

SELF CARE FOR PARENT CARERS

Brave

Registered Charity No. 1204544

Fundraising Pack

A pack full of examples and resources

Registered Charity Number - 1204544

www.braveparents.co.uk

Brave

Table of Contents

- 3. Welcome
- 4-6. Virtual Fundraising Ideas
- 7. How to Organise an Online Quiz
- 8-10. In Person Fundraising Ideas
- 11. How to Plan a Garden Party
- 12. Sponsored Fundraising Ideas
- 13. Brave Run Squad
- 14-24. Resources
- 25. Useful Resources



Welcome

Thank you for choosing to support Brave Parents.

Brave creates opportunities for Parent Carers to have some well needed 'you' time to support their mental health and well-being.

We recognise that many of these parents forget to care for themselves. They work so hard to keep their child well that their own needs always come second. However, over time this can have an impact on the mental health of the caregivers and whole family unit.

Brave Parents is a registered charity created to provide self care opportunities to parents who have children with * complex medical needs.

To find out more please contact us via:

Email: brave.fundraisers@aol.com / contact@braveparents.co.uk

Website: www.braveparents.co.uk



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* 'Complex medical needs' refers to children who have been diagnosed by a medical professional with an illness, disability or sensory impairment (sight and/or hearing impairment) that requires substantial daily support from a Parent Carer.

Virtual Fundraising



Why Virtual?

As our world becomes more digital, virtual fundraising is becoming an increasingly popular way to raise money for charity. The advantages to virtual fundraising mean that people can attend online events without barriers such as childcare arrangements and also open the possibility to weekday evening fundraising.

Virtual Fundraising Ideas

Virtual Comedy or Music Night

Why not host a virtual comedy or music night? Reach out to comedians or musicians, book in a date and create a Zoom/Teams call. Each act can perform a 10–15 minute set, either live or pre-recorded. Charge a small fee and send your audience the call log-in details. This is a great way to raise some funds without anyone having to leave the comfort of their own home.

Virtual Fundraising



Buy a Number

Create a grid of a set amount of numbers, sell each number for a small fee and once all of the numbers are sold, choose one at random. This can be done with raffle tickets, cutting the numbers up or even an online random number generator. Whoever has the winning number wins half of the prize pot and the other half can be donated to Brave.

Sweepstakes

Pick a competition (TV or sports competitions), mix up all of the participants and cover them behind a numbered square. Charge people a small fee to choose a square. When the competition is complete, whoever chose the winning square wins half of the prize pot and the other half can be donated to Brave.

Auction

Collect some prizes that people would be interested in bidding on. Encourage people to submit their highest bids to you and have a bidding war. Set a deadline and once it has passed, whoever has bid the most wins the prize. The price they bid is the price they pay and all money can be donated to Brave.

Virtual Fundraising



Races

Online races are a great and easy way to raise funds. This could be a duck or balloon race. Simply sign up to an online platform that hosts these events, sell 'ducks' or 'balloons' for a set price. Set a time frame for the race (E.g one week/one month) and once the race ends, the winner gets a small prize.

Classes

Do you run classes like yoga, cooking or personal training? Do you know someone who does? Why not invite them to host an online class? Charge each participant a small fee to attend, let them know in advance of any equipment they might need and create a Zoom/Teams call. Send out the call log-in details and enjoy a virtual class together without having to leave your home.

Raffle

Collect prizes for a raffle (E.g gift sets, vouchers, bottles of wine, experience days). Sell raffle tickets for a set price. Draw the raffle at random and allow the participants to choose their own prize from the list. All money raised can be donated to Brave.

Virtual Fundraising



How to Organise an Online Quiz Night

A virtual quiz night is a fantastic way to raise funds and enjoy an evening in.

