



Team Kids Inspire: Our Guide for Fundraisers



Welcome to Team Kids Inspire

Thank you for taking on this challenge, you have our full support along the way. To get you started we thought an introduction to us and a small 'Guide for Fundraisers' may come in handy.

Vital funds and awareness raised by our supporters means so much to 'Team Kids Inspire'. You are a creative and inspiring bunch, with individual fundraisers having; sewn and sold face masks, run marathons, grown moustaches, hosted bake sales, run yoga classes, and much more!

We are so excited that you have chosen to join **#TeamKidsInspire** and appreciate the dedication, time and passion it takes to fundraise.

Good luck, and thank you.



Why fundraise for us?

Without the right support, emotional trauma and emerging mental health difficulties can have a devastating impact on the lives of young people and their families.

At Kids Inspire, our qualified, experienced therapists have been trained in a broad range of methods and work creatively to encourage body and mind reconnection.

Through a range of therapeutic and community activities, we promote resilience, self-awareness, and relationship building to empower more positive life choices.

Depending on the needs of the child/ young person and family, we offer bespoke plans of support, which may include:

- Creative Arts therapies
- Trauma Recovery therapies
- Cognitive Behavioural Therapy (CBT)
- Complementary therapies
- Mentoring
- And more

The earlier that specialist practitioners can share tools of stabilisation and regulation with children, young people and families the sooner they can start building their own resilience.

This is why vital funds are necessary, and why we are so grateful for all you do by both raising funds and also by helping to raise awareness.

Fundraising ideas

Arts and Crafts Evening

Invite some friends round, provide them with supplies and get creative! You could follow a painting tutorial, create some jewellery or paint some pottery.

Jumble Sale

Gather together any old clothes, knicks knacks or gifts you haven't used and sell them to raise money for Kids Inspire. You could set up an eBay shop or run a car boot sale.

Sponsorship

Ask friends, family and work colleagues to sponsor you to take on a challenge.

A sponsored silence?

A fun run?

A skydive?

The choice is yours!

Keep your fundraising safe and legal

If you plan on holding a Raffle/ Lottery/ Money collection please get in touch so we can make sure its legal

- Health and safety/ Insurance/ Food safety and hygiene are all essentials for public activity, let us know your plans so we can offer our expert opinion. **Fundraising@kidsinspire.org.uk**

For more fundraising inspiration, visit our A-Z of Fundraising
www.kidsinspire.org.uk/az-fundraising

Signed up to a challenge event?

Here are our fundraising tips

1. **Set up a fundraising page-** We recommend setting up a Online Giving page to collect donations towards your challenge. Select Kids Inspire as your chosen charity and update the page regularly with check-ins along the way.

2. **Share your journey-** As you train or prepare for your fundraiser, snap some photos and update your supporters on your journey. Make sure you add the link to your fundraising page and tag Kids Inspire!



3. **Hashtags-** When posting about your challenge on social media, make sure you add these hashtags to reach new people and join in with Team Kids Inspire.

#TeamKidsInspire #RaisingFundsforKI

Planning an event in the community?

Think about the assets in your community:

What venues could you use?

What community leaders could you invite to take part?

Would any local businesses be interested in match funding the event?

Why not set up a Facebook event or group and invite people to join, then share information about the event and thank people for their support.

Canva.com is a really useful website for helping to design images and videos for any social media posts or flyers / posters you may wish to create.

Get in touch with us about your fundraiser so we can offer our support.

fundraising@kidsinspire.org.uk

Don't forget to find us and tag us in your social media posts



Money Tips

Gift aid- Donating through Gift Aid means charities can claim an extra 25p for every £1 you give. It will not cost you any extra!

Matched Funding- Why not reach out to your employer to see if they are interested in match funding your fundraising efforts?

Paying in your money- If you've set up a online money giving page (like Just Giving) the funds will most likely be transferred to us. However, if you have personally collected the money, you can transfer it here:

Account Number: 17727731

Bank Sort Code: 60 05 13

Name of Account: Kids Inspire

Bank Details: NatWest Bank

4-5 High Street

Chelmsford

CM1 1FZ

Donating by post- Please make cheques payable to Kids Inspire and send them to the address below:

Kids Inspire
Hargrave House
Hollycroft
Great Baddow
Chelmsford
Essex
CM2 7FW

Where will your money go?

Every pound you raise will help us to support children and young people with emotional trauma or emerging mental health difficulties.

£2 - will go towards a child receiving specialist trauma recovery support

£5 - will fill one creative resource 'treasure bag' for a child receiving online therapy

£10 - will pay for art materials to support one young person's therapeutic journey

£25 - will go towards costs for a mentee/mentor relationship

£50 - will give a young person one therapeutic session

Other ways to get involved

- Corporate partnerships
- Collection boxes
- Volunteering
- Fundraising Events

If you are interested in any of these opportunities please email fundraising@kidsinspire.org.uk



Kids Inspire
Therapy, opportunity, love & care

www.kidsinspire.org.uk