

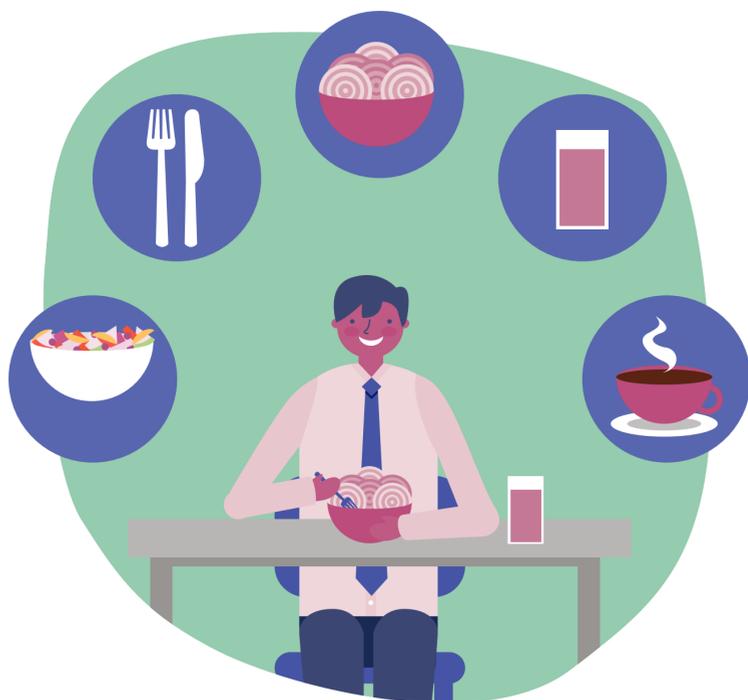
How to support Tommy's during Covid-19

Our biggest challenge yet



There is so much we need to do to ensure pregnant women and their families, now more than ever, have safe and healthy pregnancies. But due to lockdown and cancellation of sporting and challenge events, 40% of the funds Tommy's expected to raise this spring have disappeared. To meet this increasing demand, we need all our Team Tommy's heroes to come together and help raise vital funds. We have come up with a wealth of different ideas that can help you stay connected with friends and family whilst raising funds to help save babies' lives.

Donate...

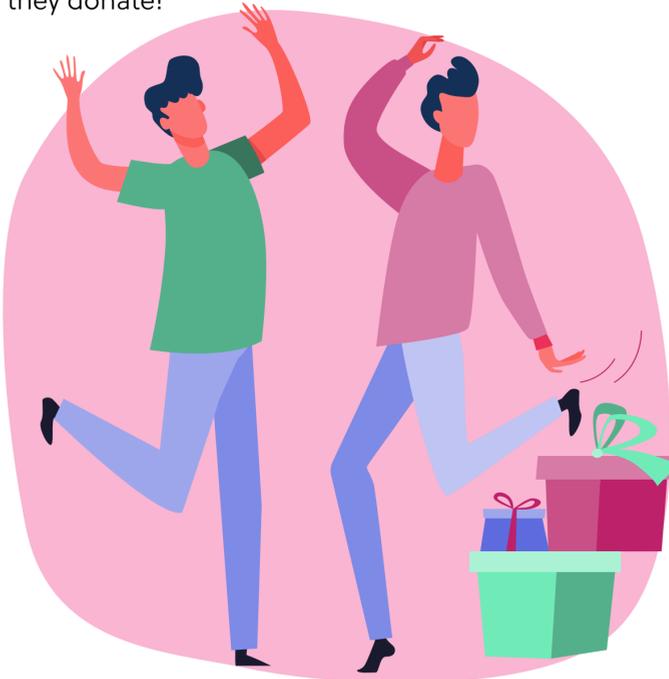


The cost of a day's travel

If you commute to work, donate how much you would have paid to travel and ask your family, friends and colleagues to do the same! Film your new "commute" to make the ask more fun and share across social media.

Your lunch money

Eating at home can be such a money saver, but why not ask people to donate the amount they usually would have spent on their lunch in a day, week or a month? Ask people to share what they would have had on social media or on a fundraising page when they donate!



A drink!

We all miss the coffee houses, the warming first sip of a freshly poured drink at a cosy cafe or the refreshing taste of a drink in a beer garden on a hot day - wistful is an understatement. Ask people to donate the cost they would usually have paid for a drink at a coffee house or their local pub.

Birthday presents

[Click here](#) to set up a Facebook birthday fundraiser for Tommy's and ask for donations for your birthday!

Your fundraising

£10

could cover the cost of an hour of a midwives' time to respond to concerned pregnant mums and give advice. **In April 2020 alone the midwife team answered 592 emails as opposed to 172 in April 2019.**

£20

could fund the collection and storage of 5 samples for a clinical trial.

£30

could fund a **midwife appointment** for a patient at one of our specialist clinics.

£50

could enable us to reach a further **1000 patients** through social media adverts.