- 1** Write some quiz questions and create a presentation to display them on. This could be on PowerPoint or an online platform.
- 2** Pick a date and time and decide the online platform you will display the quiz on. This could be Zoom/Teams.
- 3** Start sharing with your family and friends. Sell places for the quiz for a small fee and send the participants the call log-in details once they have confirmed their place and paid the entry fee.
- 4** Host the evening yourself or find someone who is willing to. Comedians or entertainers are always great for hosting an event like this and may do for free.
- 5** You might want to organise a prize (e.g. bottle of champagne, voucher, quiz book) or you could half the money which has been raised for entering the quiz so the winner gets half and Brave gets half.
- 6** Share your number or email address with the participants so they can send their answers to you at the end of each round. Mark them as they arrive to you and share the winner at the end of the night.

A guaranteed way to raise funds and have an enjoyable, sociable evening together.

In Person Fundraising

In person fundraising is a great way to have a fun time whilst raising money for charity. The different ways of doing this are endless and allow you to often pair your interests or hobbies with raising funds for a good cause. These types of events bring people together and allow for you to share your reason for fundraising.

In Person Fundraising Ideas

Coffee Morning

Buy or bake some cakes, biscuits and sweet treats and host a coffee morning. Invite family and friends round and ask for a small donation for attending. This is a great way to enjoy a sociable drink with others and raise funds for Brave.

Why not add in a friendly 'baking' competition where people pay to enter their cake creation and attendees vote their favourite. Add a small prize for the cake winner.



Spare Change Collection

Collect spare change yourself and encourage others to donate theirs to you.

It all adds up!

In Person Fundraising

Bake Sale

Why not bake some cakes and sell them? You could use them at a coffee morning, sell them to neighbours, a school fete or even take pre-orders all for a small fee.

Tombola

Do you have or know anyone who has any unwanted books, toys or sweets? Why not gather these as the prizes for a tombola? Label them up with raffle tickets that end in a 0 or 5. Put all winning tickets and some losing tickets into a pot. Charge people a small fee to choose tickets. If they choose one that ends in a 0 or 5, they win the corresponding prize.

Golf Tournament

Do you know people who enjoy a game of golf? You could make a day of it and have a competition. They can donate to participate and play individually or in teams. Keep scores and whoever wins, wins the prize or half the prize pot.



In Person Fundraising

Scavenger Hunt

This is a great fundraiser for people to take part in with children. Set up clues around a venue, the local area or your house / garden and charge a small fee for families to take part. Depending on age you are aiming at, they can either find clues, pictures or small prizes to collect along the way. This could be themed around different things like Easter, Halloween or Christmas.

5-a-Side Football Tournament

Get people to sign up in teams, pay a small entry fee per person / team and play a game of football. The more teams you have, the longer the tournament will last. Play the games over a set period of time, keep scores and have knockout rounds to get a winner.

Cinema / Film Night

This can be done indoors or outside and is a lovely way to raise funds and enjoy some time with family and friends. Host a cinema / film night by choosing a film, inviting family / friends round, get some snacks and enjoy. Ask for a small donation from anyone who comes round to take part and donate the money raised to Brave.



In Person Fundraising

How to Plan a Garden Party

A Garden Party is a great way to raise money in the summer months. This can be as big or small as you like. There are many different ways within the garden party to raise money for Brave.



Sales

You can raise funds at your garden party by adding in the opportunity to purchase items. These could include plants, used books or second hand children's clothes / toys.

Decorate a Cake / Biscuit

If you have children attending your garden party, decorate a cake or biscuit is a great way to add extra funds. Add small sweets and icing tubes for children to be creative with and charge a small fee.

Face Painting and Glitter Tattoos

Entertainment

Providing entertainment is a great way to entice people to attend your garden party. Giant garden games, arts and crafts or a children's entertainer are great examples.



Sponsored Fundraising

Sponsor Me

Sponsored events are a great way to raise funds for charity.

Whether you run, walk, cycle or do something completely extravagant, a sponsored event is a way for friends and family to support your dedication.

Sponsored Fundraising Ideas

- Run
- Bike ride
- Walk
- Silence (children)
- Skydive
- Bungee jump
- Swim
- Danceathon
- Charity ball / Dinner party



Sponsored
Fundraising



Brave Run Squad

Do you run or is this the year you would love to start?

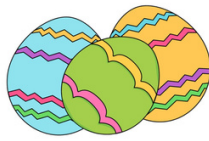
We are looking for both beginners and experienced runners to join our Brave fundraising team.

