REACHOUT



INSPIRATION GUIDE



THANK YOU

FOR CHOOSING REACHOUT

Thank you for choosing to fundraise for ReachOut. Every pound you raise will help a young person build the confidence and skills for a brighter future.

The following pages will provide you with a guide on how to make the most of your fundraising. Whether you're a first-timer or a seasoned fundraiser, we have you covered!

Our work

ReachOut is a strategic partner for schools. We build socio-emotional skills that transform outcomes for 9-14 year olds. We define these skills as empathy, responsibility, problem solving, initiative, teamwork and emotion management.

We exist because not all children have the opportunity to just 'pick up' socio-emotional skills. The 9-14 age bracket is an especially crucial juncture in childhood development, so we focus our efforts on helping children in this range.

Within this bracket, we further focus our efforts on helping young people constrained by circumstance.

Find out more about our impact at reachoutuk.org/our-impact

Don't be a stranger!

Whatever your question is, we're here to help. You can get in touch with us via the form on reachoutuk.org/fundraise/ or email john.butcher@reachoutuk.org.

Why not also join our online community by following us on LinkedIn and Instagram, or signing up to our newsletter?



WHAT'S YOUR THING?

Interests? Skills? Hobbies?

- What's your thing? Maybe you love baking. Maybe you love swimming. Maybe you have a party trick. Maybe you're struggling with what to do to raise money (and if you are don't worry), or maybe you already know.

- Make a list of everything you can do. From the everyday like getting together with your friends and family, walking to school or to work, or playing your favourite game, to the weird and wacky.

- Really let your imagination run wild. Put down everything and anything you can do, even if you can't do it brilliantly. You can pick and choose later on.

Turn your ideas into a fundraiser

- Have a think about how much money you would like to raise for ReachOut. Then take a look at your list of ideas and think about which ones could help you reach that target.

- Which would be easy to organise but bring in the money?

- Which ones do you think will appeal most to your friends, family and colleagues?

- Which could you turn into a sponsored event or challenge?

- Perhaps people could join in with some ideas and you could raise money as a group?



NOT FEELING INSPIRED?

CHECK OUT OUR FUNDRAISING A-Z

A

- Abseil: reach new heights with an abseiling challenge
- Afternoon tea: hold an elegant afternoon tea with friends or family
- Art exhibition: showcase local artists and raise money through an entry fee
- Auction: encourage local businesses to donate items to be auctioned off

B

- Bake sale: get your local community baking to sell some delicious treats
- Bingo: who will be the first to check off all their numbers at a bingo night?
- Birthday giving: ask your loved ones to donate instead of buying you gifts
- Book sale: raise money through your community selling unwanted books

C

- Car wash: help shine up local cars in a community car wash event
- Cocktail night: mix up your favourite drinks in a charity cocktail evening
- Coffee morning: get together and enjoy a cuppa while raising money
- Crafts: turn your hobbies into a fundraising activity and get crafting
- Cycling: get sponsored to hop on your bike for a charity cycle

D

- Dance-a-thon: see who can last the longest on the dancefloor
- Darts contest: take aim to see who lands the bullseye in a round of darts
- Dinner party: pick a theme and host your own charity dinner party
- Dog show: let those pups strut their stuff to see who is voted the winner

E

- eBay: sell any unwanted items you have lying around on eBay
- Etsy: use your crafting skills to sell your awesome creations on Etsy
- Eurovision party: everyone can represent a different country at this party

F

- Fancy dress day: hold a fancy dress day at school or work for a donation
- Fashion show: rock your best outfits in a local charity fashion show
- Film night: host your own film night, you can even get creative with themes
- Football match: see who will score the winning goals in a charity game

G

- Games night: get competitive in a board games or video games night
- Give something up: get sponsored giving up something you love
- Grow a beard: let it all grow out while raising money for charity
- Guess how many: challenge people to guess how many items are in a jar

H

- Head shave: shave all your hair off for some sponsorship money
- Hiking: take a sponsored hike and see how long you can trek for
- Homebrewing: try your hand at some homebrewing and sell your drinks

I

- Improv night: let your community flex their skills at an improv night
- International food party: ask everyone to bring a dish from a specific cuisine
- Iron man challenge: hold an iron man event and see who can tough it out

