

Fundraising ideas

To celebrate
Friendship Friday
in your workplace

kidscape.org.uk

[#friendshipfriday](https://twitter.com/friendshipfriday)

[#foodforfriendship](https://twitter.com/foodforfriendship)

Welcome to Kidscape

Thank you for supporting Kidscape. In our pack you will find everything you need to make sure your workplace fundraiser is successful. We are a small but far-reaching team, so rest assured that **every penny you raise will help Kidscape to support young people facing a bullying situation.**

Kidscape was founded in 1985 and has helped tens of thousands of children take action against bullying.

Kidscape's vision is for all children to grow up in a world free from bullying and harm, with adults who keep them safe and help them to reach their full potential.

Here's how we do it:

Unique programmes - working directly with children and their families to reduce the impact of bullying on young lives.

Training in anti-bullying, peer mentoring, digital safety and safeguarding for teachers and those working with young people.

Advocacy - working with the Government and other organisations to ensure that concerns for safeguarding children are high on the national agenda.

Media engagement to share messages of hope and dispel myths about bullying.

What is Friendship Friday?

Friendship Friday is an opportunity to celebrate happy and healthy relationships with one another.

It's an interactive and fun way to **promote friendship and inclusion in schools, companies, organisations and communities** and with your own friends and family.

Good relationships are the backbone to any successful school, business, family or community. They take hard work, but small actions like taking time to talk to one another and enjoy each other's company can make a big difference.

This pack provides inspiration and ideas designed to include everyone—so **we can all have a great time with our colleagues, friends and family. While raising money for Kidscape's vital anti-bullying work.**

This year's **Friendship Friday is celebrated on 9th November**—but you can celebrate it on any Friday in the year to fit around other activities.

Tell us how you will take part so we can tell the world you are helping to support our work and that friendship matters!

#friendshipfriday

#foodforfriendship

Food for Friendship

This year we are encouraging our friends and supporters to hold '**Food for Friendship**' events. A celebration is rarely complete without food - come together with colleagues, friends, family and neighbours to enjoy some comforting food this Friendship Friday.

Sharing food together is a great time to build new relationships, share our stories and our heritage, whilst nourishing our bodies. Coming together and sharing lunch or dinner, even having a shared breakfast or cake break, is one of those binding things that does not discriminate regardless of who you are and where you come from.

Food is a great way to share our culture or even secret family recipes; it brings us together, creates memories whilst we share traditions and create new ones.

This Friendship Friday you can come together, raise funds and celebrate with something that binds us all... food!



Food for Friendship



Here are some fabulous ideas for fundraising with food!

- * **Bake sale:** have a bake off. You could even include friendship cookies with positive affirmations!
- * **Donate the cost of a lunch:** Organise a communal lunch with a donation to Kidscape.
- * **Afternoon tea or shared breakfast:** Invite your team and ask them to make a donation to attend. Home baked or shop bought—all that matters is that there is lashings of tea!
- * **Communities:** invite neighbours in your office block to join you for a cake break. Get to know one another. You never know what it might lead to!
- * **International evening:** host an evening of diverse culture, music and food. Everyone brings a dish from a country they love and makes a small donation to join in. Celebrate the diversity within your organisation.
- * **Kidscape sandwich:** Have a work canteen? Persuade them to create a special friendship meal or sandwich that could be sold for a week (or a month!) Kidscape receive a donation from each item sold.
- * **Donate the price of a coffee:** Haven't got time to organise an event? Why not ask all your colleagues to forego their morning coffee and donate the cost to Kidscape.

However you celebrate Friendship Friday, make sure you have fun, enjoy the food, make new friends and celebrate good times together!

#friendshipfriday

#foodforfriendship

Here are some other ideas to raise funds for Kidscape

Dress Down Friday: Donate £1 to wear something that celebrates who you are ... a bright t-shirt, colourful socks, a big hat. **Why follow the trend when you can stand out just by being you!**

Who's that kid: Collect photos of your colleagues when they were school age with a prize for the person who can identify the most colleagues. It's a great opportunity to share your own memories of school!

Book sale: Get your staff to bring in books they have finished reading and sell them for a small donation.

Guess the number: anything will work, buttons in a jar, baked beans in a tin, ping pong balls in a bucket... charge £1 for each entry with the winner receiving a small prize.

Netflix Night: Why watch Netflix alone when you can watch it together with cups of tea or beer –charge a small fee for entry and sell popcorn and drinks to make more money for Kidscape.

Games at lunch: Show your linguistic skills with a game of Scrabble; your ruthless business streak with Monopoly or simply your acting skills with charades. Gather your team together over lunch and play to your hearts content (or until your boss wants you back at your desk!) Everyone pays a small fee to take part.