We are creating a 'Brave Run Squad'. To have runners all over the country, spreading the word of Brave and selecting us for sponsored running events.

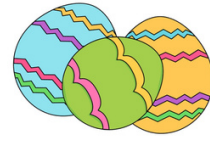
To be part of the squad, all we ask is that you pledge to run one sponsored run for Brave in a year (this can be a virtual run).

If you would like to become part of our Brave Run Squad, please email brave.fundraisers@aol.com for more information.





Easter Egg Hunt



Are you looking for an activity over the Easter Holidays?

Would you like to support a small charity whilst having fun?

Why not take part in an Easter Egg Hunt.

Each child who completes the hunt will receive a small prize and certificate

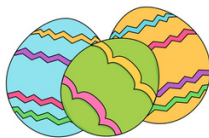
hello
EASTER 

Supporting

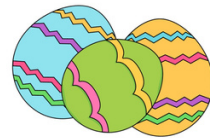
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www.braveparents.co.uk

Suggested
donation £2 a child



Easter Egg Hunt



Congratulations

You completed the Easter Egg hunt

hello
EASTER 

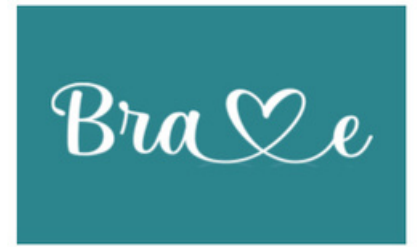
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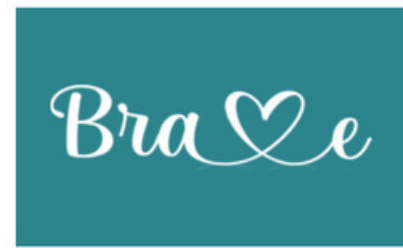
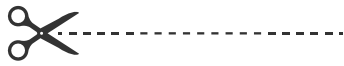
www.braveparents.co.uk



Coffee Morning /
Bake Sale
Resources



Attach to cocktail
sticks to make
mini flags.