Tommy's
Together, for every baby

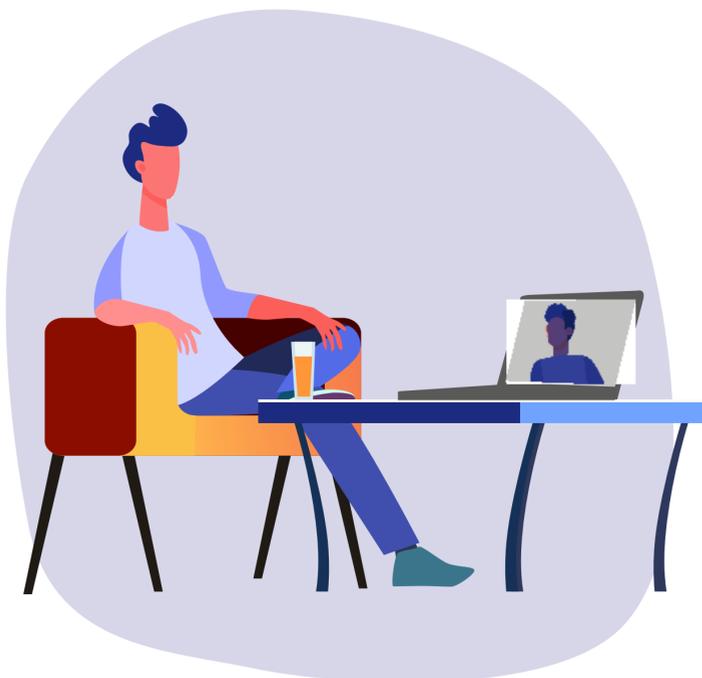
Covid-19 research

Tommy's research centres are starting work on studies to understand the impact of COVID-19 on babies as they grow in the womb and investigate if, and how, the virus leads to adverse pregnancy outcomes including preterm birth.

Create your own virtual.....

Host your own virtual event on a platform that best suits you.

We suggest either Zoom, Microsoft Teams, Google Hangout or House Party.



Pub quiz

The pubs may be shut but you can still quiz! Hosting a virtual quiz is simple. Follow our steps to find out how to be the quiz-essential quizmaster. [Click here](#) for our how to!

Ready steady cook

Discover your inner Ainsley Harriet. List 5-8 ingredients and challenge your friends to come up with the best meal. Share your pictures and winner gets a prize.



Talent show

Unveil your x factor and show off your talents alongside your friends and family! Ask for a small fee to enter and have a fantastic time performing to your fans.

Paaaartay!

Get the music popping, get the drinks flowing, get the party started! Host your very own virtual party and simply ask people for a donation to attend.

Your fundraising

£100

could fund a scientist, at one of our ground-breaking research centres, for a day. **Some of our research centres have been carrying out research on how COVID-19 could impact pregnancy.**

£200

could fund **4 ultrasound scans** for a pregnant woman at one of our research clinics.



£300

could fund our pregnancy service for a whole day. **Demand for expert advice from our midwives has risen by 71% during the pandemic.**

£400

could fund **pregnancy information resources for antenatal units across the UK** such as our 'Sleep on side' and 'movements matter' leaflets.

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Our greatest challenge

Our pioneering research, midwife-led advice and online support is more important than ever: but we're up against the greatest challenge we've ever seen. Help us meet this head on!



Challenge yourself....



Solo exercise challenge

Choose an activity, set a target, choose a date, lace up your sports shoes and ask for sponsorship as you complete a solo challenge. Set up your own challenge or if running is your thing join our popular Local Landmarks Challenge [here](#).

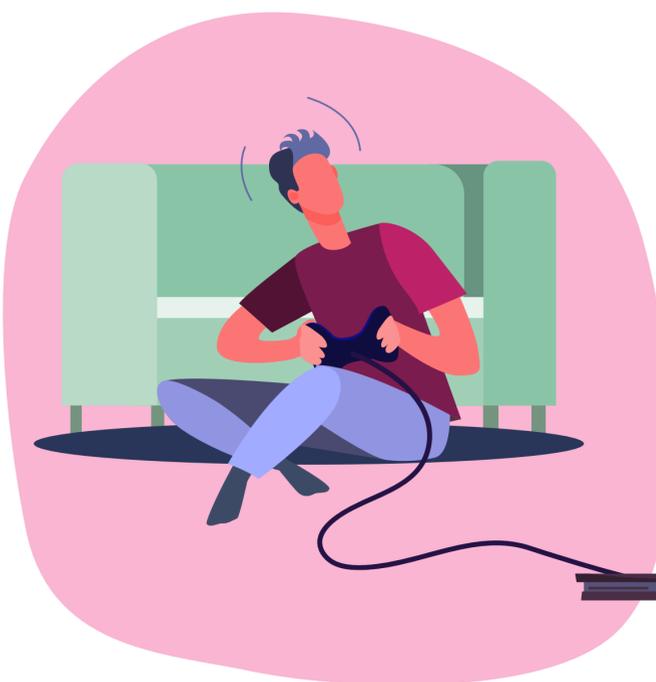
Go bald as a baby!

As barbers and hairdressers close and we are staying home people are going to start getting some interesting hair styles! Why not grow a beard or moustache, shave your head, wax your legs or cut your own hair? Whichever you choose, these are some great ways to fundraise for Tommy'sv and have a lot of fun at the same time - click [here](#) for our how to.



Cut it out

Chocoholic? Sweet tooth? Whatever your vice, cut it out and ask for sponsorship.



Get your game on!

Whether it is Tetris or Fifa, set a high score and/or compete against your friends and family in an online tournament.

Your fundraising

£500

could pay for a **Fetal Health Monitoring Vest prototype** currently being tested to monitor the baby's wellbeing.

£1,000

could help fund a unique database where we can gather the results of clinical trials in order to identify risk factors and develop better care for pregnant women.

£2,000

could fund a PhD student for a month as they conduct **research seeking to prevent miscarriage, preterm birth or stillbirth.**



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