team.

- **Commonwealth Food Festival**

Employees bring dishes inspired by Commonwealth countries and donate to taste.

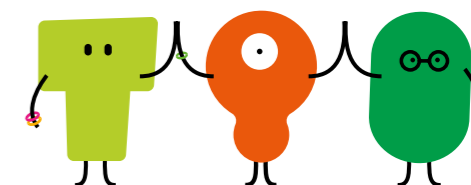
- **“Go for Gold” Step Challenge**

Teams track steps over the Games period with a donation to enter and a prize for the winners.

### INTERNATIONAL FRIENDSHIP DAY, 30 JULY

- **Friendship Bracelet Station**

Make and buy bracelets with proceeds supporting Starlight’s work with children.



We have further guidance and resources for all activities above so if you’re interested in hearing more, please email [briana.lennard-jones@starlight.org.uk](mailto:briana.lennard-jones@starlight.org.uk)

© Starlight 2026. Registered charity 296058 (Eng & Wal) SC047600 (Scot)

