

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 lots of fun and highly rewarding.

At Back Up we make sure that you and your students understand how your fundraising efforts really do transform people's lives.

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!

Emily Clacy
Supporter Care Assistant
emilyc@backuptrust.org.uk
020 8875 1805

ABOUT US



Every four hours someone learns they will not walk again.

Spinal cord injury is permanent.
There is no cure.

Back Up is a national charity that helps people of all ages and backgrounds to rebuild their confidence and independence following a devastating injury.

We provide these vital services for people affected by spinal cord injury:

- Wheelchair Skills Training
- Mentoring - for individuals and their families
- Telephone Support Service
- Activity Courses to build confidence and independence
- Skills for Work Programme
- Education Inclusion Service



FUNDRAISING IDEAS YEAR PLANNER

September

Announce Back Up as
Charity of the Year

Back Up Bake Off

October

Back Up Ambassador
assembly:
*Disability and Spinal
Cord Injury*

Halloween Disco

November

Design a Christmas card

Christmas baking
competition

December

Carol Concert

Christmas Fair

End of term Mufti-Day

January

Sponsored New Year
resolutions

Back Up Bingo
maths challenge

February

Talent show

Pancake day sale

March

Spinal Circuit - run,
push or walk the
distance between the 11
spinal centres in the UK!

End of term Mufti-Day

April

Spring Bounce:
sponsored trampolining

Spring clean sale

May

Back Up Ambassador
assembly:
Inclusivity in Sport

June

Sports Day tuck shop

Summer Fair

July

Barn Dance Barbecue

End of Year Mufti-Day

back up
transforming lives after spinal cord injury



FUNDRAISING IDEAS

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
- 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
- Skydive, Sponsored Silence, Swear Box
- Tombola Stall, Treasure Hunt, Talent Competition
- Underwear on the outside
- 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
- Zany Dress Day, Zumba party



WHAT WE CAN DO TOGETHER

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

Back Up Ambassador Visits

We have spinally injured representatives who are experienced in giving assemblies to a young audience. It can be very powerful to have a wheelchair user in the room who is also very active and agile in their chair, challenging perceptions of what's still possible when you have a disability.

They can answer all the awkward questions (toilets!) with frankness and humour, tailored towards the age group. They can explain how spinal cord injury disrupts messages to the brain (feelings/numbness/pain) and from the brain (paralysis) by making a chain of pupils, sending messages along the chain and breaking the chain.

Wheelchair Skills Training Demonstrations

Back Up teach wheelchair skills to children and adults with a spinal injury so that they can feel more confident about getting out and about again after their injury. We can 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.

Education Inclusion Advocate Visits

A visit from one of our education inclusion 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.

CURRICULUM COMPATABILITY

Science

The biology of the nervous system

History

The history of disability rights

Citizenship

Community fundraising and participation
Teamwork

PE

Disability and inclusion in sport
Paralympics

You will already have ideas of how you can incorporate learning into the school's fun community programme. Learning about disability and working together in teams will contribute towards curriculum goals. We can help with information and presentations.

PSHE

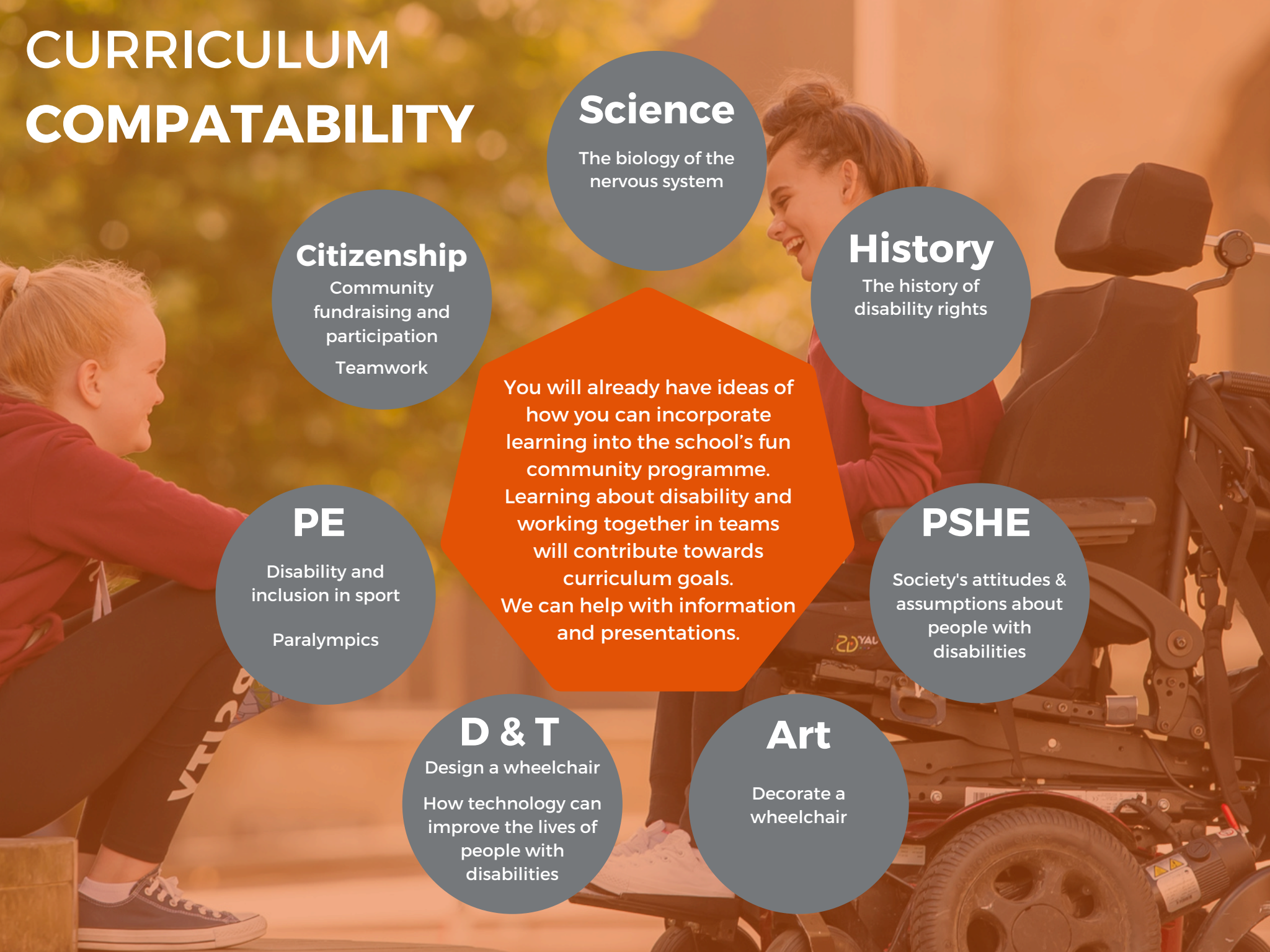
Society's attitudes & assumptions about people with disabilities