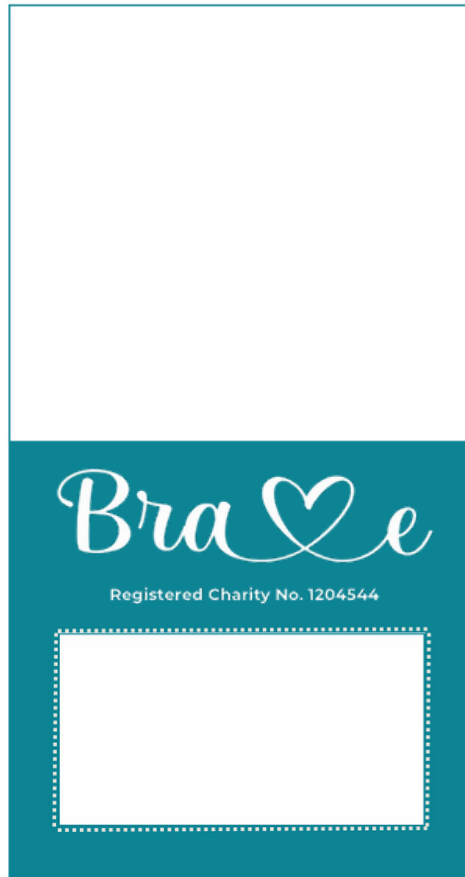


Registered Charity No. 1204544

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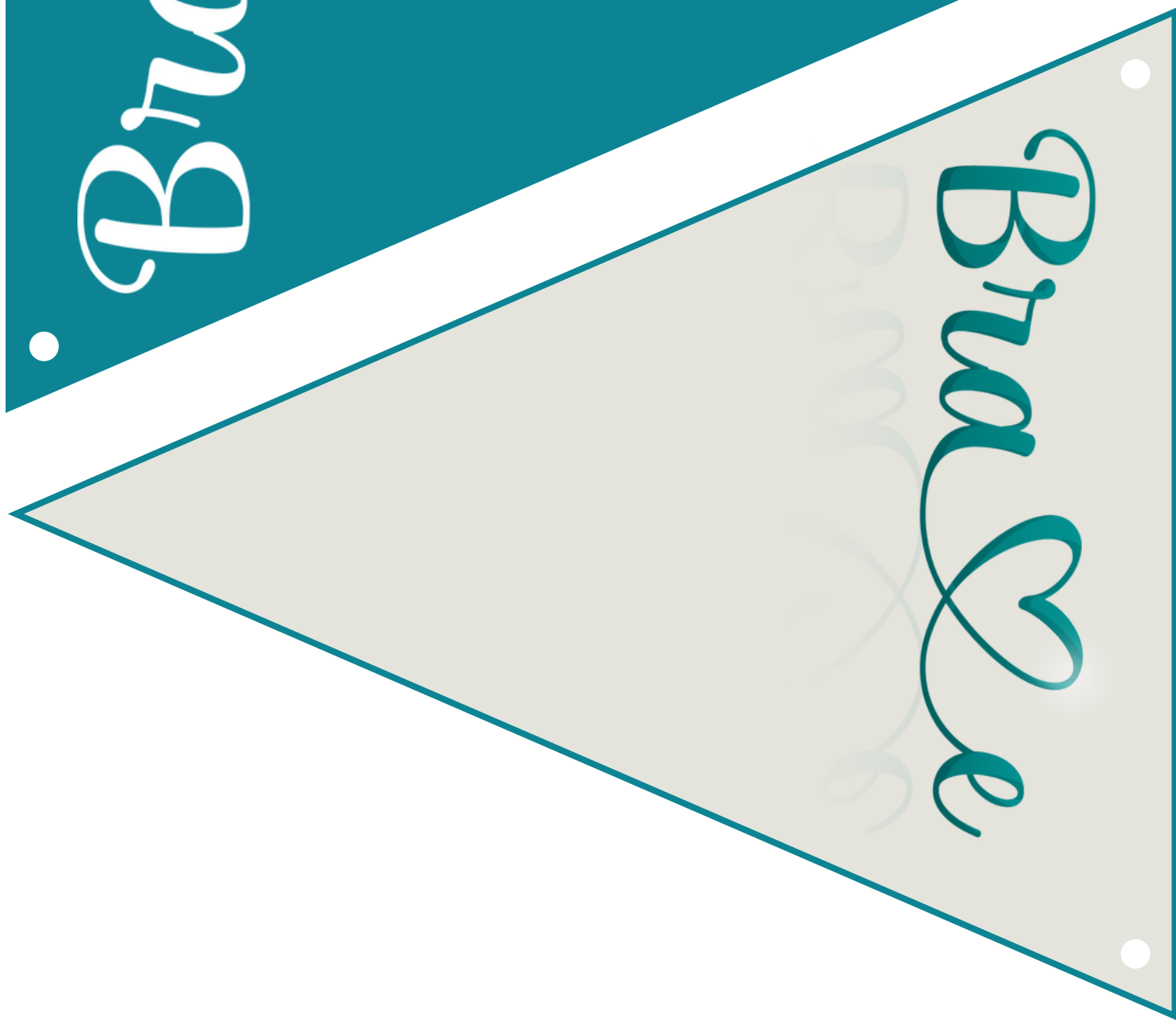
Coffee Morning / Bake Sale Resources

Use to label your
cakes or add
prices if selling
individually.



Bunting

Attach to string to make eye catching bunting.



