

RUN AGAINST HUNGER

INFO PACK



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ABOUT US



Action Against Hunger is an international humanitarian organisation that fights against the causes and effects of hunger. We save the lives of malnourished children. We guarantee access to safe water, food, education and basic health care. We do everything we can to free children, women and men from the threat of hunger.

INFORMATION

IN 2019, ACTION AGAINST HUNGER HELPED OVER 17 MILLION PEOPLE IN 46 COUNTRIES AROUND THE WORLD.



8.4 MILLION PEOPLE WERE HELPED WITH NUTRITION AND HEALTH.

This involved our teams finding and treating children fighting hunger with ready-to-use therapeutic food, a special paste made from peanuts, nutrients and vitamins.



5.6 MILLION PEOPLE WERE REACHED WITH CLEAN, SAFE WATER FOR DRINKING, WASHING AND COOKING.

Action Against Hunger did this by providing wells, latrines, pumps, water tanks and chlorine tablets for communities.



2.4 MILLION PEOPLE WERE SUPPORTED WITH TOOLS, SEEDS, TRAINING AND LOANS.

This allowed people to grow their own healthy, nutritious food, or find jobs that meant they had enough money to afford to buy their food instead.



416,086 PEOPLE WERE HELPED WITH MENTAL HEALTH AND CARE PROGRAMMES.

Communities could talk to professionals about how they have been affected by difficult situations like war and natural disasters and feel able to cope.

WHERE WE WORK



WHAT IS THE RUN AGAINST HUNGER?

The Run Against Hunger is an international project combining education, exercise and fundraising aimed at schools and colleges around the world.

Schools from France, Spain, Germany, Italy, Peru, Columbia and the UK took part last year and we hope to see this continue to grow! Pupils, aged 3 to 18, attend discussions to raise awareness about the hunger problem and Action Against Hunger's lifesaving work.

They then act as ambassadors for the charity as they spread the word when looking for sponsors who promise them an amount of money for every lap they cover on the day of the run.

The school organises the run on a date of their choosing. Pupils take part in the run with their class and do their best to complete as many laps as they can in a given time.

After the run, children return to their sponsors to collect their donations and take these to school where a representative transfers these funds to Action Against Hunger.



SPAIN



FRANCE



UK

WHAT SUPPORT IS PROVIDED?

All the schools participating in the Run Against Hunger have access to the materials needed to organise the event as well as support and advice from the Action Against Hunger team along the way. Available materials include:

WELCOME KIT

Including poster to publicise the run, and this Coordinator Guide to provide background information.

RAISING AWARENESS KIT

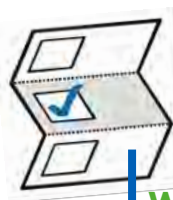
Including a lesson plan, video, world maps, pupil 'passport' booklets with more information about the cause and the campaign and sponsorship forms and link to online donation site.

RACE KIT

Everything you'll need on the day is available to download here. From direction arrows to sponsor forms, everything is available via our Run Against Hunger digital resources page. You can always get in touch with our team if you have any further questions or requests.

THANK YOU KIT

After you've sent in your fundraising proceeds to Action Against Hunger you'll receive a thank you certificate and copies of our most recent newsletter so pupils can see the difference their fundraising is making.



HOW TO PLAN YOUR RUN AGAINST HUNGER

A handy check-list for you to tick off as you plan your Run Against Hunger.

1. SAVE THE DATE, SPREAD THE WORD

- ☐ Decide how many classes will be taking part in your Run Against Hunger – whether it's the whole school or a few year groups, all fundraising makes a real difference.
- ☐ Pick a date for your Raising Awareness session and your run. **TOP TIP** - leave at least 2 weeks between the two so there's enough time to ask for sponsors before race day!
- ☐ Let Action Against Hunger staff know the dates you have decided and if you would like on-the-day support from a member of the team to deliver your Raising Awareness session.*
- ☐ Decide the distance/time you would like children to run using Action Against Hunger's guide.
- ☐ Pick a location for your run – if there isn't enough room at your school why not ask local leisure centres, football pitches or parks if they can accommodate you?
- ☐ Spread the word, using the posters and letters to parents provided by Action Against Hunger.

2. THE RAISING AWARENESS SESSION

- ☐ Decide whether you want to carry out the session as an assembly or in smaller groups and book a room to fit.
- ☐ Contact Action Against Hunger to receive a copy of the session plan and video (whether you are running the session yourself or not).
- ☐ Make sure the room you have booked has facilities to play a video.
- ☐ Make sure that you have copies of the Pupil 'Passport' booklet and sponsorship forms to give out pupils following the session.
- ☐ Encourage pupils to reach out to friends and families to fill out their sponsorship form and pledge to donate.

3. THE RUN

- ☐ Create a timetable for the day
- ☐ Decide on roles for the day – from warm-up leader to stop-watch manager- make sure you've got enough people on board and [ask for parent volunteers if needed](#).



- ☐ Print out direction arrows, Start and Finish signs and ask Action Against Hunger if you would like to borrow a banner for the day. **TOP TIP** – why not make it a real event by using a sound system for entertainment?



- ☐ Make sure there is water available during and after the run.
- ☐ Ensure that pupils/ staff count the number of laps they complete in the set time so they can fill in their sponsor form.

4. AFTER THE RUN

- ☐ Set a deadline for pupils to collect their sponsorship and bring in to school 2 or 3 weeks after the run. **TOP TIP** – if you don't want to process lots of cash set up an online donation page for your school [here](#).
- ☐ Contact a member of Action Against Hunger staff to arrange for the funds and sponsorship forms to be sent to the charity.
- ☐ Await your Thank You materials in the post and celebrate your fantastic achievement with all of the pupils, parents and staff involved!

**FUNDS RAISED
THROUGH RUN AGAINST
HUNGER SO FAR HAVE
HELPED US TO REACH
COMMUNITIES BY...**



WATER, SANITATION AND HYGIENE

- Building and repairing wells
- Kits for filtering water
- Building toilets
- Raising awareness and training in hygiene
- Distributing hygiene kits



FOOD SECURITY AND LIVELIHOODS

- Diversifying sources of income for the most vulnerable families
- Promoting alternative livelihoods, other than subsistence farming (Ecotourism)



NUTRITION

- Promoting and supporting breastfeeding
- Supporting local healthcare systems in detecting new cases of malnutrition
- Strengthening Nutritional Recovery Centres
- Training healthcare professionals



DISASTER RISK REDUCTION

- Strengthening the resilience of the most vulnerable populations
- Strengthening early warning systems
- Adaptations to climate change
- Emergency drills

WHAT NEXT?

Everything you need to run your event is available for download and print on our Run Against Hunger resources page. Please also visit our Just Giving campaign to setup for school's page and start collecting money. If you have any further questions, please get in touch using your preferred method below:

E-MAIL: runandchallenge@actionagainsthunger.org.uk

PHONE: 0208 853 7562

WEBSITE: www.actionagainsthunger.org.uk

FACEBOOK: @ActionAgainstHungerUK

TWITTER: @AAH_UK

POST: Action Against Hunger, 6 Mitre Passage, London, SE10 0ER

THANK YOU

FOR YOUR SUPPORT!