D & T

Design a wheelchair
How technology can improve the lives of people with disabilities

Art

Decorate a wheelchair



WE'RE HERE TO HELP

We can provide **Back Up branded materials** to help your fundraising:

Balloons | Posters | Banners
Sponsorship forms | T shirts | Prizes
Collection buckets & tins
Cake Toppers | Wheelchair colouring sheets
Back Up bugs - our fun stick-on mascot
Grandad Wheels book for the school library



Grandad Wheels

Back Up champion, Brian Abram, author of the Grandad Wheels book series visits schools up and down the country to read his stories and challenge children's perception of disability.

HOW YOUR FUNDRAISING WILL TRANSFORM LIVES



£100

£100 could fund an education advocate to advise staff on how to include young people with a spinal cord injury in lessons and activities. Through our education inclusion service, we ensure that young people with a spinal cord injury can fully participate in all aspects of nursery, school, and university life.

£200

£200 could train a mentor to support someone to overcome challenges and lead a fulfilling life. Back Up matches people with a spinal cord injury and their loved ones with mentors who have been through similar experiences and can understand. They listen, advise and support positive life changes.

£500

£500 could allow someone with a spinal cord injury to go on one of our life-changing residential activity courses. Our courses give people the opportunity to challenge themselves in a safe environment through activities like kayaking and abseiling – enabling them to explore what's possible with a spinal cord injury.

YOUNG LIVES TRANSFORMED

video links



Peter's Story

Peter's mum Mandy explains how she felt when they found out about his spinal cord injury, and how Back Up helped him rediscover the joy in life and develop new skills.

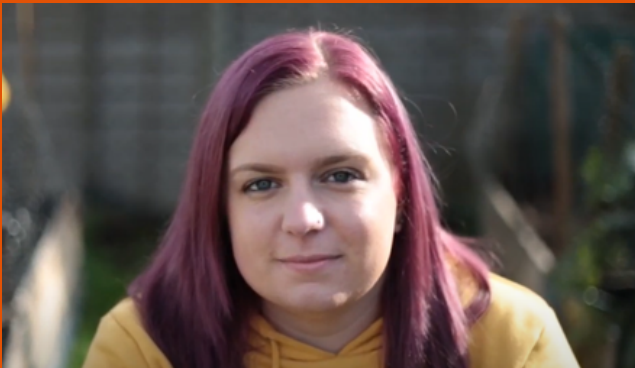
<https://bit.ly/petersstory>



Lillie's Story

Listen to Lillie explain how Back Up's Education Inclusion Service helped her to get back to school following a spinal cord injury.

<https://bit.ly/3k2XiJd>



Eleanor's Story

Eleanor was told she could not pursue her dreams at university. Back Up helped her to develop her confidence and attend her chosen course.

<https://bit.ly/3xQDMV2>

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 1805**
or email me at
emilyc@backuptrust.org.uk



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity Numbers 1072216 and SC040577
Company No 3596996
Registered in England & Wales Registered Office:
Back Up, 4 Knightly Walk London, SW18 1GZ

back up
transforming lives after spinal cord injury