

# YOUNG HERO

Who said kids can't make a difference?



Ronald McDonald  
House Charities®  
Newfoundland & Labrador

Meet Young Hero and  
Winner of the 2019 RMHC Helping Hand Award

# GABE FLYNN!

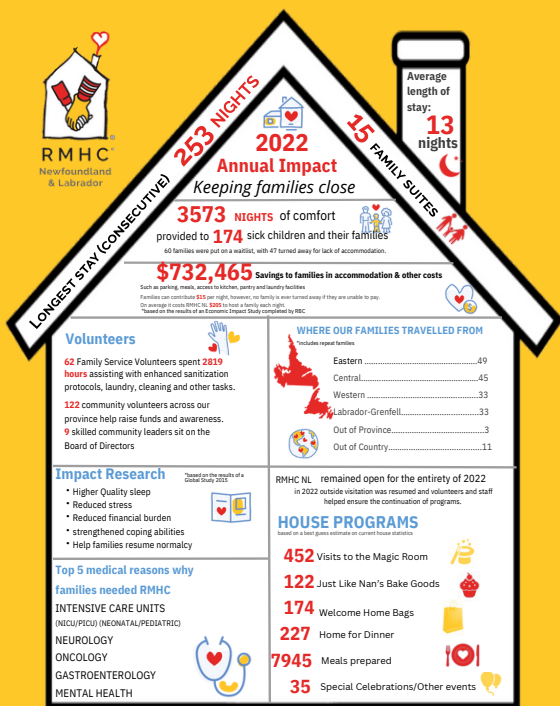
## Labrador City

For the past 7 birthdays Gabe Flynn of Labrador City has asked for a very special birthday present from his friends and family, he asks for money, not for the latest video game or toys, but to donate. In addition to money from his birthdays he has found other creative ways to be able to make a difference including writing a book at age 8, titled *Not Too Small to Help*. The proceeds went to charities in his community, including Ronald McDonald House. He would also donate money from chores, and not just your ordinary type of chores.

In 2018, he washed dishes at an event for over four hours, and then donated the \$500 he earned to RMHC. His most recent contribution in 2019 was an \$800.00 donation from selling wooden ornaments he created. His donations total over \$4,000 to Ronald McDonald House. His generosity also extends to other charities including organizations that provide clean drinking water. His mother was not surprised that he wanted to donate all his money to charities. When he was three, at Christmas, he would wrap food and drinks from their pantry to give to the boys and girls that needed it. This Young Hero truly reflects philanthropy, compassion and commitment to helping sick children and their families.







# YOUNG HERO

Ronald McDonald House Charities Newfoundland and Labrador recognizes outstanding young individuals who do not let their age discourage them from making a difference in the lives of sick children and their families.

Kids are never too young to learn about the importance of giving back to others and getting them interested in a charity that is important to them is the first step! Not only does helping others feel great, when kids learn how easy and fun it can be to support other kids, it will spark an interest in charitable giving that can stay with them for life. Whether you're looking for group fundraising ideas, fundraising event ideas, or use online fundraising, we've got ideas for you! With these easy and quick fundraising ideas kids big and small will be inspired and ready to start fundraising for Ronald McDonald House.

## Setting A Goal should be your first step!

Discuss a goal. It could be a personal milestone, group accomplishment, a birthday or in honor of a special person or family member or have a specific impact for families at RMHC. For those who are already a Young Hero, perhaps your goal will be to exceed your past fundraising accomplishment reach a long-term goal. There are lots of different ways to have fun setting your goal and raising money.

## Lead by example

Making the first donation towards your goal helps inspire others to give. By making a personal donation you show your friends and family how important RMHC is to you.

## Your Goal should be Realistic

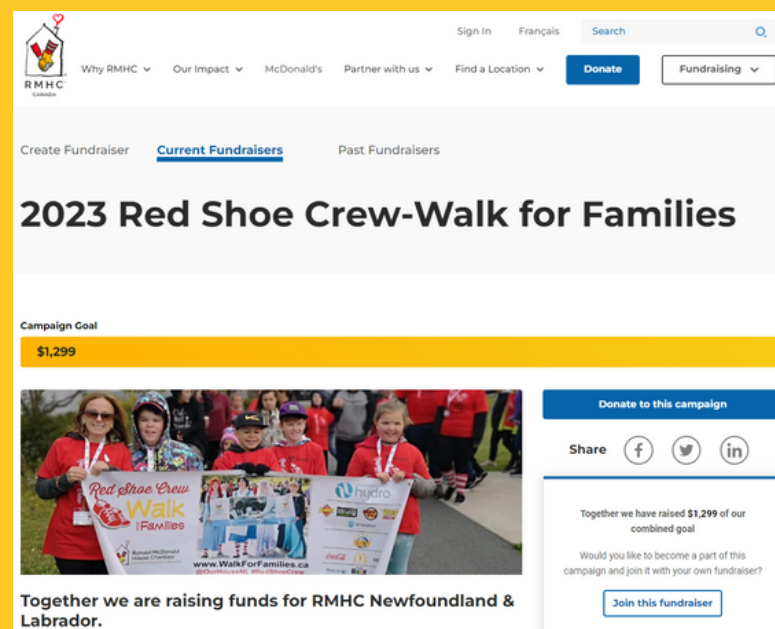
Your goal should be realistic but significant to you. When you work hard to reach a goal you will feel a real sense of accomplishment when you succeed!

