



**Dance  
for  
SICK KIDS**

**ARE YOU  
READY  
TO MAKE  
YOUR  
MOVE?**



Ronald McDonald  
House Charities®  
Australia

**Your guide to  
Dancing for Sick Kids**

# IT'S TIME TO GET INTO THE GROOVE...

## Are you ready for some serious fun?

This May, Dance for Sick Kids is your opportunity to strut your stuff every day for a week (23rd-29th May) and raise funds for Ronald McDonald House Charities.

When a child becomes seriously ill or injured, their family's world is turned upside down.

**Every year we support over 60,000 seriously ill or injured children and their families by offering places of support, connection and care.**

Ronald McDonald Houses provide a warm, safe, home-away-from-home when children require specialist care and

treatment far from their home towns in regional and rural Australia.

By choosing to make your move this May, you'll be helping provide much needed financial, emotional and practical support that reduces the stress and costs to families while their child is receiving treatment.

**No matter your dance skills or style, you can make a difference to the lives and outcomes of Australian families with children in hospital.**

So what are you waiting for? Grab your dance buddies, family or colleagues, sign up, and get shimmying and shaking to support sick or injured kids and their families.

## Your efforts will help support our life changing programs:

### 18 RONALD MCDONALD HOUSES

Keeping families under the one roof and close to the hospital.

### 20 RONALD MCDONALD FAMILY ROOMS

Providing a comfortable place for families to rest and recharge together in hospital.

### 5 FAMILY RETREATS

Giving families the opportunity to take a break and spend much-needed time together.

### RONALD MCDONALD LEARNING PROGRAMS

Helping over 1,300 sick kids each week catch up on missed education.

# KEEN TO GET GROOVING?

## SIGN UP

Register yourself or your team, and set up a fundraising page. You'll receive a welcome kit and a chance to win exclusive prizes.

[danceforsickkids.com](http://danceforsickkids.com)

## STEP UP

It's time to make some moves! Get down every day from the 23rd-29th May – on the dancefloor, in the playground or your office – and raise money for sick kids.

### NEED SOME INSPO?

We've got you covered, with access to dance tutorials from beginner to advanced levels.

Every dollar you raise will help ensure families with a seriously ill or injured child will receive compassionate care, support and a home-away-from-home at Ronald McDonald House, when they need it most.

## MAKE MOVES

# BETTER TOGETHER

## GET YOUR DANCE SCHOOL INVOLVED!



This is your chance to use your love of dance to help seriously ill or injured children. Create a team for your dance school or studio today, and encourage your students to join! You could even host an in-studio dance-off to pump up the energy!

Dancing doesn't have to be your strong point, as long as teamwork is! Sign up your workplace to make moves for a week to help sick kids, and turn your tea-room into a disco dancefloor. If you've got two left feet, don't worry – we've got plenty of dance tutorials to help you and your colleagues get down and boogie.



## BRING YOUR WORKPLACE TOGETHER

## DANCING AT SCHOOL? YES PLEASE!

Dance for Sick Kids is an exciting way to bring your school community together to have fun, stay active and support sick kids. You could even host a school disco to raise funds! Making moves and supporting seriously ill and injured children has never been easier.



# WHAT'S YOUR JAM?

## 30 MINUTES BEST FOR BEGINNERS!

Wake up and shake it up, or get down in the playground – the choice is yours. Whenever you choose to do your dance, it's always more fun with your friends and loved ones.



## 60 MINUTES INTERMEDIATE MOVES

For those with a little more time or practice, an hour a day could be the key for fundraising success. Do it your way – an hour of power, or two or three sessions throughout the day! It doesn't matter where you are – all you need is your favourite playlist.



## 90 MINUTES EXPERT LEVEL

If you're a true dancefloor diva, or just super passionate about making a difference for sick kids, 90 minutes is perfect for learning a new jam each day of the week with your dance studio, family or school mates!



# MEET ANUNTA

## Ronald McDonald House was a lifesaver for Anunta and her family, who spent many months in hospital.

When 11-year-old Anunta needed a bone cyst checked on her left leg, it meant a 100km drive from home.

Arriving at the hospital, Anunta, her Mum, Doungnead and Dad, Anthony, weren't prepared for the devastating news they received.

What they thought was a bone cyst was actually a sarcoma—a cancer of the bone and soft tissue. Anunta's treatment would require an amputation, followed by chemotherapy.

Over the course of the next week, Anunta was booked in for further scans, leaving a shocked Doungnead and Anthony facing more unforeseen challenges.

"We had no clothes, nowhere to stay, no relatives nearby and it was going to be too difficult to drive back and forth from home to the hospital every day," said Anthony.

"We also knew Anunta would be having an operation to insert a central line for her chemotherapy before the amputation, which would mean she'd

have to stay in hospital for a long period of time."

Thankfully Ronald McDonald House was able to provide a room for the family close to the hospital, ensuring Anunta and her parents could be together and focus on Anunta's treatment.

Following Anunta's surgery, RMHC ensured the family remained together—just as lockdowns from COVID-19 came into effect.

"The staff at RMHC were so helpful and caring," says Doungnead. "About a month after Anunta's surgery, she was able to leave the hospital and start chemotherapy. She was in a wheelchair and we were given a bigger room with its own kitchenette, where we could cook Anunta food that she could enjoy and just be together as a family."



Anunta with her parents.



**"Being in a place where everyone cares about you, and is there for you, was so special. It became our second home."**

**Doungnead, Anunta's mum**

# PUT YOUR BEST FOOT FORWARD



## How to rock your way to fundraising success:

### REACH HIGH!

Set yourself or your team a fundraising target - and be ambitious! You'll be surprised how quickly you get there once you rally the support of your mates. Don't forget to kick things off with a self-donation.

### TELL 'EM WHY

Let everyone know why you're Dancing for Sick Kids this May. If you've got a personal connection to Ronald McDonald House Charities, it's a great way to motivate others to support you.

### SHOW THE IMPACT

Supporters love to know how their donation will make a difference! So why not share some examples of how the funds you raise will help sick kids and their families. We've included some examples for you in this guide.

### SHAKE IT AND SHARE IT

Facebook flex, TikTok or Instagram Reels? Pick a social platform and share your dance video each day. Check out all the fun on our socials and tag us to be featured @danceforsickkids. Not on socials? Why not send the video to your close friends and family, to remind them to support you.

### STAY IN THE SPOTLIGHT

For those who aren't on socials, why not reach out and ask for support via text, email, or face to face. Don't be afraid to remind your friends and family to donate - even your greatest fans can be forgetful!

### THANK YOUR AUDIENCE

Don't forget to thank each donor for their amazing support on your fundraising page. You can also add status updates, blog posts, photos or videos to let your crew know how you're going.

# INSPIRE YOUR CREW

Why not share with your friends and family exactly how their donation could help sick kids:



\$80

Helps to provide essential supported accommodation for sick kids.



1 NIGHT

\$160

Helps a family stay together for one night in our supported accommodation.



2 NIGHTS

\$320

Helps to provide two nights in our safe haven, with all the comforts of home.



3 NIGHTS

\$480

Helps to provide three nights in our warm and supportive homes.



7 NIGHTS

\$1,120

Helps to give a family one week in our home-away-from-home.

# SO WHAT ARE YOU WAITING FOR?







**Dance  
for  
SICK KIDS**

**SIGN UP  
AND GET  
DOWN  
TODAY!**

**Visit [danceforsickkids.com](https://danceforsickkids.com)  
to register today**



**Connect with us**

**@danceforsickkids #danceforsickkids  
#keepingfamiliesclose**



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