

# Be a House Champion!

## Youth Activity Toolkit



RMHC<sup>®</sup>  
British Columbia  
& Yukon

**Did you know?** When a child is sick or injured, families sometimes need to travel far from home for medical care that can last a week, a month, or even longer. It's a long time to be away from home and to be apart from brothers, sisters, mom or dad.



That's where **Ronald McDonald House BC & Yukon (RMH BC)** comes in! RMH BC provides a home-away-from-home for families who need to leave their homes for serious or life-saving care in Vancouver.

RMH BC has a **73 bedroom house** at BC Children's Hospital and a cozy 4 bedroom Family Room at Surrey Memorial Hospital, where over 2,000 families a year can stay together during this difficult time.

While healing at RMH BC, kids can have fun by going to music classes, playing video games and shooting hoops outside. **Most importantly, the whole family can stay together** and continue to create memories such as movie nights and bedtime stories.

Across BC and Yukon, people like you, your friends and your family make this all possible. There are many ways that you can support the families at RMH BC and whatever you choose to do, **we will be here to cheer you on along the way!**

## Stories From Our Families



Nico from Lillooet spent his whole first year in the hospital and RMH BC meant that his family could always be close.



Emma from Victoria stays at RMH BC with her mom every few months when she needs to see specialists in Vancouver.



Tristyn from Kelowna stayed at RMH BC for 8 months while receiving cancer treatment, with the support of his siblings.



# Ways to Fundraise

Whatever you do for fun, you can do in support of RMH BC – this includes everything from lemonade stands & bake sales to sports tournaments & birthday parties! All it takes is a little creativity, some planning and the desire to make a difference in the lives of BC & Yukon kids!



## Do What You Love

**Creative and meaningful, these fundraisers are a fun way to support families in need.**

Choose any fun activity that you enjoy, such as:

- Twitch Fundraiser (Online gaming - find us on Tiltify and Streamlabs)
- Community Car Wash
- Bake Sale
- Virtual Movie Night
- Virtual Skill Share (Offer friends a live tutorial of one of your talents)

Create a fundraising page by visiting [rmhbc.ca/host-an-event](http://rmhbc.ca/host-an-event).

Encourage your community to get involved and host your fantastic event!



## Be a Birthday Hero

**A birthday can make a big difference to the lives of families. For your birthday this year, collect donations instead of gifts!**

Start a fundraising page by visiting [General Fundraising 2021](#)

Click "Register" to make an account and choose to participate as an individual.

Create your birthday fundraising page by editing your title, photo and blurb.

Share your fundraising link with friends & family and have an amazing birthday!



Did you know that time spent on fundraising activities can now be tracked as volunteer hours? For more info, contact [volunteer@rmhbc.ca](mailto:volunteer@rmhbc.ca)





Addi's Mask Strap Fundraiser



Josh's Videogame Fundraiser

# Ways to Fundraise



## Full House Challenge

Download our Social Bingo Board to support the House! Share the board to your story, collect donations, and tag your donors online.

**Download the board** and start sharing with your friends and family!

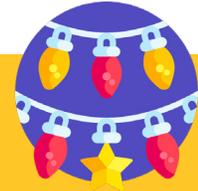
Is your birthday coming up? Use our **birthday-themed board!**



## Step Up For Families

Make a team and Walk, run or roll 7.3km in one day to support the 73 families who stay at the House each night! Ask your friends and family to donate. Or gather a team to run, walk or roll a combined 73kms in the month of May!

Create a fundraising page by visiting: <https://rmhbc.ca/step-up-for-families/>



## Light the House

Raise funds for families at RMH BC through the sale of paper light bulbs at your business, school or workplace. Donors can write their name or a message of hope on the bulbs, which can be purchased for \$2 or \$5 each.

Help us Light the House from your own community by proudly displaying your bulbs on the wall. Be sure to send us pictures to be featured in the House during the reception and tag us in any social media posts: **#rmhbc**.



Don't forget to share your photos! Tag @RMHBC and use #keepingfamiliesclose on Facebook, Twitter or Instagram.





# Other Ways to Give

If you're not ready to fundraise, there are other ways that you can help! Here are a few fun ideas that will also make a difference to families at the House:



Collect gifts for families such as toys, electronics, baby products or gift cards. Check out our wish list here: [rmhbc.ca/other-ways-to-give](http://rmhbc.ca/other-ways-to-give)

Prepare individual snack bags for families to take to the hospital. The bags can include pre-packaged nuts, crackers, cookies or granola bars.



Make toiletry bags with toothbrushes, toothpaste, hand cream, mini shampoo & conditioner bottles or hand sanitizers

## One last thing!

There are many ways that RMH BC can support your event. Check-out the resources on our Community Events page or let us know if you would like some event materials such as:

- Brochures
- RMH BC Photos and Videos
- Donation Forms
- RMH BC Digital Logos
- Event Posters
- Swag (based on availability)

**Thank you for helping us spread the word about RMH BC and helping to keep families close when it matters most.**

To get started with your event, please fill out an application form here: [rmhbc.ca/host-an-event](http://rmhbc.ca/host-an-event)

For more information, please contact us at [community@rmhbc.ca](mailto:community@rmhbc.ca).