



# KIDSCAPE

Help With Bullying



## Fundraise for Kidscape

Ideas to make your fundraising activity a success



# Welcome to Kidscape

Thank you for supporting Kidscape. In this pack you will find everything you need to make sure your fundraising is successful. We are a small team with a big reach and every penny you raise will help us reach children and teenagers throughout England and Wales who need our help.

Kidscape is a bullying prevention charity (registered charity no. 326864) founded in 1985.

This pack provides inspiration and ideas to help you have a great time while raising funds for Kidscape. Don't forget to tell us what you are doing to raise money for Kidscape so we can share through our social networks!

## Kidscape's vision

... is for all children to grow up in supportive communities safe from bullying and harm.



## Kidscape's mission

... is to provide practical support, training, and advice to challenge bullying and protect young lives.

# The impact of our work

We reduce the impact of bullying and harm on young lives through programmes and services that...

- Build communities of support
- Reduce isolation and loneliness
- Promote positive relationships
- Support resilience and wellbeing
- Help children recognise and respond to bullying behaviour

## Become a Kidscape Friend

By raising money for Kidscape, you can join our amazing group of Kidscape Friends. Friends are very special supporters who share our vision for all children to grow up in supportive communities safe from bullying and harm. Kidscape Friends help fund the continuation of our high-impact programmes with children and families and the development of new projects.

Your donation helps Kidscape deliver vital support to children, families, schools and community groups, challenging bullying in all its forms and protecting young lives. When you make a regular donation, you secure the future of Kidscape.

Together, we can offer hope and help to children, and help keep them safe from bullying and harm. So why not become a Kidscape Friend today?

### Your donations help change young lives:

- **£10 could pay for a child to attend a ZAP in Schools workshop.**
- **£50 could help pay for a child to be trained as a peer mentor.**
- **£75 could pay for a young adult to train as a Kidscape Community Leader.**
- **£100 can help keep our Advice Line service up and running for a month.**
- **£200 can help pay for a family impacted by bullying to attend a Kidscape ZAP Community workshop.**



# Foodie fundraisers



## **Bake sale**

Have a bake off. You could even include friendship cookies with positive messages

## **Shared breakfasts, coffee breaks or bring and share lunches**

Invite your friends, family and neighbours.. Home cooked or shop bought—all that matters is that there is good food, fun and friendship.

## **Dinner parties**

Host an evening of food, music and laughter. You could have a theme or ask guests to dress up.

## **Kidscape dish of the day**

Have a work canteen? Persuade them to dedicate a dish that could be sold to raise funds for Kidscape for the day, week or month.

## **Donate the cost of your morning coffee**

Haven't got time to organise an event? Why not ask all your colleagues/friends/family to forego their morning coffee and donate the cost to Kidscape.

Whatever you do make sure you have fun, enjoy the food, make new friends and celebrate good times together!

# Party time...

Why not give friends and family an opportunity to have some fun for a good cause?



## Themed nights

Hire a venue or host it at your house or your local pub.

## Games night

Whether face to face or online, this is a great way to raise funds for Kidscape and have fun with friends and family.

## Do a dare!

Bathe in beans, scoot to work for a month, grow a curly moustache, ... stay safe, but have some fun!



## Murder Mystery

Fancy some sleuthing? Host a dinner party with a difference.



## Quiz night

Select a theme like sport, TV soaps, films or music, or really test their general knowledge.

## Office party

Have fun with colleagues and raise funds by selling refreshments, creating challenges and having a sweepstake.

## Put on a show!

Live performance: put on a play, poetry evening, talent competition, battle of the bands or dance-off.



## Disco time

Host a disco - whether online, in your home or at a local venue



## Sporty shenanigans

Do you like to break a sweat and be challenged? Why not try one (or several) of these fundraising ideas!

**Five-a-side football match or tournament**

**Pool tournaments**

**Golf championship**

**Run, swim, or cycle - or all three!**

**Challenge yourself!**

Are you the best at keepy-uppy? Do you love swimming lengths in the pool?

Challenge yourself and get your friends to sponsor you!

Or take part in an organised event, such as a half marathon, triathlon, 10k, cycle ride, walk... with so many to choose from, there is something for everyone! Create a fundraising page for Kidscape online on a site such as [justgiving.com](http://justgiving.com) and encourage everyone to make a small donation.

## Inhale... exhale... donate!

For those that prefer to be pampered or do something a bit more relaxing...

**Pamper evening**

**Coffee and cake**

**Arts and crafts**

**Clothes swap**

**Promise auction**

Auction off your skills, like cooking a meal, decorating a room, gardening, window cleaning, ironing, walking the dog - the list is (almost) endless!

**Car boot/front garden sale**

# Hints and Tips

## Top Tips for your Fundraising

- When organising your fundraising event, be adventurous but realistic about the time and resources you have.
- Do not leave anything to the last minute. Plan early and start fundraising as soon as possible.
- Let everyone know! Put posters on notice boards, write about it in local or staff newsletters and share your event on your local or company websites (with a link to your fundraising page)
- Don't be afraid to ask. Some people may need a gentle reminder to sponsor you.
- If fundraising at work, put a collection tin in your reception, canteen or other communal areas to help collect donations.
- Be safe - remember to check for Health and Safety policies at any venues.