J

- Jam making: try your hand at making some jam at home to sell
- Jazz night: take in some smooth tunes at your own jazz night event
- Jigsaw puzzle marathon: see who can complete the most puzzles fastest
- Jumble sale: see what old or unwanted items you have lying around to sell

K

- Karaoke: find out who's got the chops to be the best at karaoke
- Kayaking: take to the water to see who wins a charity kayak race
- Keepy uppy contest: who will keep the ball up in the air the longest
- Knitting: use your knitting skills to create some items to sell

L

- Las Vegas night: enjoy a glitzy Vegas casino themed evening
- Learn a new skill: get sponsored to learn a useful new skill
- Lego contest: see who can build the most impressive lego creation
- Livestream: host an online gaming, cooking, fitness, or crafting livestream

M

- Mobile free day: challenge everyone to go without phones for a full day
- Mountain climb: rise to the top with a mountain climb challenge
- Murder mystery party: find out who done it at a murder mystery night
- Music concert: hold your own local music event or battle of the bands

N

- Nail art: raise money through creating beautiful nail art on people
- Netball tournament: take to the court for charity netball matches
- Nighttime walk: get sponsored to walk alone or with friends all night long

O

- Obstacle course: see who can complete the obstacle course fastest
- Open mic night: let anyone take to the stage in an open mic event
- Outdoor theatre: hold an outdoor theatre show with entry fee

P

- Plank / press up challenge: see who has the strength to hold out the
- Longest poetry day: get lyrical and share your poems in front of an
- Pot luck event: everyone brings a dish to contribute to the pot luck

Q

- Quad bike racing: get the adrenaline pumping in a quad bike race
- Quintissentially British party: tea, scones, and everything British
- Quiz night: test everyone's knowledge with a quiz night to raise money for charity

R

- Roaring twenties party: host a decadent theme party for your friends
- Rock climbing: see who can reach the top in a rock climbing challenge
- Rowing challenge: how far can you go on a rowing machine in 24 hrs

S

- Sky dive: take to the skies and get sponsored for a charity sky dive
- Sports day: get nostalgic with a school sports day themed event
- Street party: all your neighbours can get involved with a local street party

T

- Table tennis tournament: see who edges out the competition at table tennis
- Talent contest: give everyone the chance to show off their best talents
- Tombola: run a local tombola with fun prizes to help raise money for charity
- Treasure hunt: put together a treasure hunt around your town

U

- Ultimate frisbee: take to your local park for an ultimate frisbee competition
- University Challenge: host your own University Challenge style event
- Upcycling: transform old items into something new that you can then sell

V

- Variety show: hold a local variety show and enjoy an evening of entertainment
- Video game competition: discover who's the best when it comes to gaming
- Village fete: organise a village fete to help raise money
- Vintage sale: rummage through your closets to find vintage looks to sell

W

- Wedding gifts: instead of gifts, you can ask for donations to charity
- Window cleaning: offer to clean neighbourhood windows for a donation
- Wine tasting: enjoy some delicious drinks at your own wine tasting event
- World record attempt: challenge people to try and break a world record

X
Y
Z

- X Factor competition: host your own X Factor style singing contest
- Xmas Carol Singing: go around the neighbourhood or shopping centre singing
- Yoga session: host a sponsored group yoga or stretching session
- Yo-yo contest: crack out your best yo-yo skills in a competition
- Zero waste day: challenge yourself to go fully zero waste for a week
- Zip wire: soar through the sky as you take on a zip wire challenge
- Zumbathon: host a high-energy, fitness-based dance party with a registration fee

If you have any other ideas, please feel free to run them past us or just get in touch once you have decided on your challenge!



HOW YOUR FUNDRAISING HELPS

£100

...could pay for the essential materials and equipment using during sessions, creating a welcoming, practical space for our mentees to grow.

£250

...could pay for DBS checks and training for our volunteer mentors ensuring our young people are supported by safe, skilled and inspiring role models.

£400

...could help a group of young people visit a workplace, opening their eyes to new careers and possibilities they may not have imagined for themselves.