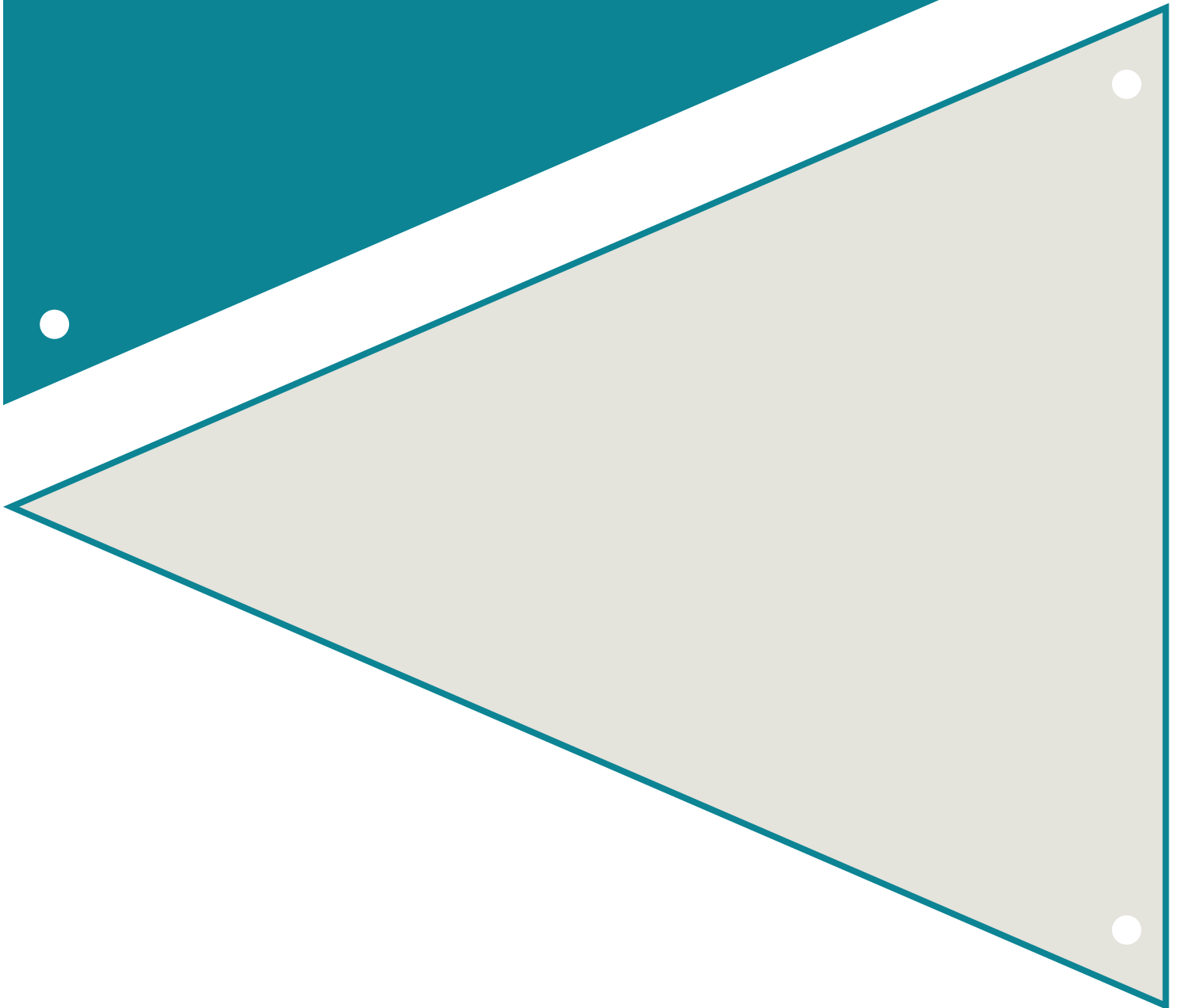
