

#1HOUR

TO TRANSFORM TRAUMA

One-Hour-sie Challenge

The Onesie – as British as roast potatoes, rain and queuing!
Well it's time to dust off that humble fashion icon and test your courage in our simple yet satisfyingly embarrassing 'Onesie Challenge'.

It couldn't be simpler to get involved and humiliated (or humiliate a friend!)

How to play:

- Send out the 'Dare to Play' challenge to your friends, work colleagues or family
- Each of your chosen ~~victims~~ Players then has a choice:
 1. Dress in a onesie and visit the place or carry out the task you have specified and provide photographic proof
 2. or they refuse to play and pay a forfeit
- If the Player conquers your challenge then YOU have to pay an agreed donation to Transform Trauma and they can make their own nominations.
- If the Player forfeits then THEY have to make the agreed donation and you can dare another person.
- Make sure you send the photos to us at appeals@bartscharity.org.uk ...then we can post them on our ONESIE WALL

An alternative to the above would be to organise your group of players first and then put each name into a hat, with suggested places and/or tasks in another and have each person pick at random. The same play/forfeit donation agreement would work for this version as well.



Remember to send us your pictures...

Because maybe, you're gonna be the
one-sie that saves me, And after all,
you're on the ONE-SIE WALL!!!

b+tlc BARTS
CHARITY
Funding extraordinary
healthcare

How to pay your money in:

- Visit our [JustGiving appeal page](#) – and remember to leave a message about your #1Hour!
- Or, [create your own](#) JustGiving page and [link it](#) to our appeal page
- If you're texting to donate: Text **TRMA24 £5** to **70070** (you can also do £3 and £10)

How your #1Hour could save a life:

By taking part in #1Hour, you will be helping to save the lives – and improve recoveries of – people affected by severe traumatic injury.

Catastrophic trauma injuries can happen to anyone, anytime, anywhere:



[Vicky](#) needed to have her leg amputated after she was trapped on a rollercoaster.



[Campbell](#) fell 25ft, suffering severe brain injury.



[Martine](#) was a victim of the 7/7 bombings and lost both of her legs.

For more info on our Transform Trauma appeal, head to transformtrauma.org.uk or contact appeals@bartscharity.org.uk. Registered charity no. 212563.

