

NSPCC

childhood day

mile

On Friday 7 June, gather your colleagues and join the Childhood Day Mile. Have fun, get active and raise money to help keep children safe.

This Childhood Day, relive your childhood memories by basing your fundraising around sports day. However you complete your mile, every pound you raise will help support the NSPCC's vital work.

How to get involved

1

Pick your activity

Speak to your NSPCC contact to sign up for the Childhood Day Mile online and start gathering your colleagues to move your mile with.

There are lots of ways to jazz up your mile. You could do a three-legged race, an egg and spoon race, or even do it in fancy dress.

2

Kickstart your fundraising

Personalise your fundraising page as much as you like, and start sharing with your friends, family and colleagues.

To get the ball rolling why not add the first donation to your page?

3

Spread the word

Let everyone know you're taking part in the Childhood Day Mile and encourage them to join you!

On the day, don't forget to share your photos on social media using the hashtag **#ChildhoodDay**

Make sure your mile is safe and accessible for everyone taking part.

To sign up, get in touch with your NSPCC contact.

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