

GUIDE TO SCHOOLS

FUNDRAISING



back up
transforming lives after spinal cord injury



**THANK YOU FOR
CHOOSING
TO SUPPORT US!**

Dear Supporter,

Fundraising for Back Up is a great way to engage and motivate students – raising money is not only lots of fun, but is also highly rewarding. The more effort they put in, the more they will get out.

At Back Up we make sure that you and your students understand how your fundraising efforts really do have a big impact on our vital work.

Learning about our work will help your students understand what life is like with a disability, and will show them all the things that can still be achieved after a spinal cord injury.

We're here to support your school 100% throughout your fundraising, so if at any time you have any questions or would like any advice or materials, please give me a call or drop me an email.

Happy fundraising!

Kat Espiritu
Community Fundraising Manager
katherine@backuptrust.org.uk
020 8875 6749

ABOUT US



Every eight hours someone is told they will not walk again. Spinal cord injury is permanent and there is no cure.

A spinal cord injury can happen to anyone at anytime. The most common causes are road traffic accidents and sports. However an injury can also be sustained by many other causes including falls, viruses, growths and diseases on the spinal cord. Once damage has occurred to the spinal cord, the body is changed forever.

Back up is a national charity that has helped thousand of people all ages and backgrounds to rebuild their confidence and independence following a devastating injury. Our wheelchair skills sessions, mentoring service and rehabilitative activity courses are all run by people who have spinal cord injuries themselves. We also support people to overcome the challenge of returning back to work or school.

Back Up supports people with spinal cord injury in their darkest hours. We understand that spinal cord injury can be devastating, but we believe that it shouldn't prevent any one from making the most out of life.

“After 30 years with an SCI and feeling totally isolated, I have finally found an organisation that understands the complexities involved and can offer me support in moving forward with my life.”

A participant from our over 50's multi activity course.



WHAT WE CAN DO TOGETHER

We would really like to get involved with your school and have the opportunity to meet the students and staff supporting us. So we would like to arrange a number of visits to make sure that your school understands what we do and what your support will help us achieve. These can include:

1. A visit from one of our **ambassadors**, who can talk during school assemblies about how Back Up has helped changed their life and has helped them to achieve. We have supported lots of people of who have gone on to university to taking part in the Paralympics. So we can arrange multiple talks for you!
2. A **wheelchair skills session** at your school. One of the services we provide are teaching wheel chair skills to those that are injured so that they can feel more confident about getting out and about again after their injury. We could send one of our trainers to your school so that students and staff can learn some new skills as well as gain an understanding about what it's like to use a wheelchair.
3. A visit from one of our **school advocates**, who can talk to students and staff about how they can make life at school more inclusive for people that are affected by disability.

FUNDRAISING IDEAS

Transforming lives after spinal cord injury



Want to do something to support Back Up, but not quite sure what?

Then check out our **Fundraising A - Z** for some great ideas...

Auction, Awareness day

Barn Dances, Bingo, Backwards for Back Up- do a mile in your wheelchair backwards, do anything backwards!

Car Boot Sale, Cake Bake, Coffee Morning, Collections

Dress Down Day, Darts Tournament, Drinks Party, Disco

Eighties, Seventies or Sixties Evening

Football Tournament, Fun Run/Cycle, Fancy Dress Party

Golf Tournament, Guess How Many Sweeties in the Jar

Highland Games, Head shave, Hair-braiding

It's A Knockout, Indoor Games, International Evening

Jumble Sales, Jeans Day, Jewellery making/selling

Karaoke, Kids colouring Competition, Kids Talent Show

Luncheon for the Ladies, Line dancing, Litter picking

Music Quiz, Music Festival, Mini Olympics

New Year Resolution Pledge, Non Uniform Day

Odd Job Days, Open Garden, Obstacle course

Park Games, Picnics, Pool Tournament, Photo competition

Quizzes, Quit your vices in exchange for sponsorship

Raffle, Relay race, Run a marathon

Shave your Beard, Skydive, Sponsored Silence, Swear Box

Tombola Stall, Treasure Hunt, Talent Competition

Underwear on the outside - wear your underwear over your clothes

Volleyball tournament, Vintage wine tasting

Win a Teddy Bear Competition, Sponsored Walk

Xmas Party, Xmas Grand Draw, X-Factor competition

Yoga Marathon, Sponsored Say Yes Day (agree to your friend's demands)

