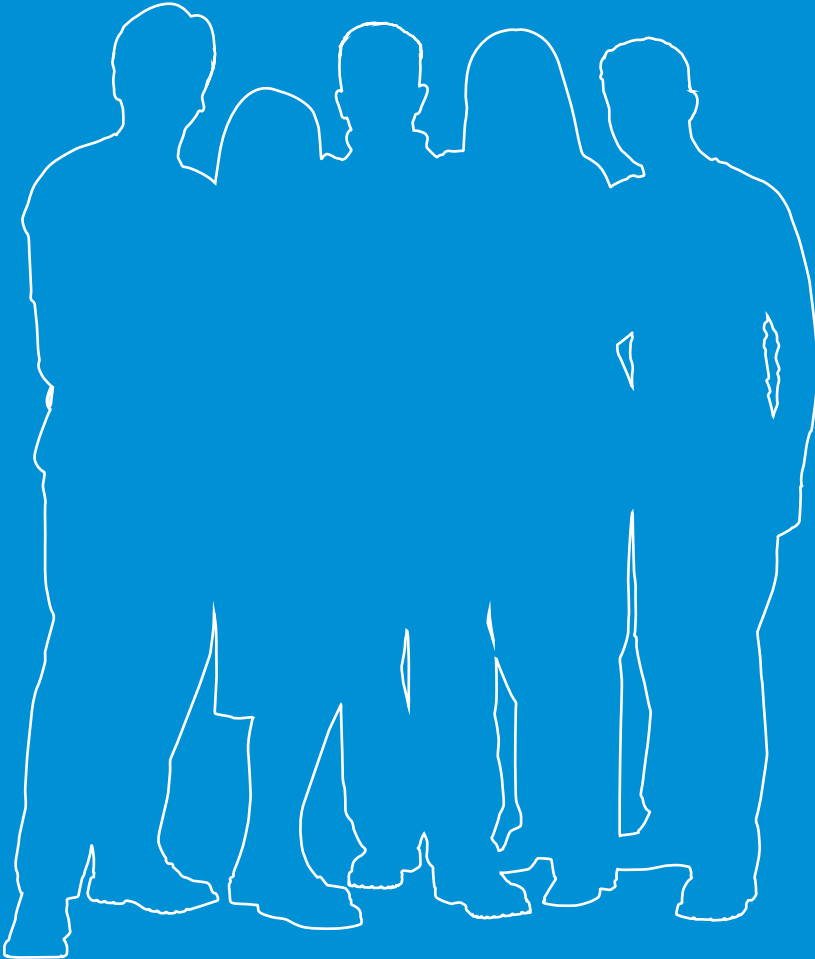


Bullies  Out<sup>®</sup>



# FUNDRAISING

Information

## The effects of Bullying

Being bullied can have a devastating effect on a person's emotional, physical, academic and social well-being.

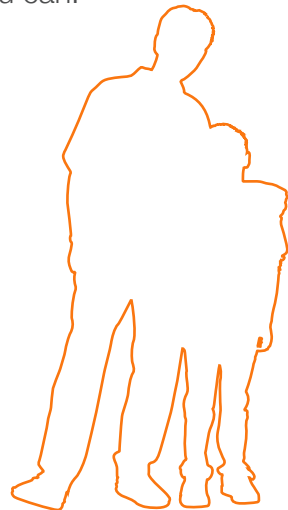
No matter how it is defined, bullying is abuse. It cannot be simply brushed aside as a "normal" part of growing up.

Year after year, studies show the main fear of young people about to start school (especially secondary school) is the threat of bullying. For many, this fear is a sad reality.

BulliesOut provides help, support and information to individuals, schools, youth and community settings affected by bullying.

Each year the demand for our projects and services increases. With that demand challenges face us, particularly in the raising of funds in what is an increasingly difficult economic climate.

There are hundreds of children and young people in the UK who are bullied every single day. Help make a huge difference to their lives by raising as much money as you can.



## We need your help!

To enable us to meet the ever increasing demand for our services, a major priority is to increase our fundraising activities and we need your help to achieve this.

