



# Stay home. Game for the NHS. Save lives.

## Gaming Overview

1. Set the date for your game play and let your followers know.
2. Set a target.
3. Set up your fundraising page:  
[www.justgiving.com/fundraising-page/creation/?cid=183177&eid=6633412](http://www.justgiving.com/fundraising-page/creation/?cid=183177&eid=6633412)
4. Share your page with your friends and followers.
5. Kick start your fundraising by donating yourself – it encourages others.
6. At the start of the event welcome people to the stream. Tell them what you are doing and why. Check our Southampton Hospitals Charity fundraising guide as an easy way to tell people what you are fundraising for.

## Gaming Safety

- Take a 5 minute break for every hour.
- Get up and move about in your break.
- Stay hydrated.
- Watch your posture.

## How to do it

1. Set up your fundraising page.  
[www.southamptonhospitalscharity.org/wp-content/uploads/How-to-set-up-a-JustGiving-page.pdf](http://www.southamptonhospitalscharity.org/wp-content/uploads/How-to-set-up-a-JustGiving-page.pdf)
2. Set your date.
3. Gather your friends and followers.
4. Stream your gaming marathon and get sponsored.