Zany Dress Day, Zumba party

FUNDRAISING THEMES



We have some great seasonal ideas that your school can use to fundraise for Back Up. Theming your fundraising around different times of year is a great way for the pupils to get creative. You could also theme your fundraising around big events, such as the Six Nations, the Olympics – anything that takes your fancy!

January Celebrate the Chinese New Year with a Chinese themed lunch or after-school party

February Valentine's Day – hold a themed bake sale with heart shaped cookies and pink cupcakes

March Pancake Day have a pancake party, a pancake race, or make pancakes and sell them at break time.

April Easter arrange fun games such as an Easter egg hunt and an egg and spoon race

May Have a Eurovision themed party, with themed food and fancy dress. Or celebrate the bank holiday by having a Back Up BBQ after school

June Wimbledon arrange a lunchtime picnic with strawberries and cream

July Use your School Sports Day to fund raise, with students being sponsored to take part in sack races. Why not arrange a BBQ afterwards for the parents?

August Celebrate the summer bank holiday with an after-school picnic and a Frisbee/rounders tournament

September Start off the academic year in style by selecting us as your Charity of the Year, hold a non-uniform day & collection?

October Halloween, have a fancy dress party with a pumpkin carving competition and Halloween themed food

November Bonfire Night, if your school is having a bonfire party and firework display, why not sell hot food, or have a bucket collection?

December Christmas, have a ticketed Christmas party. You could even arrange to sing carols at a local shopping center in exchange for a donation.

FINAL TIPS & MATERIALS TO HELP YOU FUNDRAISE

We can supply you with any of the following items to help you with your fundraising, just contact us to let us know what you need:

Information leaflets, Sponsorship forms, Balloons, Posters, Back Up Bugs, Collecting boxes and buckets, Cake toppers, Banners, Stickers, Banners

AND FINALLY...

Remember to take lots of pictures and videos of your fundraising. You can send them to us or share them on our Facebook page at www.facebook.com/backuptrust or

Tweet us @backuptrust

We love seeing what you've been up to and it is really inspiring for others!

Let your students and supporters know what Back Up does and tell them about our great services! Tell people what has inspired you to support us so that they can be inspired to support us! Also let them know what their donation could be put towards.

- **Give a life-line** - £5 can pay for the telephone support that provides a crucial life-line to a newly injured person during the difficult transition from hospital to home.
- **Education is the key** - £15 can enable us to advise and support teachers, pupils and families to ensure that a child with spinal cord injury is fully included in all aspects of normal education.
- **Support a child in need** - £25 can enable us to offer vital emotional support and advice to a child in hospital and their family while they are coming to terms with the devastation of a life changing spinal cord injury.
- **Vital medical equipment** - £50 can provide essential medical equipment for a volunteer nurse who assists people with spinal cord injury, building confidence and independence on a Back Up rehabilitation course.
- **Provide a positive future** - £150 can help pay for someone to attend our Back Up to Work course, where they would receive advice and develop the confidence they need to get back to work after their injury.
- **Mentors change lives** - £500 can allow us to train a volunteer mentor who would support several other people with spinal cord injury. Our mentors offer life changing support.

GOOD LUCK & HAVE FUN FUNDRAISING!



If you have questions or want to chat through any fundraising ideas, please give me a call on **020 8875 6749** or email me at **katherine@backuptrust.org.uk**



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Company No 3596996
Registered in England & Wales Registered Office:
Back Up, 4 Knightly Walk London, SW18 1GZ