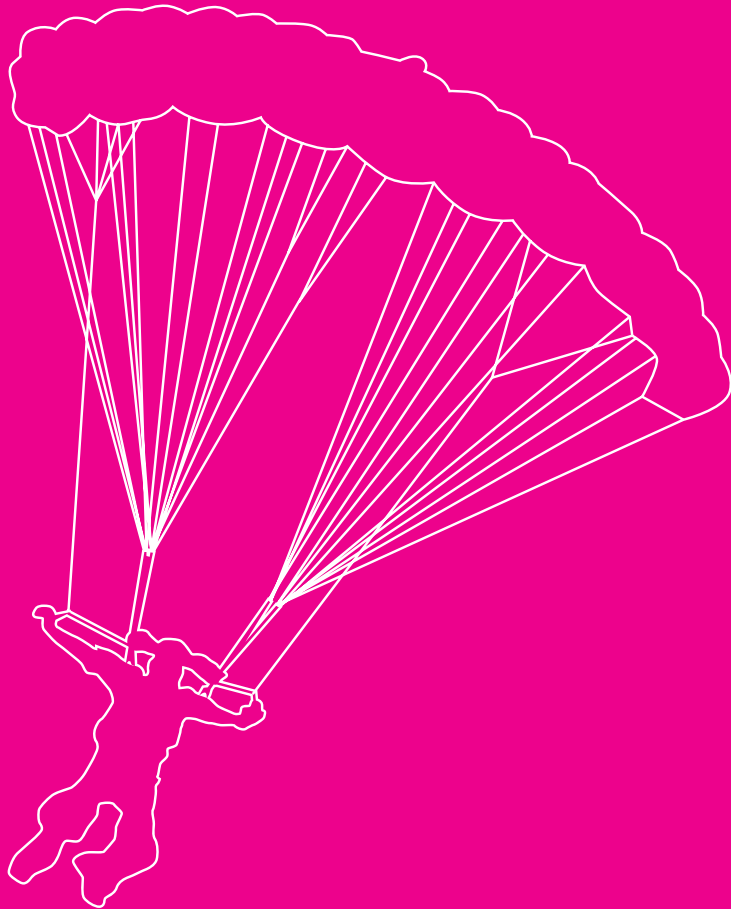
This booklet contains plenty of ideas, hints and tips to help you organise a safe, successful and enjoyable fundraising event. Whatever you decide to do, you can be sure your efforts will make a real contribution to our work.

Let's put the FUN into fundraising!

Thank you for taking the time to find out what is involved in helping to raise funds for BulliesOut.



## Ever wanted to jump out of a plane at over 12,000ft?



## Now you can fulfill your dream of skydiving while fundraising for BulliesOut

Skydive Swansea offers free jumps for people raising money for charities. In return for raising a minimum of £300 in sponsorship, you will be able to make a tandem skydive at no cost to you other than the time you put in to obtaining the pledges and collecting the required charitable donations. Naturally the charities would like you to raise as much money as possible and many people raise considerably in excess of the minimum required.

£200 of this is payable to Skydive Swansea (£30 as a non returnable deposit and £170 on the day). At least another £100 sponsorship (also payable on the day) from your tandem jump will go to BulliesOut.

Skydive Swansea is the only drop zone in Wales, offering members of the public the opportunity to make a tandem parachute jump from 12,000 ft for charity.

For more information visit:  
[www.skydiveswansea.co.uk](http://www.skydiveswansea.co.uk)

**“A tandem jump is the ideal first time freefall experience, being by far the quickest, easiest and hassle free way to make a skydive.”**

## How can I fundraise for BulliesOut

There is no definitive art to fundraising. With imagination and enthusiasm anyone can do it and help raise funds for BulliesOut!

Fundraising with your group or club is fun and rewarding. Why not get your workmates together and fundraise for BulliesOut. Some companies will match-fund whatever their staff raise. You could even encourage your company to adopt us as your 'Charity of the Year'.

Have a look at some of the suggestions on these pages. If you want to be inspired, visit our website for a complete A-Z of fundraising ideas!

