

**CARERS
TRUST**

Heart of England



SCHOOL FUNDRAISING PACK

Because every young person deserves a childhood



THANK YOU!

FOR CHOOSING TO SUPPORT CARERS TRUST HEART OF ENGLAND

By fundraising for us, you are making a difference to the lives of young carers and the people they care for in your local community.



Whether you are a teacher, a student, a parent or a friend, there are many ways you can get involved and have fun while raising vital funds for our cause.

Why fundraise for us?

There are an estimated 108,000 carers in Coventry and Warwickshire, who provide unpaid care to a family member, friend or neighbour who could not manage without their help. Carers can be of any age, from young children to older adults, and they may care for someone with a physical or mental illness, a disability, or an addiction.

Many young carers don't think of themselves as a carer, the caring role often grows over time. If you are a young carer, you are probably looking after a parent, grandparent or care for a brother or sister. You may do extra jobs around the home, cooking, cleaning or helping someone get dressed and move around. You may also give physical help to a parent, brother or sister who is disabled or ill.

That's why we are here to support them. We offer a range of services to let young carers live their best lives away from their caring role.

FUNDRAISING IDEAS

Get involved!

There are many ways you can fundraise for us at your school, depending on your interests, skills and creativity.

Here are some ideas to get you started:

Talent Show

If you have a talent that you want to share with others, you can organise a talent show at your school and showcase your skills. You can invite anyone to take part, such as students, teachers or parents. You can charge an entry fee for each act or ask for donations from the audience.

Sponsored Challenge

Shhhh... can you keep quiet for an hour or an afternoon? Or maybe hold a sponsored walk or run to get everyone involved. Don't forget the Adults too!

Dress Down Day

Organise a dress down day for the whole school. Pay a donation and wear what you want – extra points for those in fancy dress or superhero costumes!



Bake Sale Bonanza

Everyone loves a sweet treat, so why not bake some cakes, cookies or muffins and sell them at your school? You can ask your friends, family or teachers to help you with baking or buying the ingredients.



QUIZ NIGHT

Virtual Cycle Challenge

Your school could organise a virtual cycle where you, your friends and even teachers can take turns and pedal away on a virtual ride to London or even as far as Paris or America. Get all of your friends and family to sponsor you and you can start riding!



School Car Wash

There is always a dirty car in the car park! Why not arrange a day where you wash teachers or parents cars for a donation?



Quiz Night

Test your knowledge and have fun with your friends by organising a quiz night at school or at home and charge an entry fee for each team. Ask local businesses to donate prizes for the winners or hold a raffle during the event.



Make Your Own Cook Book

Do you have a favourite meal you like to make? Why not get together with other pupils in your school and make a cook book of all your favourite recipes and then sell the cook book at school? Teachers can help you put it together and make it ready for you to sell.

Guess The Sweets In The Jar.

Do you have a favourite sweet? You could count some sweets and put them in a big jar and then charge your teachers and friends some money to have a guess. The person who gets it right gets the jar of sweets! Yummy!



Bag Packing Day

Are you good at helping with the shopping? You could arrange a day at a local supermarket where you and your friends can help pack bags of shopping at the tills and get donations. Just don't put the eggs on the bottom!

Breaking A Bad Habit

We all have a bad habit we would love to stop doing. It could be biting your nail or lip biting, twirling your hair, excessive screen time or even bad eating habits. Get your friends and family to sponsor to stop doing something and everyone taking part can support each other.



Guess The Name

A good way to help raise some money could be to buy a stuffed toy and then get all of your friends and teachers to donate and guess the name. If anyone guesses the name then they win the teddy!

READY, SET...



So now you know what you're doing, use our check list to help.



Choose your activity.

Set the date and time. Let us know what you are planning to do by filling in our online registration form [here](#). This will help us to support you with your fundraising and send you any materials you may need.



Set your target.

Setting a fundraising target is a great way to keep everyone motivated. Decide how much you'd like to raise and how you'll collect donations (you could use JustGiving, ParentPay, Iris ParentMail or another donation method).



Set up your online fundraising page.

The easiest way to collect donations is to set up an online fundraising page on JustGiving.



Shout about it.

Tell everyone you know. Use our posters and materials to help. JustGiving provide QR codes, which can easily be added onto your school newsletter.



Have fun!

Remember to thank everyone who helped or supported you along the way. With permission you can also take photos or videos of your event and share them with us and your supporters.



Send in your money.

You can do this by:

- Paying online via our website [here](#).
- Send a cheque made payable to Carers Trust Heart of England to: Carers Trust Heart of England,
9 - 10 Rowan House, Westwood Way, Coventry, CV4 8HS.



ABOUT US

Carers Trust Heart of England is a charity that supports and improves the lives of children and adult carers across Coventry and Warwickshire. We provide a range of services that help ensure unpaid carers feel valued, respected and supported in their caring role.

We also provide home care services to support loved ones to live independently at home.

Contact us on the details below for more information about our services and how we can help you:

 024 7663 2972

 fundraising@carerstrusthofe.org.uk

 www.carerstrusthofe.org.uk



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