## Share your Goal

Share your goal with everyone! Put it on your individual fundraising page, in your emails, on social media posts and in your fundraising appeal letter. (You might need help from your parents for this) Sharing your goal lets others see your commitment.



# Personalized Online Fundraising Page



With an online fundraising page to support your efforts, kids can collect donations easily, funds are sent straight to Ronald McDonald House Charities Newfoundland and Labrador and supporters receive an instant tax receipt.

1. Visit [rmhc.ca](http://rmhc.ca) Click on "Create Your Fundraiser", make an account and sign in

2. Fill out the four sections:

Step 1: Fundraiser Details: Your Fundraiser name, your goal, fundraiser description, whether or not you are hosting an event. Designate RMHC NL and fundraiser end date

Step 2: Upload an eye-catching image or video to your campaign. Perhaps a photo of why you are fundraising or what you are doing.

Step 3: If you are not hosting an event this step will automatically be skipped, if you are hosting an event then put all the event details such as date and location here

Step 4: Review. Make sure all the information is correct and that everything looks good. You are ready to publish your fundraiser and start raising funds!

**Once your fundraiser is live, start sharing it around and raise as much as you can!**

## FUNDRAISING IDEAS

- **Host a change drive.** Spare change can make great change. Grab an empty jar and set a goal to fill it with spare change. You can ask their grandparents, neighbors, dance teacher, or others to contribute their spare change in support of a great cause. Want to up the ante? Ask local businesses to participate by starting their own change drive and watch how quickly it all adds up!
- **Host a pizza party.** Whether it's at school or as part of a community group, arrange a pizza party and sell slices to students to raise funds for a great cause. A local pizza shop may even be willing to donate the pizza to show their support. It's a delicious way to give back
- **Host a cupcake/cookie bake sale.** Whip up a batch of cupcakes or cookies (or ask your parents or grandparents to bake) and have fun selling them in your neighborhood.
- **Shocking Haircut.** Have long locks ready to be chopped? Organize a hair cutting event for kids to get their long locks lopped or completely shaved off if their family and friends pledge to make a donation. Plus, once the locks have been chopped, the haircut or shave can be recorded and posted online so everyone will get to see the results of their donation to RMHC!
- **Organize a talent show!** Give kids a chance to showcase their talent while raising funds for RMHC. Whether it's in the school gym, your local community center, or even your own backyard, kids can sing, dance, and tell jokes all for a good cause. Sell tickets to friends and family, and kids will love the opportunity to put on a show and support a great cause.
- **Costume Party!** It doesn't need to be Halloween to wear a fun costume. When you organize a costume day, you and your friends or classmates can dress up as your favorite costume in exchange for a small donation.
- **Host a dog wash.** Invite all the neighborhood dogs over for a bath and a treat! Your kids and their friends can charge a fee per dog, and give them a bath while having fun with their furry friends. Plan for a warm sunny day, and put up posters and use social media to advertise. You could also consider a community car wash.