- A** Aerobic-a-thon, Auction, Art Exhibition, Abseil
- B** Bollywood Night, Bar-B-Que, Barn Dance, Beard Shaving
- C** Coffee Morning (register to take part in our Anti Bullying Week event), Cake Sale, Car Boot Sale, Cycle-a-thon, Car Washing
- D** Disco, Dinner Dance, Dance Marathon, Dog Walking
- E** Egg & Spoon Race, Easter Egg Hunt, Exhibition, Ebay
- F** Fairs/Fetes, Fancy Dress Party, Funday, Football Match, Fill Smartie Tubes with coins, Fun Run
- G** Garden Party, Girl's Night, Golf Day, Guess the Weight
- H** Halloween Party, Head Shave, Hero/Heroine Party, Highland games
- I** It's a Knockout Competition, International Food Evening,
- J** Jumble Sale, Jazz Night, Jewellery Party
- K** Karaoke Competition, Knit-a-thon Knockout Darts Competition,
- L** Lucky Dip, Line Dancing, Luncheon, Loud Tie Day, Lotteries
- M** Marathon Events, Masked Ball, Murder Mystery Night, Musical Evening
- N** Non-uniform Day, New Year's Eve Party, Name the Teddy
- O** Office Collection Day, Odd Sock Day, Obstacle Race
- P** Pool Competition, Plant Sale, Pub Games Evening, Pamper Event
- Q** Quiz Night, Question of Sport Night  
Races, Raffles, Read-a-thon, Race Night, Rugby Match
- S** Swim-a-thon, Skydive, Strawberries & Cream Tea, Sponsored Events,
- T** Teddy Bear's Picnic, Toy Fair, Tea Party, Themed Events, Talent Competition, Treasure Hunt
- U** Unwanted Gifts Sale, Underwear Out Day, University Challenge, (Down) Under Day
- V** Valentines Day Party, Victorian Christmas Event,
- W** Wine Tasting Evening, Walk, White Elephant Stall, Who's That Baby, World Meal Night
- X** Xmas Fair/Panto/Party, Xmas Card Donation
- Y** Yacht Race, Yoga Marathon, Yes Day
- Z** Zombie Party, Zany Dress Day, Zany Events Day

Further information on all of the above ideas can be found on our website [www.bulliesout.com](http://www.bulliesout.com)

## Fundraising ideas

### Fundraising at Work

Our current and corporate partners have contributed an enormous amount to BulliesOut - and gained a great deal in return. This section explains more about the ways companies work with us, and how your company can work with us.

Increasingly companies are understanding the importance of their brand - how people see them - and the contribution that corporate social responsibility makes to that brand. Research demonstrates that staff retention is also higher in companies with a positive social attitude. People like to work for companies that care about their community.

BulliesOut has much to offer prospective corporate partners. We have excellent relationships with local media and will hold regular publicity and photo opportunities to raise the profile of companies who forge links with us.

Each of our partnerships with companies is individual and different. A combination of ways of working with us often provides the greatest benefit for both BulliesOut and the company. These can include volunteering, work experience, campaigning and financial support. The combination of financial and non-financial support usually gives the maximum benefit to us and our corporate partners.

### Store Collections

A valuable source of income for our charity. Store collections rely on the support of volunteers to help 'man' them.

Could you spare a couple of hours to help out at any of the collections? As well as supporting this worthy cause you will have the opportunity to meet new people.



### Collecting Boxes

Charity Collection Boxes are one way that BulliesOut can raise funds and awareness for the charity.

Are you a local shop, business, club etc where customers/staff may have loose change? If so would you consider having one of our charity boxes? Your loose change adds up to large amounts of money that will help support the services that we offer.

If you would like to request a charity box please contact BulliesOut on **029 2056 8947** or email **mail@bulliesout.com** who will arrange for a box to be delivered to you and also make arrangements for the box to be emptied as required.

## A few more ideas

### Raffle It!

BulliesOut has joined forces with Raffle.it - a revolutionary online fundraising platform with a fun and engaging raffle game at its core. Raffle.it helps raise funds in a non-competitive and sustainable environment.

No longer left to chance, you get to pit your skills against others to battle it out for great prizes whilst raising money for BulliesOut at the same time.