## Keeping it legal

If you intend to organise a raffle, you will need to be aware of the following licensing regulations. You do not need a licence to organise an incidental non-commercial raffle, i.e. those where:

- tickets are purchased and drawn at the event
- there are no cash prizes
- prizes cost no more than £500 to purchase.

Any raffle falling outside of these guidelines will require a licence.





# Hannah's story\*

The money you raise will mean that Kidscape can help more children, young people and families experiencing bullying. Here's Hannah's story of how her life changed for the better after coming to a Kidscape ZAP session.

I was nervous about heading to high school, but excited by the fact I was going somewhere new and could make lots of new friends. In primary school I was confident, had friends and did lots of activities such as football and dance.

Things went well until I was targeted by a group of Year 7s, who started to bully me verbally and physically. Deep down I couldn't understand why, why did they do it to me? I felt alone and lost all of my self-esteem, so I stopped going to dance and all of the other clubs I had joined, just to stay away from them.

This continued into my second year of high school. A group of boys followed me home one night, pushed me in the mud and kicked and hit me. The bullying culminated in one of them pushing me down a flight of stairs and ending up in A&E. This was the final evidence my mum needed to confront school.

The bullies had only badly bruised the bone in my foot, but I was broken inside. I felt trapped and was always on alert in case they tried to hurt me again.

At the end of second year, my parents made the decision to move me to a new school, where I knew no one. I felt numb. Being treated the way I had at my old school had a serious effect on my everyday life. I started to lack confidence, being unable to walk out of my home without feeling anxious, my body on alert all the time.

A schoolteacher told my mum about Kidscape, and she booked us onto one of the workshops. At first, I didn't want to go - what could THEY do? But, after months of depression, I finally felt like I was in a place where I belonged. The workshop told us about how to talk and answer back to what bullies say to us, and how to present ourselves to others as confident and not coming across as too timid or aggressive.

Kidscape really changed me. I went home feeling comfortable and confident, but I knew these feelings probably weren't going to last long. I decided to work on my confidence step-by-step, just like Kidscape advised me to do. I joined a musical theatre group, took up guitar and singing lessons, all of which had been my passion before the bullying started.

If I hadn't have gone to the Kidscape workshop, I feel I could never have escaped the loneliness and sadness of my life. I wish we had found Kidscape sooner, it's not a gimmick, it doesn't pretend to stop the bullies, but it gives YOU, the tools you need to make yourself bully proof.



# Other ways you can help

Are these fundraising ideas not quite right for you? There are other ways you can support Kidscape

**Set up a birthday fundraiser on Facebook**

**Nominate Kidscape as your workplace Charity of the Year**

**Sign up to Kidscape's newsletter**

**Follow us and share our posts on social media**

**Become a Friend of Kidscape by making a regular donation**

**Talk to us about leaving a gift to Kidscape in your will**

## **AND REMEMBER... we are here to help!**

The Kidscape Fundraising team is always here to support you, so please do get in touch if you have any questions or whenever you need that extra bit of encouragement or inspiration.

**[fundraising@kidscape.org.uk](mailto:fundraising@kidscape.org.uk)**

# Getting your money to us



Thank you for choosing to raise money for Kidscape.

We really do appreciate your support. With your help we can help keep many more children and teenagers safe from bullying and harm.

We can accept your donations in many different ways so please select which method is best for you.

## **BACS payment**

You can transfer your donation straight to Kidscape:

Bank: Lloyds

Account number: 00861818

Sort Code: 30-93-97

Please let us know that you are making the donation and the amount by emailing [fundraising@kidscape.org.uk](mailto:fundraising@kidscape.org.uk)

## **Cheque**

Please make cheques payable to Kidscape, and post to:

Kidscape, 8-10 South Street, Epsom, Surrey, KT18 7PF

## **Online**

Make a payment by Debit or Credit Card online at [donate.kidscape.org.uk](https://donate.kidscape.org.uk)  
You can also collect money online by setting up a free page on a site such as [justgiving.com](https://justgiving.com)

# Keep in touch

You can find more information about Kidscape on our website and through our social media channels.



[kidscape.org](https://kidscape.org)



Kidscape Charity



[@Kidscape](https://twitter.com/Kidscape)



Kidscape



[@Kidscape](https://www.instagram.com/Kidscape)



Kidscape

You can also contact our Fundraising team directly  
by emailing:  
[fundraising@kidscape.org.uk](mailto:fundraising@kidscape.org.uk)

## About Kidscape

Kidscape is a bullying prevention charity (registered number 326864) founded in 1985.

Our work includes online advice and resources, a parent advice line, and face-to-face workshops for children and families that build awareness and resilience, delivered both in schools and the community.