## Consider getting involved with Ronald McDonald House Charities NL Signature Fundraising Events



**SPARE Some Love Bowling Event**  
held annually in March



**Red Shoe Crew-Walk for Families**  
held annually in September



**SockIT for Sick Kids and their Families**  
held annually in November

# FUNDRAISING IDEAS

- **Go on a scavenger hunt.** A great team fundraising idea is to get kids to team up and pay a fee to participate in a scavenger hunt in. Younger children can look for ordinary objects like an unsharpened pencil or a specific book, while older kids can be given puzzles or brain teasers to complete while they are on the hunt. A scavenger hunt can help kids develop problem solving skills, so everyone wins!
- **Get crafty and host a sale.** Whether it is beaded necklaces, ornaments, or painted rocks for the garden. Kids can assemble crafts during school time or at home, and invite the community to attend the sale in the evening or on a weekend to ensure a big turnout. Your kids will feel good knowing that their hard work is helping keep families close at RMHC.
- **Set up a refreshing drink stand, lemonade or ice cream stand!** Sometimes a good old-fashioned lemonade stand is the easiest way to fundraise! Set up shop with your treats on the front lawn, and you and your friends can sell drinks or ice cream to people in the neighborhood.
- **Lend a helping hand.** Do you have neighbors who need help shoveling the driveway or raking leaves? How about getting your kids to help out their neighbors AND raise money for RMHC! Create flyers to hand out and be sure to mention that they are supporting a good cause. Kids can choose to donate all the proceeds or keep a small percentage as a reward, but either way everyone will benefit.
- **Garage Sale.** Most kids have lots of great toys they don't play with anymore. Your parents and neighbors also have great items they don't use. Collect items and hold the sale in your driveway, your local park or community center, Sell the items and make a donation to RMHC.
- **Wake-A-Thon at school.** A school sleepover is a great fundraising idea that allows kids to bring their pillow and sleeping bag to spend the night on the gym floor making memories that will last all school year. A group of parent and teacher volunteers are essential for this idea, and students can be asked to give a small donation to attend. Plus, the evening could include a popcorn or bake sale table so kids can purchase their movie snacks, and a pancake breakfast can be held in the morning before all the parents come to pick up their children.
- **Organize a Recycling Drive and/or Collect Pull Tabs.** Collect recyclable items from your family, friends and neighbors and turn it into cash for RMHC. You can also collect the pull tabs off cans. These are also recycled for cash. Recycling can be dropped off directly to a recycling location.
- **Be a Birthday Hero:** this year why not be a RMHC birthday hero and ask your friends and family to donate to RMHC in honour of your birthday.

# PARTICIPATE OR VOLUNTEER WITH OUR SIGNATURE EVENTS



## SPARE SOME LOVE BOWLING EVENT

This fun team-building fundraiser is held annually, during the month of March. Teams of 4 are encouraged to attend, fundraise and enjoy an opportunity to network and challenge other teams all while supporting Ronald McDonald House.



## "FORE" the FAMILIES GOLF CLASSIC

This fundraising event is held annually, at The Wilds, Teams of FORE are encouraged to attend, fundraise and enjoy an opportunity to network or challenge other teams all while supporting Ronald McDonald House.



## RED SHOE CREW-WALK FOR FAMILIES

This event is held annually in multiple communities throughout Newfoundland and Labrador. This is the largest fundraising activity for Ronald McDonald House raising approximately \$250,000 annually. Your team can participate by signing up on our website [www.walkforfamilies.ca](http://www.walkforfamilies.ca)



## TEAM RMHC

This fundraising event is held annually, for endurance competitions.



## SOCK IT FOR SICK KIDS AND THEIR FAMILIES

This event is held annually in November. It is a fun day of wearing RMHC NL Signature Red and White Striped socks and social media sharing!



## LIGHTS OF LOVE

This campaign is held annually in communities throughout Newfoundland and Labrador. This campaign runs from November to December.

# YOUNG HERO CLUB

Ronald McDonald House Charities Newfoundland and Labrador recognizes outstanding young individuals who do not let their age discourage them from making a difference in the lives of sick children and their families.

Young Hero ribbons will help recognize the generosity of Young Heroes who give each year to help keep families close to each other and receive the care and resources they need, when they need it the most.

A ribbon will be presented for gift(s) made within the calendar year. (Indication of Young Hero Status should be made at time of donation.)

Young Heroes are also given invitation to special events!

## Young HERO

### Young Hero Program

Ronald McDonald House Charities Newfoundland and Labrador recognizes outstanding young individuals who do not let their age discourage them from making a difference in the lives of sick children and their families.

[Young Hero Toolkit](#)

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## Annual Helping Hand Award

### Helping "HAND" Awards in honour of Dr. Jack Hand

Ronald McDonald House opened in September of 2012. It opened with the lasting memory that the Campaign Team could not have succeeded without Dr. Jack Hand's contribution, without his knowledge and absolute commitment to his patients and their families who need this House during very difficult times.

Ronald McDonald House Newfoundland and Labrador is grateful to the time and energy Dr. Jack Hand gave to making our House a reality. To honor Jack's contribution and the unwavering support received, Ronald McDonald House Charities Newfoundland and Labrador implemented the Helping "HAND" Awards in 2013 to honour those that reflect the passion, dedication and commitment that Jack had for Ronald McDonald House and its mission of keeping families close to each other and the medical care and resources they need, when they need it the most.

The "Helping HAND Awards" in honor of Dr. Jack Hand are presented annually in the following categories: Family Services Volunteer, House Programs, Community Engagement Volunteer, Leadership Volunteer, Outstanding Philanthropist (Individual, Young Hero & Corporate) and Outgoing Board Chairperson

## RMHC is here to help!!

- Posters
- Donation Cans
- Online fundraising support
- Pledge Sheets
- Promotional items: Stickers, bookmarks, tattoos, buttons etc
- Advice

### Contact

[info@rmhcnl.ca](mailto:info@rmhcnl.ca) [RMHCNL.ca](http://RMHCNL.ca)

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