

**CLIMB  
YOUR OWN  
EVEREST  
FUNDRAISING PACK**



# Let's try and use the power of rugby to change children's lives

## Hello, my name is Ollie Phillips

I am an ambassador for Wooden Spoon and a team captain for the LMAX Exchange Everest Rugby Challenge.

I have visited projects Wooden Spoon have funded and seen first hand the impact they are making to people's lives. Watching the courageous children our projects support being so delighted by everyday things that were previously not accessible to them; a new adventure playground, sensory room or their first ride on a pony at their local RDA is why we do what we do!

We couldn't carry out our life changing work in local communities without YOUR support and can't thank YOU enough for choosing to fundraise for Wooden Spoon.

The money you raise will help Wooden Spoon fund more projects that support children and young people with disabilities and facing disadvantage across the UK and Ireland in 2019 and beyond.

I wish you the best of luck with your Climb Your Own Everest fundraising challenge!

Ollie



# The Difference You Help Us Make



## MENCAP Belfast's multi-sensory room

The multi-sensory room funded by Wooden Spoon Ulster provides sensory experiences for children, especially those with profound multiple learning disabilities. Ebony, who attends with her mother Lisa, loves the water bed, fibre optic tails, bubble tube, sound boards, touch board and tactile wall. Lisa told us that "The centre has brought Ebony on in leaps and bounds. It's brought her out of her shell and given her so much confidence, she has developed so much in that one year it's been just amazing."

## The rebuild of Pakefield Stables

Lowestofts's Pakefield Riding for the Disabled underwent a complete transformation as volunteers, under the supervision of Fusion Community Initiatives, worked to update the 1960s stables which needed everything, bar the roof, replacing. RDA allows disabled riders to exercise through the movement of the horse. Wooden Spoon Eastern Counties gave £30,000 which was raised by the charity ride Club Together 2017 when 84 riders cycled 320 miles over three days visiting rugby clubs around Norfolk. All who took part said how great they felt playing a part in supporting the special needs children.



## Ripple Retreat

Ripple Retreat is a holiday facility for young people with cancer and their families. The contemporary home is an exceptional building set amid some of Scotland's most stunning scenery on the southern bank of Loch Venachar near Callander. To complement the building, Wooden Spoon Scotland funded the Ripple Pier which enables children and their families to fish and participate in water activities. When a child is diagnosed with cancer, family dynamics change dramatically as parents juggle hospital stays with work and other family commitments therefore, Ripple Retreat is an oasis for the children and parents alike.

## An oasis for healthy living at Kobi Kitchen

A new outdoor playground at Kobi Nazrul community school was constructed in by a group of enthusiastic volunteers in the heart of Whitechapel, within the London Borough of Tower Hamlets. It is one of the most deprived boroughs in the country with 42% of the children attending entitled to free school meals compared to 25% nationally. The build was thanks to a donation from Wooden Spoon which enabled the school to develop a new outdoor space - the children can play, relax, grow lots of fresh healthy foods and even go bug hunting on the honeycomb bug wall! The kitchen will support not only Kobi pupils but also the local community out of school hours for those who need it most!



# Climb Your Own Everest

Climb your own Everest is a fun and simple fundraising initiative that you can take part in at school, your rugby club, with friends or at work. Please spread the word in your region and ask people to walk, run, climb or wheel 8,848m (the height of Mount Everest) and raise funds for Wooden Spoon.

## At school...

Pupils and teachers can pay £1 to take part and compete in class teams. The winning team could be given a certificate provided by us. By taking part, your school could also win\* its own Redwood outdoor wall mounted climbing wall donated by Climbing Wall Solutions.

\* Terms and Conditions at [everestrugby.org.uk/wp-content/uploads/2019/03/Terms-and-Conditions-Climb-your-own-Everest.pdf](http://everestrugby.org.uk/wp-content/uploads/2019/03/Terms-and-Conditions-Climb-your-own-Everest.pdf)

## At work....

Climb the height of Everest (8,848 metres or 3,871 flights of stairs) using the stairs at your offices or borrow one of our stepper machines. Departments could compete against each other for a donation and the winning team could win lunch courtesy of the company or could finish early one Friday afternoon.

## In sport clubs...

Coaches and players can donate £1 to take part and compete as teams. The winner could win a free rugby ball signed by one of the Everest captains.



# Top Tips

## Read our top fundraising tips:

- **THINK OUTSIDE THE BOX** - try something different and don't be afraid to get creative with your ideas!
- Set a **date, time** and **place** – make sure that it doesn't clash with any of the major sporting or social events, unless it is based on that event and try to avoid busy seasons/schedules for you and team members.
- Keep costs down – mention you are fundraising for a charity for preferential rates, or see if you can get items/services donated.
- Make it clear to donors how passionate you are about the cause.
- Set yourself small weekly targets, and break down your task/training into small manageable chunks.
- Take lots of photos – and don't forget to send them to us, we'd love to see how the day went!
- Say **THANK YOU!** to everyone who volunteered to participate, donated or who helped on the day.

# Fundraising Materials

We are more than happy to help you in your fundraising efforts. Our friendly team are here to support you every step of the way. We also have a variety of materials available to help you fundraise!

## Collection Buckets and Tins

These are easy to use and could help you raise a lot of money. Try placing one in your club, school or shop. Hold a collection in your local area; take them to work or just as part of a bigger event.

## Text to Donate

We can set up your unique text donate keyword to ensure it is easy for your friends and family to donate.

## T-shirts and Running Vests

Everyone fundraising for Wooden Spoon is entitled to a t-shirt or running vest.

## Posters

We can provide you with Wooden Spoon posters for you to publicise your fundraising.

## Leaflets and Spoonews

Distribute our leaflet and latest Spoonews magazine to help spread awareness of the charity.

## Balloons

Available in Wooden Spoon colours, perfect for brightening up any event!

## Wristbands

Available at a reduced cost to help with your fundraising.



# Social Media



Tell us what you're doing. We love to hear the unique and fun ways our supporters are raising money towards the projects to support!

Facebook - [facebook.com/WoodenSpoonCharity](https://facebook.com/WoodenSpoonCharity)

Instagram - [instagram.com/charityspoon/](https://instagram.com/charityspoon/)

Twitter - [twitter.com/charityspoon](https://twitter.com/charityspoon)

LinkedIn - [linkedin.com/company/wooden-spoon-charity](https://linkedin.com/company/wooden-spoon-charity)

YouTube - [youtube.com/user/WoodenSpoonTV?](https://youtube.com/user/WoodenSpoonTV?)



## Checklist and Keeping Safe

Here are a few key pointers to consider when planning your fundraising.

### TELL US ABOUT IT!

**Photo consent** - please ensure you have consent when taking pictures of your event (especially for any under 18s).

**Health and safety** make sure people are managed properly, follow food safety laws and have a first aider available if required.

**Risk assessment** - you should conduct a risk assessment to ensure that you have proper plans for the safety of participants.

**Permisson** - ask permission from local council or land/property managers when necessary.

**Licences** - will be required for events such as street collections, selling alcohol, raffles and prize draws – we can

**Public liability insurance** - although we are extremely grateful for your support, Wooden Spoon cannot accept any responsibility for your fundraising activities or anyone who participates in it.

**Further information** - see the Institute of Fundraising or Charity Commission websites for more information:

[institute-of-fundraising.org.uk](https://institute-of-fundraising.org.uk)

[charity-commission.gov.uk](https://charity-commission.gov.uk)









# Thank You!



[woodenspoon.org.uk](http://woodenspoon.org.uk)  
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