£600

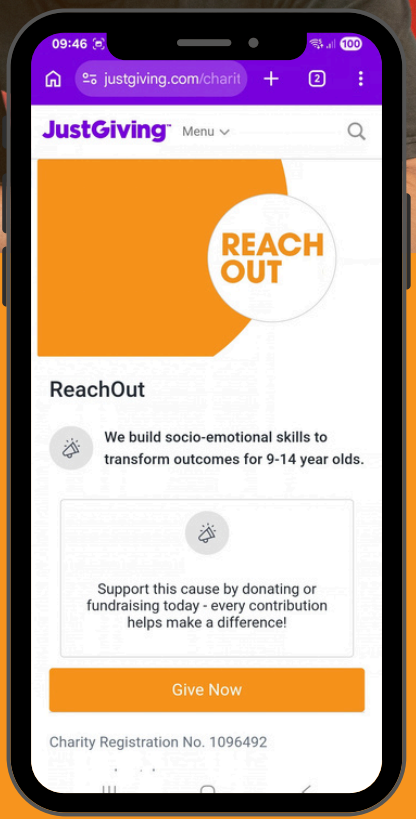
...could support one young person through a full 12-week mentoring project, helping them build confidence, skills and aspirations for the future.

£1500

...could provide 3 young people with a full term of mentoring, giving them consistent encouragement and support from trained practitioners and paving the way for a brighter future.



SETTING UP YOUR JUSTGIVING

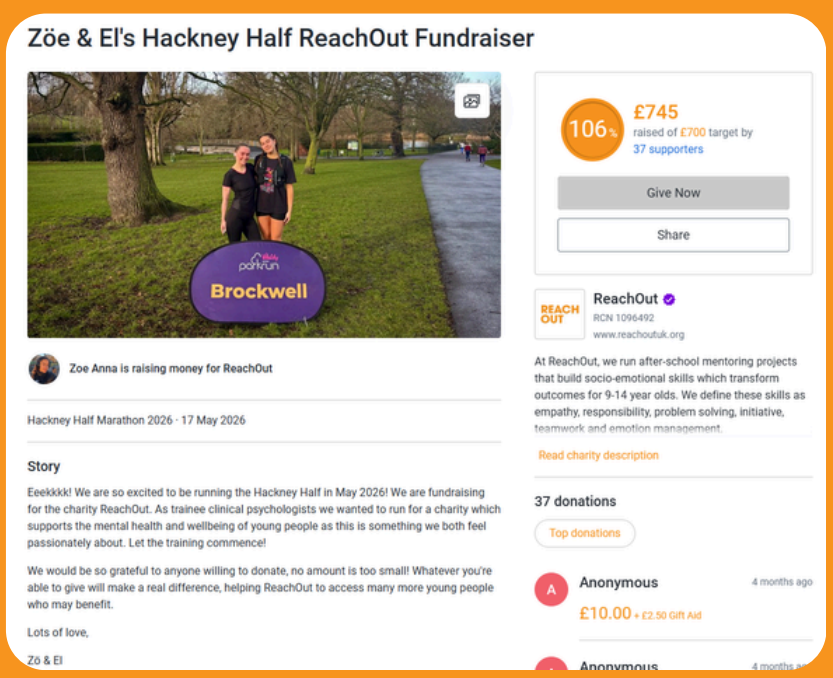


Simply go to JustGiving, click on 'Start Fundraising'. JustGiving will guide you from there.

If you're new to JustGiving, you'll need to sign up. But if you've done this before, just log in with your email address.

SIGN UP HERE

Your page is the place to share your story, show your photo and set your target. (Aim high!)



Add in details of what you're doing to raise money and why you've chosen ReachOut.



HOW TO SMASH YOUR FUNDRAISING TARGET

Tell Your Story

Explain why you're doing what you're doing and why it means so much to you. Make sure to add photos to your fundraising page too. Pages with pictures or videos raise more money!

Set a Target

Be ambitious with your fundraising target as it encourages people to give more. You can increase your target as you move close to reaching it so that people continue to donate!

The First Donation

Ask a particularly generous friend to make the first donation. Others are then more likely to match their amount.

Double What You Raise

Ask your workplace if they'll match what you raise. It's called matched giving, a lot of companies do it, and it could double your total in an instant.

Timing is Everything

If you can, time your big push for sponsorship around people's pay day. We're all a little more generous when we're feeling flush.

Say Thanks

If you've shared your page in a WhatsApp group, shout out the individuals that donate with a thank you. This will encourage others to follow suit.



REACHOUT

Thank you and good luck from all of us here at ReachOut!

Don't be a stranger, our team are always on hand. Get in touch at **john.butcher@reachoutuk.org**

Registered with FUNDRAISING REGULATOR