Quiz: Get a small group of colleagues together to create the questions (we are all experts on something!), get some teams together, choose a fun name for each team and set the date. Each person donates £1 to enter. You could even ask your company to donate small prizes for the winning team.

Job swap: Swap jobs with your colleagues for an hour. Would the boss dare to do your work! Donate your hourly rate to Kidscape.

Want more ideas...? Visit our website at kidscape.org.uk/event-ideas

Tips for success

Top fundraising tips!

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.

Advertise, advertise, advertise...! Put posters on notice boards, write about it in staff newsletters and share your event on the company website (with a link to your fundraising page.)

Don't be afraid to ask! Some people may need a gentle reminder to sponsor you.

Put a collection tin in your reception, canteen or other communal areas to help collect donations.

Be safe—remember to check your organisation's Health and Safety Policy.

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.

Other ways to help...

We need your help to make sure all children have the skills they need to stay safe from bullying and harm. Here are some other ways that your organisation can support Kidscape all year round:

Charity of the year:

Make Kidscape your 'Charity of the Year' so we can **work together to keep all children safe.**

In return **we can offer you complete fundraising support.**

For more information please contact us.

Encourage your colleagues to support and promote Kidscape's work by:

- * **getting a group together and taking part in an organised event**—half marathon, triathlon, 10k, cycle ride—with so many to choose from there is something for everyone! Create a group fundraising page for Kidscape online at **justgiving.com** or **virginmoneygiving.com** and encourage everyone to make a small donation.
- * **signing up for Kidscape's news**—we have newsletters tailored to parents and carers and our general newsletter (go to **kidscape.org.uk** for more information).
- * **following Kidscape on social media** (Twitter, Facebook and Instagram) and retweeting/liking our posts.

Keep in touch...

REMEMBER... we are here to help: The 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.

Send us your photos

We want to tell everyone that your organisation is raising money for Kidscape so please do share your events and images on our social media sites or send us your photos by email.

Don't forget to use the hashtags....

#friendshipfriday and #foodforfriendship



fundraising@kidscape.org.uk



020 7730 3300



@Kidscape



/KidscapeCharity



/kidscape_charity

How your fundraising will help

6% of children in the UK experience bullying every day. That's equivalent to one child per classroom. Bullying has an impact on self-esteem, mental health and a child's relationships and educational attainment.

Kidscape works directly with children and families experiencing bullying, across the UK. We provide workshops for children and their families, teaching confidence and assertiveness skills to tackle a bullying situation. We provide practical support and telephone advice to parents and carers worried about bullying situations. We also train professionals in how to create nurturing environments, where bullying prevention and response is integral to school safeguarding policy and practice.

Case Study

Bailey's mum talks about how Kidscape helped her family through their bullying situation...

I accessed your help for Bailey when we had tried everything else we could for him. **He took part in one of your ZAP courses.**

I cannot tell you how much the course did for him. I look at pictures of that day and remember it vividly as **we saw a huge change even on the tube journey back** to Euston for our journey home to Northampton.

I wanted to share some recent good news with you:

I truly believe what you taught Bailey helped turn him into the young man we have today, who now is almost two thirds of a way through a year's apprenticeship at Specsavers. He didn't get what he expected in his GCSE's but had already been for an interview for the apprenticeship. His very first interview ever, he'd only been looking for part time work. Being just 16 when he started it back in September last year he has changed a huge amount.

I remember back to before the ZAP course and worrying he may never have the confidence to look at and interact with people like he did before the bullying started just as he began secondary school. **So to now see him suited and booted everyday, and hearing how well he's doing and sneakily seeing and hearing him interact with customers makes my heart swell.** He and I are also so glad to know that Specsavers are partners of yours in fundraising. I know he has been able to share with his work colleagues about his experiences with being bullied which is something I know would have been difficult for him.

I may not be expressing eloquently what I am trying to say but actually just **THANK YOU would sum it up.**

Getting your money to us

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 the amount and date of payment by emailing the fundraising team at **fundraising@kidscape.org.uk** or call us on **020 7730 3300**.

Cheque: Please make cheques payable to **Kidscape**, and post them to Fundraising Team, Kidscape, 2 Grosvenor Gardens, London, SW1W 0DH

Online: Make a payment by Debit or Credit Card online at **donate.kidscape.org.uk**

You can also collect money online by setting up a free page on either **justgiving.com** or **virginmoneygiving.com**.

THANK YOU for choosing to raise money for Kidscape.

We really do appreciate your support. It is only because of fundraisers like you that we can continue to support young people and professionals by giving them practical tools to prevent bullying and keep children safe from harm.

“Food brings people together”

#foodforfriendship

**“Laughter is brightest in the
place where the food is”**



KIDSCAPE

Help With Bullying

**“You better cut the pizza into
four pieces.... I’m not hungry
enough to eat six.”**

Yogi Berra

Why not use this placemat for your Friendship Friday feast?