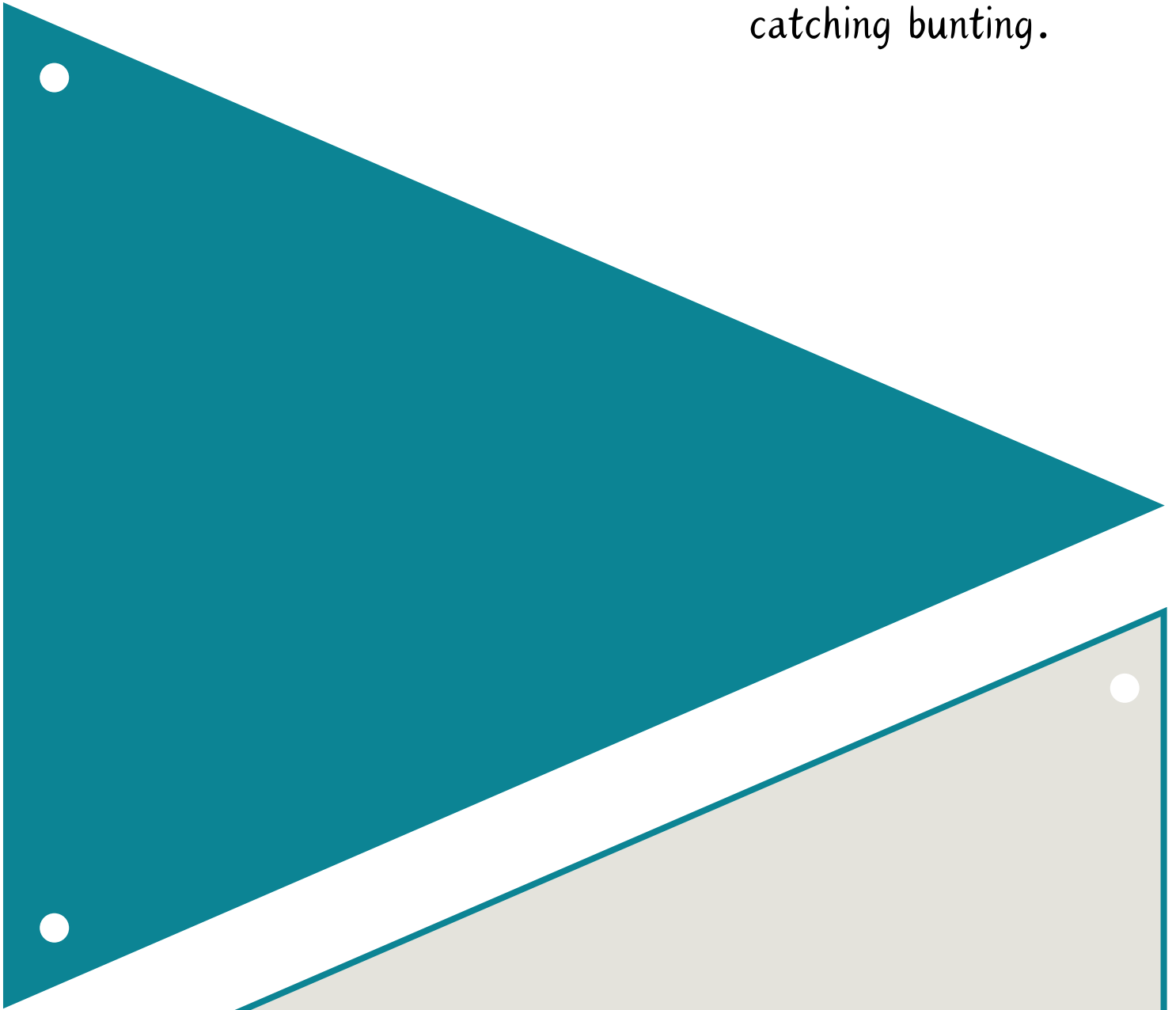
Bunting

