



# OHMI's Ten Day Challenge

## Fundraiser Pack

### Our disabled musicians need your help!

Have you ever cut a finger, sprained a wrist or broken an arm? If so, you may have found how challenging it can be not to have full use of both hands.

Children and adults living with an upper arm impairment have to find ways of undertaking day-to-day tasks that most of us never have to question. In order to experience the challenges that those living with disability have to address each and every day, we're putting the nation to the test!

How well would **you** function with the use of only one arm?

The money raised as part of this campaign, which takes place as part of OHMI's 10<sup>th</sup> year celebrations, will allow us to provide much needed musical instruments and access to lessons.

### Fancy joining us a fundraiser?

We're looking for individuals, families, sports clubs, groups and schools, and companies, to join us in this appeal and commit to at least ten different activities over a course of ten days.

The choice of fundraising activity is entirely yours!

To make the experience as authentic as possible, here's a few suggestions on what you can do to put your other hand out of service:

- Wear an oven mitt.
- Wrap your hand in bubble wrap.
- Put it in a sling.

[www.ohmi.org.uk](http://www.ohmi.org.uk)

The OHMI Trust, Tyndallwoods Solicitors, 29 Woodbourne Road, Harborne, Birmingham, B17 8BY  
**07849 726309** [rachel@ohmi.org.uk](mailto:rachel@ohmi.org.uk)

Patrons: Alison Balsom OBE, John Harle and Dame Evelyn Glennie, CH, DBE

Trustees: Dr Stephen Hetherington MBE, Martin Dyke, Blake McLaughlin, Nicola McLaughlin, Prof Martin Fautley, Ruth Lester OBE, FRCS

Charity Number: **1143623**

Looking for inspiration? Here's some of our suggestions on **one-handed** activities. (Feel free to add a time limit to make them even more challenging!)

Play a board game

Write a letter to a friend or relative using your opposite hand

Make a cake

Wash your hair

Do a supermarket shop

Wash and polish the car

Put on and take off your socks and shoes

Play catch

Your own unique idea for 10 different activities for you, your family, club, school, company...

Load and unload the dishwasher

## Making a difference

Without adapted instruments, children and adults living with disabilities cannot make music.

Here's where your fundraising contributions and donations can make a difference:

- £30: The conversion of a brass instrument for use by a one-handed player
- £50: one place in a workshop session led by music teachers experienced in working with adapted instruments
- £60: Two individual music lessons with a specially trained instrument teacher
- £100: The purchase of a bespoke instrument stand to be used as part of OHMI's Instrument Hire Scheme
- £200: The purchase of a trumpet or cornet to be used as part of OHMI's Instrument Hire Scheme
- £350: The purchase of a one-handed recorder to be used as part of OHMI's Instrument Hire Scheme
- £750: The support of one OHMI music-maker place for a year

[www.ohmi.org.uk](http://www.ohmi.org.uk)

The OHMI Trust, Tyndallwoods Solicitors, 29 Woodbourne Road, Harborne, Birmingham, B17 8BY  
**07849 726309** [rachel@ohmi.org.uk](mailto:rachel@ohmi.org.uk)

Patrons: Alison Balsom OBE, John Harle and Dame Evelyn Glennie, CH, DBE

Trustees: Dr Stephen Hetherington MBE, Martin Dyke, Blake McLaughlin, Nicola McLaughlin, Prof Martin Fautley, Ruth Lester OBE, FRCS

Charity Number: **1143623**

## How it works

1. Sign up at [www.virginmoneygiving.com/fund/ohmiten](http://www.virginmoneygiving.com/fund/ohmiten) to choose your pledge (what you're going to do and by what date), and then start collecting your sponsorship.
2. Log your progress on the page.
3. Share your page and progress with friends, family and colleagues to bring in donations.
4. Share photos and videos on social media, tagging @TheOHMITrust (Twitter) and @TheOHMITrust2016 (Facebook) and using the #OHMITen. You can also contact us using our [fundraising form](#) for the chance to be featured in our fundraising campaign.

We will keep a tally of the amount raised, and offer a prize to the person whose total is the highest by 10/10/21.

**[www.ohmi.org.uk](http://www.ohmi.org.uk)**

The OHMI Trust, Tyndallwoods Solicitors, 29 Woodbourne Road, Harborne, Birmingham, B17 8BY  
**07849 726309** [rachel@ohmi.org.uk](mailto:rachel@ohmi.org.uk)

Patrons: Alison Balsom OBE, John Harle and Dame Evelyn Glennie, CH, DBE

Trustees: Dr Stephen Hetherington MBE, Martin Dyke, Blake McLaughlin, Nicola McLaughlin, Prof Martin Fautley, Ruth Lester OBE, FRCS

Charity Number: **1143623**