

Child Growth Foundation Charity Fundraising Pack



Helping us, to help those affected
by growth conditions

Thank you

By fundraising for us you are helping a leading charity supporting children, adults and families affected by growth conditions.

We have been supporting people for 40 years and it wouldn't have been possible without people like you running, climbing, baking and all other manner of 'ings' raising funds for us.

Having a rare condition that people haven't heard of, often including health professionals, can be a daunting and isolating experience. It is why the CGF drives to fulfil its mission to:



We have put this booklet together to help you in your fundraising efforts but please do get in touch with us to let us know what you are doing and see if we can help further.

Together we can make a huge difference.

What to do?

A good starting point when deciding what to do is to know who you are! What are your strengths? What drives you? What do you like? What do you have to hand? It is all down to you...

FOOD

Maybe you love food. Have a cake and bake sale. Have a 'food from around the world' party (remember to raise money though, and not just eat)



ACTIVE

Always a popular choice, maybe you've recently thrown a food from around the world party and want to shed a couple of pounds! You can swim, run, cycle – all three at once, well not actually at the same time but one after the other (a triathlon). Blog your training journey, get a t-shirt made with your face and our logo – spread the word. Tell colleagues, tell school, tell everyone!



CONQUER

"Why climb Everest?" "Because it's there" said Mallory. The whole purpose of mountains is for people to walk up fundraising. DO you want to conquer something – it doesn't have to be a mountain. But the bigger the personal challenge the more people will respond to your efforts.

SELL

Garage sales, car boot sales, put your loft contents on Ebay. Having a clear out is good for the soul and a good way to raise money. A fan of Bargain Hunt? Challenge your friends to spend £10 at an antique fair and sell it at auction, then donate all the proceeds to us.

BE SILLY/HAVE FUN

You can raise money from the daftest of activities – wearing 50 t-shirts at once, wear a silly hat for the day at work, have a onesie day, dress like a superhero for a week. If fun is your thing, use it.



Whatever you do, do it with all your heart
and the enjoyment will be infectious.

Make it a success

Once you've decided on your activity you will want to make it successful. These steps may help...

PLAN

You've decided on your activity, next you need to draw up a plan. Set a date (unless the date is set for you). What have you got to do before then? Is there training involved, if so set a routine. If it involves throwing a food party, practise some of the dishes.

PROMOTE

Tell the world about it (well, tell your world about it). Set up giving pages, JustGiving or Virgin Giving (look on their website or our fundraising pages for more information).

Tell your Facebook friends and post regular updates.

Tell us, so we can promote it.

Tell your work colleagues, tell your children's school, tell as many people as possible, maybe the local press would like to hear about it and write up a feature on it.

TARGET

How much do you want to raise? Saying as much as possible isn't allowed, set yourself a target and try to keep it realistic. If you see the target it will drive you on, and give you great satisfaction along the way.



KEEP SAFE

Things like raffles, selling alcohol or selling food may need special licenses. Contact your local authority to find out. You can visit food.gov.uk for more advice about food hygiene. Raffles held on the day do not need a licence but if you are planning something bigger then you may need to check out legal issues first, visit www.gamblingcommission.gov.uk for more advice.

If you are putting on your own event, you will need to risk assess the venue/activity etc and put any safety measures in place for the day. You will also need to consider insurance, the CGF insurance cannot cover your events so you will need to think about public liability insurance if your event is open to the public. The venue you are using may have insurance in place, please check.

MONEY

Once your event is finished you can sit back and enjoy your achievement (and plan follow ups). One final job that's important not to forget, is to send the money in to us.

If by cheque you can send it to: CGF, 21 Malvern Drive, Sutton Coldfield, B76 1PZ.

If you would like to do it by bank transfer our details are:

Metro Bank, sort code: 23-05-80 account number: 24218095

Monies raised online will be paid to us directly.

Top tips

MATCH FUNDING

It is worth approaching the company you work for to see if they offer a match funding scheme, where they will match what you have raised. The HR department of the firm will be able to help you.

LOCAL SUPPORT

Talk to local businesses. They may like to donate, take part in the day or offer prizes for raffles. They may say no, and even if they do it is someone else who has heard of the Child Growth Foundation.

ELEVATOR PITCH

Have a 30-second pitch ready, and practise it, for when someone says to you "Who are the Child Growth Foundation, what do they do?". You can contact us for help with this.

LET US KNOW

Let us know what you are planning. We can help with planning ideas, motivate you when you need it and promote your efforts. It means so much to us that people want to help, let us be part of the fun! We may be able to help with promotion materials too.

ONLINE GIVING

Set up an online giving account to collect the money, people donate directly through it, saving you the hassle of chasing people up, there is JustGiving, Total Giving or Virgin Giving, see our website for more information.



GIFT AID

Remember to ask your sponsors about Gift Aid, and check they have added their address, including postcode.

HAVE FUN

Whatever you do, enjoy it. There is a good reason fundraising starts with "FUN", you've done something amazing for other people, that has to put a smile on your face.

Together we can make a huge difference.

Contact Us



Find us: childgrowthfoundation.org



Contact us: fundraising@childgrowthfoundation.org



Call us: 0208 995 0257



[childgrowthfoundation](http://childgrowthfoundation.org)



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



Together we can make a huge difference.

I am hoping to raise: £..... for the **Child Growth Foundation**

[illegible]

[illegible]

Remember: You must provide your full name, home address, postcode & '✓' Gift Aid for the CGF to claim tax back on your donation.