Attach to string to make eye catching bunting.



Bunting

Attach to string to make eye catching bunting.



Buy a Number Frame

Example



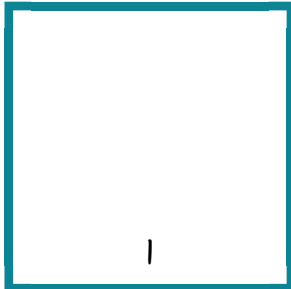
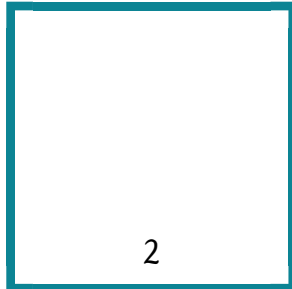
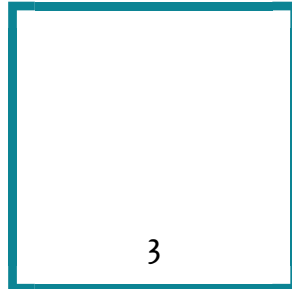
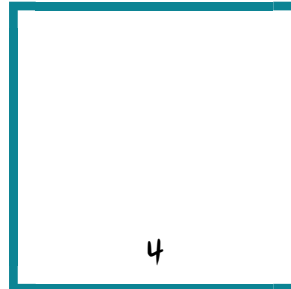
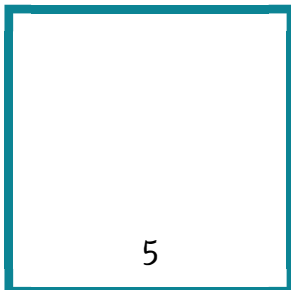
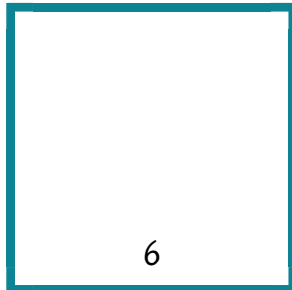
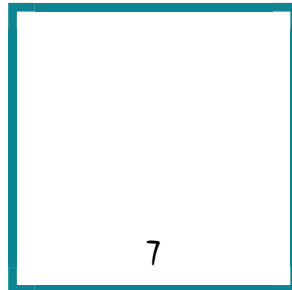
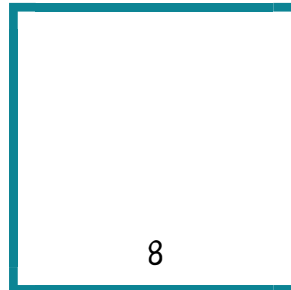
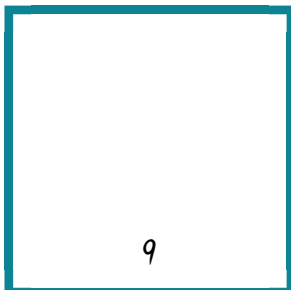
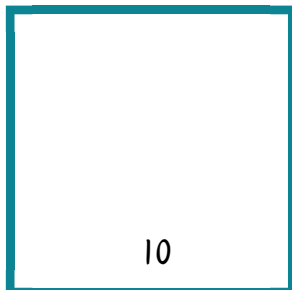
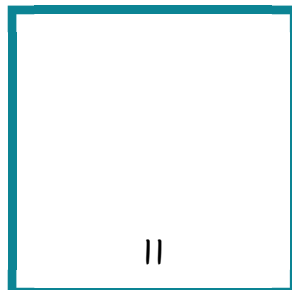
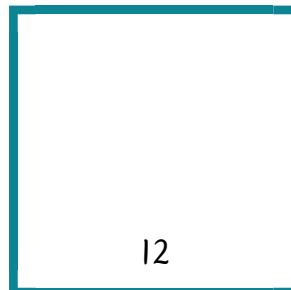
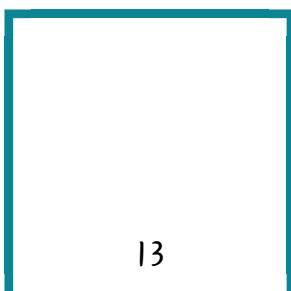
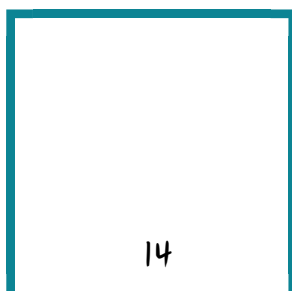
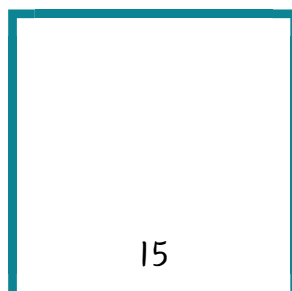
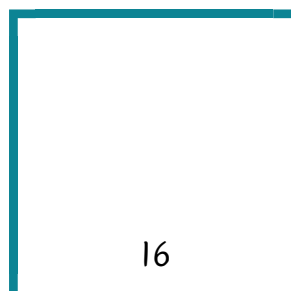
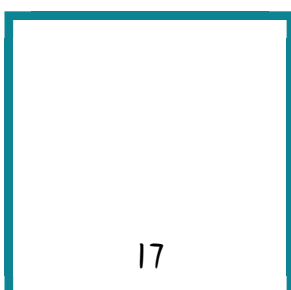
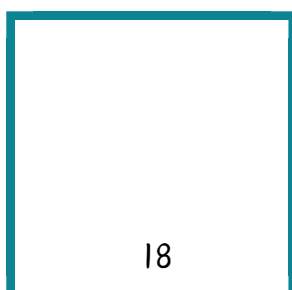
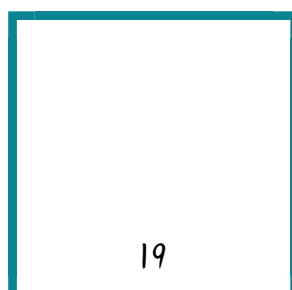
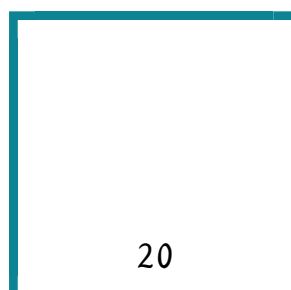
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Write participants name