[bulliesout.raffle.it](http://bulliesout.raffle.it)

### Get The Coffee Out and Support BulliesOut!

This annual fundraising event takes place during anti bullying week each year. To register to take part, visit

[coffeebreak.bulliesout.com](http://coffeebreak.bulliesout.com)

We will send you a fundraising pack full of ideas (and recipes for yummy cakes!) and tips to help your coffee event to be a huge success.

### Shop Online

Support BulliesOut for free when shopping online with over 2000 popular retailers, including Argos, NEXT, M&S, John Lewis, Debenhams, HMV, Vodafone, DELL, The Body Shop, PLAY.com, Interflora, Comet and many more.

[easyfundraising.org.uk/bulliesout](http://easyfundraising.org.uk/bulliesout)

Raise funds for BulliesOut when you search the Web with easysearch - the best results from Yahoo!, Bing and Ask.com in one simple search.

[bulliesout.easysearch.org.uk](http://bulliesout.easysearch.org.uk)

## How to fundraise

Whatever your reason for supporting BulliesOut, we need you. Below are some examples of how people like you have raised money:

**£10** - from a cake sale

**£127** - from a sponsored walk

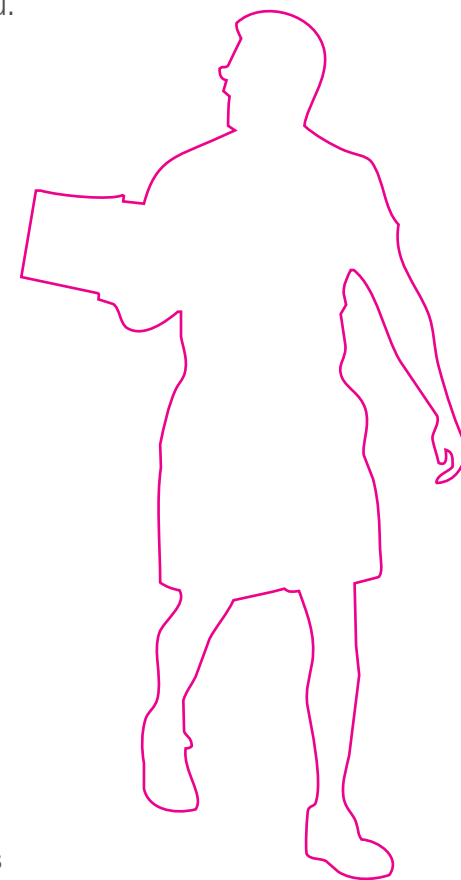
**£274** - from a sponsored skydive

**£365** - from a non-uniform day

**£500** - collected in lieu of presents from a 50th Birthday

**£1700** - from a dress down day

We run a number of fundraising events throughout the year. Visit the events section on our website. There's sure to be one that appeals to you.



## Step By Step Guide

- 1.** Set the scene! Make a decision on the nature of event you are going to hold.
- 2.** Let us know your plans! We can send you posters, sponsor forms, paying-in details and some suggestions on making your event a success.
- 3.** Set up an online giving page at [www.justgiving.com/bulliesout/raisemoney](http://www.justgiving.com/bulliesout/raisemoney). This is a simple way to collect sponsor money and donations. Your tax paying sponsors can tick the Gift Aid box and JustGiving will automatically add it to the monies donated. This enables BulliesOut to claim an additional 28p from every £1 donated.
- 4.** Promote your event. Put up posters, send out invitations/ emails. Make sure the details are clear and let everyone know you are fundraising for BulliesOut. Don't forget to include the date, place and time!
- 5.** Publicise your event! Local newspapers are always looking for fun and interesting stories and photographs. Tell them why you are fundraising for BulliesOut, what you are doing, when and where.
- 6. Have lots of FUN!**

