



FUNDRAISING PACK

Great ideas to support BulliesOut
and help support those affected
by bullying behaviour.

BulliesOut[®]
www.bulliesout.com

Your handy
guide to
fundraising

YOU'RE AMAZING!

Thank you so much for choosing to support those affected by bullying behaviour.

Founded in 2006, award winning charity BulliesOut, is one of the only charities dedicated to bullying behaviour. Each year, through our work, we provide anti-bullying and wellbeing workshops, training, youth engagement programmes, counselling and mentoring support to thousands of people.

Our vision and mission are simple - to support individuals, schools, youth and community settings and the workplace through positive and innovative anti bullying and wellbeing programmes and to empower individuals to achieve their full potential.

We believe in a world that is fair and equal so raising aspirations, encouraging empathy, respect and responsibility are crucial. Through our work, we Engage, Empower and Inspire young people to **#MakeADifference.**

We're so excited that you are thinking of fundraising for us. Because of your generosity, we are able to continue making a meaningful impact in the lives of those who need it most. Your contribution will help us create lasting change and bring hope to those we work with. Together, we are building a brighter future. Thank you for being a part of this journey!



Linda
Chief Executive

EVERY PENNY COUNTS - HOW YOUR FUNDRAISING CAN HELP

Thank you so much for your commitment to raise money for BulliesOut, which will help support more schools and young people affected by bullying behaviour.

We hope you find all the information you need in this pack to help you reach your target for BulliesOut. We are grateful for all donations, no matter how large or small!

Whether you are raising money in your organisation or in an environment which does not know much about our work, please do use our 'information' page to explain what we do and generate support.

There are lots of great ways to support BulliesOut and help us support more children and young people.

BulliesOut does not receive any government funding and relies heavily on the generosity of our fundraisers and supporters – people just like you.

Did you know that most young people in the UK spend approximately 11,000 hours of their childhood in school? It's a huge part of their lives and the experiences they have during school hours will have long-lasting effects. Sadly, 64% of young people report being bullied while at school. But many schools are underfunded, overstretched, and without the resources to deal with wellbeing and anti-bullying issues. That's where we come in!

At BulliesOut, we provide resources, workshops and training that support safe, kind and happy spaces for children and young people in schools. We work closely with school staff to empower young people to overcome bullying behaviour and achieve their full potential. This is why our work is so important and why we need your help.

Bullying behaviour is not 'kids being kids' or part of growing up. It can devastate lives and seriously affect a person's academic, social, emotional and physical well-being.

One in 3 people are bullied at work.

We believe in a world that is fair and equal, so raising aspirations, encouraging empathy, kindness and respect are crucial.

Through our work, we Engage, Empower and Inspire young people to **#MakeaDifference**

The activities in our work teach empathy, insights into a person's behaviour and problem-solving strategies, as well as building a positive teamwork and community ethos as creating an anti-bullying ethos is a powerful way to **#InspireChange**



EVERY POUND COUNTS

How your fundraising can help

£100

could fund 4 counselling sessions for a young person

could fund 4 workshops and an assembly in a school

£400

£600

could fund a Peer Mentor Training Day for up to 30 young people

could fund workshops and training in a school, providing anti-bullying and wellbeing support

£1000

The above are just some ways in which the money you raise could help us. We also provide e-mentoring, workshops for parents, carers, CPD Certified training for educators and the workplace.

Our Youth Ambassador programme encourages young people to make a difference in their communities.

Through regular support, positive opportunities, training and skills-based activities, our Youth Ambassadors can speak out against bullying behaviour, build community cohesion, educate on the effects of bullying behaviour and achieve an award for their volunteering work with us.

FUNDRAISING IDEAS

BulliesOut as your Charity of Choice

Many organisations support a particular charity each term or each year. If your organisation knows the benefits of our anti-bullying work already, please consider nominating BulliesOut to be the recipient of your fundraising this year.

Individual Challenges

Setting yourself an individual challenge is a definite route to fundraising success

If you'd rather not take part in an event, you could cycle from London to Paris in your spin class

Give up chocolate, cheese, alcohol, coffee (or something else you like) for a period of time



Maybe you'd like to do something more challenging and life changing like a sky dive or climbing a mountain. Conquer your fears and raise some money for an amazing cause at the same time



Run, walk, cycle, swim, dance – whatever you decide to do, there are lots of events all over the country that you can take part in.



Ask friends and family to have a clear out and do some car boot sales. They're a great way to raise both funds and awareness of BulliesOut



With Friends and Family

Raising funds together is fun and together you'll be a powerful team.