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70
71	72	73	74	75
76	77	78	79	80
81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100

Sweepstake

Frame

Add the participants onto the chosen square for your reference.

A square frame with the number 1 centered at the bottom.A square frame with the number 2 centered at the bottom.A square frame with the number 3 centered at the bottom.A square frame with the number 4 centered at the bottom.A square frame with the number 5 centered at the bottom.A square frame with the number 6 centered at the bottom.A square frame with the number 7 centered at the bottom.A square frame with the number 8 centered at the bottom.A square frame with the number 9 centered at the bottom.A square frame with the number 10 centered at the bottom.A square frame with the number 11 centered at the bottom.A square frame with the number 12 centered at the bottom.A square frame with the number 13 centered at the bottom.A square frame with the number 14 centered at the bottom.A square frame with the number 15 centered at the bottom.A square frame with the number 16 centered at the bottom.A square frame with the number 17 centered at the bottom.A square frame with the number 18 centered at the bottom.A square frame with the number 19 centered at the bottom.A square frame with the number 20 centered at the bottom.

Sweepstake Frame

Use these squares to share with your supports for them to choose a number.



Bra♡e

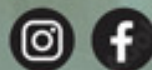


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However, over time this can have an impact on the mental health of the caregivers and whole family unit.

Find out more at
www.braveparents.co.uk
email: contact@braveparents.co.uk



Brave Parents is a registered charity created to provide self care opportunities to parents who have children with complex medical needs*.

From pamper '... for you' and Hospital Boxes to in person events and local meets, we hope to encourage self care and highlight that it is essential, especially through hard times.

We are extremely grateful for any donations of brand new products from both businesses and our Amazon Wishlist to create our Brave boxes.

<https://amzn.to/3Wp9Yeu>



*'Complex medical needs' refers to children who have been diagnosed by a medical professional, with an illness, disability or sensory impairment (sight and/or hearing impairment) that requires substantial daily support from a Parent Carer.

Brave Parents - Registered Charity No. 1204544

Useful Links



Purchase Branded Brave Clothing

<https://justalittlebit.co.uk/product/brave>

Virtual Race Link

<https://findarace.com/>

Fundraising Platforms

Charities Trust online fundraising service, Sponsor Me.

<http://sponsome.charitiestrust.org>

JustGiving online fundraising service

<http://justgiving.com>

Brave

Contact Us

 www.braveparents.co.uk

 brave.fundraisers@aol.com

Thank you for fundraising for Brave, we are grateful for your support. Please be reminded you are responsible for organising and managing any fundraising activities or events and Brave cannot accept responsibility for any liability arising from any such activity or event.

Only materials contained within the Fundraising pack can be used for the purpose of organising and carrying out the activity/event.

Please refer to our Fundraising Terms and Conditions before commencement of your activity/event.