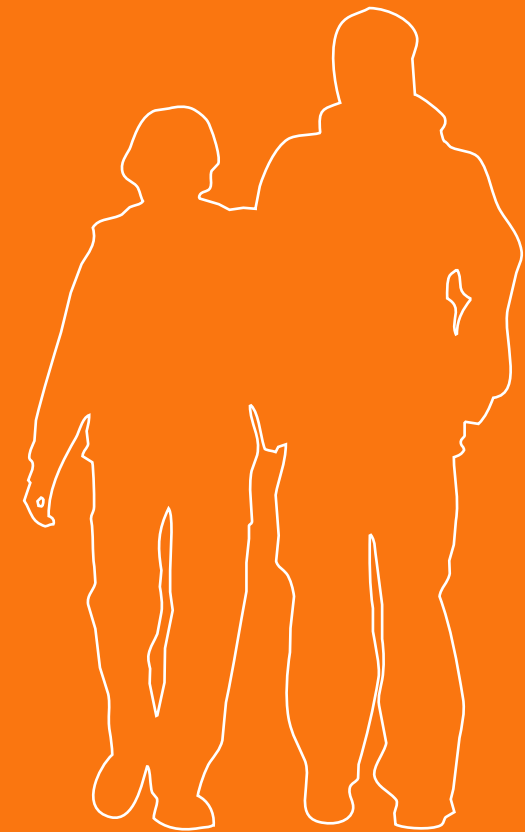
## What do I do Next?

Once you have finished fundraising, please send all the money you have raised and any sponsor forms to us (unless you are using our JustGiving page).

The money can be paid directly into our bank account or by cheque (payable to BulliesOut) to the address below. Don't forget to include your details so we can Thank You for your support.

BulliesOut  
Unit 16, Sbectrwm,  
Bwlch Road  
Fairwater  
Cardiff CF5 3EF

e: [mail@bulliesout.com](mailto:mail@bulliesout.com)  
w: [www.bulliesout.com](http://www.bulliesout.com)  
t: 029 2056 8947



## Keep It Safe and Legal

Here is some helpful information to make sure your fundraising activities are safe and legal.

### Children under 16:

- must have their parents' permission to take part
- should be supervised when asking for and collecting sponsor money
- should not approach strangers
- must not collect money in public or from door to door

### Events

Please ensure that your event is organised efficiently and safely and consider if you need insurance cover.

If your event involves the public in any way, you will need to ensure that either you or the venue has public liability insurance.

BulliesOut cannot accept any responsibility for your event nor for anyone who participates in it.

Events in a public place may need local authority permission, check with your local council.

Events on private land or property always need the permission of the owner or manager.

You will need a licence from your Local Authority for:

- Collecting money in public (please contact us first if you intend to do this)
- Sale of alcohol
- Music and dancing
- Lotteries e.g. raffles

You will not need a licence if the raffle is run as part of another event such as a quiz night.

The sale and draw of tickets must only take place during the event and tickets may only be sold to people attending the event. No more than £250 may be used to buy prizes and no cash prizes may be given.

### Photos

Make sure you get consent from anyone that you take photos of and ensure this covers all possible uses including the internet. For children under 18, consent must be obtained from their parents or carers. When using these photos do not include personal details such as a child's name and address.

## Thank You for you support!

For further information contact BulliesOut or visit: [www.institute-of-fundraising.org.uk/informationaboutfundraising](http://www.institute-of-fundraising.org.uk/informationaboutfundraising)

BulliesOut,  
Unit 16,  
Sbectrwm,  
Bwlch Road,  
Fairwater,  
Cardiff CF5 3EF

**t:** 029 2056 8947

**e:** [mail@bulliesout.com](mailto:mail@bulliesout.com)

**w:** [www.bulliesout.com](http://www.bulliesout.com)

Registered Charity Number 1123070



## HOW YOU CAN HELP US?

- Volunteer with us
- Fundraise for us
- Make a donation
- Corporate Sponsorship
- Shop Online (using our unique link)
- Donate old mobile phones

Further initiatives can be found under the fundraising section of our website [www.bulliesout.com](http://www.bulliesout.com)

**e:** [mail@bulliesout.com](mailto:mail@bulliesout.com)

**t:** 029 2056 8947 (please note, this is not a helpline)

**a:** Unit 16, Sbectrwm, Bwlch Road, Fairwater, Cardiff, CF5 3EF

© Copyright Bullies Out 2010. Registered Charity no. 1123070. Design by [designdough](http://designdough.com) Ltd