Set up a Facebook Birthday Fundraiser Page for BulliesOut and ask friends and family to donate to it

Host a wine and cheese tasting night

Hold a coffee morning or bake sale



BBQs are always great fun and perfect for a fundraising get together

Themed Nights: Hire a venue or host it at your local pub, or even at home



Murder Mystery: Be a sleuth for a night and host a dinner party with a difference

At Work

Fundraising at work is a great way to have fun with your colleagues

Organise a sweepstake for a sporting event with half of the money for the winner and half for BulliesOut

Hold a golf day, tennis tournament or football match

Organise a quiz night with people paying to take part



Hold a dress down day, odd socks day, Throwback Thursday (wear an outfit from another era) or Christmas Jumper Day

Guess the baby photo - get your colleagues to bring in their embarrassing baby photos and try to guess who is who!



Other ideas

Donate unwanted gifts to our Pre-Loved Charity Shop. We promise not to tell!

Sell unwanted items on Ebay



Hold a dinner party. Why not pick a theme and focus your event around the origin of the food you serve?

Pass around empty Smartie tubes and ask friends, family and colleagues to fill them with 20p coins (or £1 coins if they can). They really do mount up and you get to eat the Smarties first!



You could go one step further and empty all the smarties into a jar and charge people to guess the number of smarties in the jar!

Darts match. Charge an entry fee to raise funds. If you know a local darts champion, why not charge a fee to play against them?



Go Purple! Our #GoPurple campaign is every year in November but you can do it anytime. Dye your hair purple (a bit drastic we know!), wear purple clothes, bake purple cakes.



There are lots more ideas on our website, but of course, you may have one of two of your own. Whatever you decide to do, don't forget to have lots of fun, take some photos and tag us on Facebook, Twitter and Instagram.

IN IT TOGETHER

Support a school

Make a difference to a school near you!

The BulliesOut **'In It Together'** programme creates meaningful partnerships between anti-bullying education and business, helping to prevent bullying behaviour and empowering young people to achieve their full potential

Businesses choose to sponsor a local school and provide them with BulliesOut anti-bullying and wellbeing activities, workshops and training programmes to help engage young people and foster a safe, caring and respectful learning environment.

These activities provide pupils with empathy, insights into their behaviour and problem-solving strategies, as well as building a positive teamwork and community ethos, with the aim of reducing bullying behaviour in the school.

Your business will benefit from that warm fuzzy feeling of supporting your community with valuable resources which educate children and young people about the effects of bullying behaviour.

The resources you support could reach hundreds of young people – giving us an incredible opportunity to make a significant collective contribution to the lives of thousands of young people across the UK.



SETTING UP YOUR FUNDRAISING PAGE

The easiest way to collect donations is to set up a Justgiving fundraising page.

Setting up your fundraising page is as easy as 1,2,3...

- 1) Head to the BulliesOut JustGiving page at:
www.justgiving.com/bulliesout
- 2) Select Fundraise
- 3) Follow the prompts to quickly set up your page and join the BulliesOut community!

Scan this QR code with your phone camera to head straight to the BulliesOut JustGiving page



Talk to our friendly Fundraising Team if your organisation would like other fundraising resources, such as collection tins and buckets, balloons and bunting. You can email us on fundraising@bulliesout.com



PAYING IN YOUR RAISED FUNDS

If you haven't used our JustGiving page, you can use any of the below methods to ensure your funds reach us.

AT THE BANK

Sort Code: 52-21-06

Account Number: 19649312

Account Name: BulliesOut

Please use your name as the reference so we are able to allocate your donation

SEND A CHEQUE BY POST.

Please make cheques payable to BulliesOut

BY CREDIT OR DEBIT CARD USING PAYPAL.

Our PayPal email is mail@bulliesout.com

Once it's all over, you can relax and know that you're helping to **#MakeADifference** to the lives of those affected by bullying.

THANK YOU!



RESOURCES

BulliesOut has a range of resources to help with your event, including:

- ✓ Bunting
- ✓ Posters
- ✓ Balloons (please dispose of these carefully and safely)
- ✓ Cake Name Cards
- ✓ Sponsorship Forms
- ✓ Collection Buckets/Boxes
- ✓ Stickers

Please let us know if you would like any and we will get them to you in plenty of time for your event.

If you would like a member of our team to help with your fundraising event, please let us know.



WE'D LOVE TO HEAR ABOUT YOUR PLANS!!

Get in touch

BulliesOut Fundraising Team

Email: fundraising@bulliesout.com

Tel: 029 2049 2169

Website: www.bulliesout.com

 @bulliesout UK

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BulliesOut[®]
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