



St Peter's  
Hospice

# FUNDRAISING GUIDE

for schools



How your students can support  
their local Hospice

# Welcome

## to your school fundraising guide

Thank you for taking the time to read this pack. By the end, we hope you will have a greater understanding of what St Peter's Hospice does, how we can support you and your students, and some creative ideas about how your school can support your local hospice.



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## What is St Peter's Hospice?

St Peter's Hospice is the Bristol area's only adult hospice. We provide care to adults facing life-limiting illness, delivering the support, comfort and dignity they deserve at the end of their life. Some patients come to the Hospice in Brentry, north Bristol, but more often they're cared for in the place they call home.

We also help our patients' families, providing advice and support for as long as they might need it. This can be through phone calls, individual and group therapy, or bereavement support. We see such care as integral to the support we offer.

All our services are provided free of charge. However, since just 22% of our funding comes from the NHS, we depend on the generosity of people in Bristol and beyond to keep our vital work going.

Every time you shop with us, donate, take part in an event, sponsor a friend or volunteer with us, it makes a difference to the lives of not only our patients, but their families and children too.

With your help, we can continue to be there when and where it matters most.



Just 22% of our  
funding comes  
from the NHS

# How the Hospice helps children and young people

The Hospice cares for adult patients, but did you know our Therapy Team supports children too?

## Bereavement in children

- **1 in 20 UK children** experience the death of a parent before the age of 16 (ONS, 2019)
- **92%** will experience what they see as a 'significant' bereavement
- Because of the pandemic, children may not have had the chance to say goodbye in the normal way to a loved one, access support systems such as school or friends, or the opportunity to participate in a funeral or other cultural rituals

## The support we give

Our Emotional and Psychological Support team support the emotional wellbeing of patients, their loved ones and the bereaved. There has been a **43% increase** in the number of consultations delivered for children in 2020/2021.

We offer group therapy as well as individual sessions, led by our children's service lead Pippa.

### What the children say:

*"I really liked talking to Pippa, she was friendly and funny and we did activities together to help me to talk about how I was feeling. I have a feelings bottle and a memory box that we made together."*

*"I found the sessions very good because I felt I could really open up to Pippa about Daddy dying. She would just listen and it's so nice. Basically the sessions were great."*



### What the parents say:

*"My daughter has been really struggling after the death of her dad a year ago and I was getting worried about her mental health. But St Peter's Hospice came to our rescue again and Pippa seemed to gently lift her away from the edge of an emotional precipice without her hardly realising it. It's such a complex area and hard to describe the relief it feels to have the continuity of support from these experts."*

*"Having the support of St Peter's Hospice during the end of my husband's life and then the early stages of grief gave my son and I comfort. The team understand what you are going through and help you to deal with the overwhelming feelings that you go through after a loss of a loved one to cancer. It was especially reassuring for me that my son could have specialist child bereavement support during this difficult time."*



There has been a 43% increase in the number of consultations delivered for children in 2020/2021.

# How fundraising benefits your school

Fundraising encourages students to think of others and practice skills such as planning, money management and teamwork. It can also tie in with your school's more specific curricular and extracurricular aims.

## Whole school

### Personal development

Students make a positive contribution to society.

### SMSC development

Students develop empathy and awareness of social issues affecting the community.

### Character education

Students engage in service opportunities to raise funds for a local charity.

### Language and literacy

Students develop their spoken language, reading, writing and vocabulary through the creation of presentations and participation in public speaking activities.



## Subjects



### English

Students create and deliver presentations, supporting them to develop their writing and speaking skills.



### Citizenship

Students learn how to carry out responsible social action to improve their local community.



### PSHE

Students are given opportunities to challenge and understand their core values.



### Computing/art/design and technology

Students can develop their skills in any of these areas depending on how they raise their funds.



# How we help you fundraise

- **Fundraising resources** including collection buckets, branded t-shirts, posters and certificates
- **Media promotion** on our social media; we'll facilitate local media too where appropriate
- **Attending your fundraiser** or coming to assembly for a cheque presentation
- **Lenny the Bear** – whenever we can, we'll bring our Hospice mascot along!



Our fundraising team with Lenny

## Fundraising ideas

### Bake sale

Parents, students and school staff can all contribute cakes, buns, biscuits and more for a one-day sale. Invite children and parents to buy them at times during the day.

### Dress-down days

Pick a day or multiple dates throughout the school year to hold Dress-Down Days where students and teachers make a donation to wear special colours, silly hats or fun costumes to school instead of school uniform.

### Craft sale

The perfect school charity idea to get creative juices flowing. Give each year or class a 'theme', then sell their masterpieces to other children and parents.

### 'Give It Up' challenge

Whether it's chocolate or smartphones, we all have something we'd secretly like to give up – even if it's for just a day. Pupils and staff pledge to give up something for a day or even a week, then set a fundraising target to hit.

### School talent show

What school isn't bursting with talented children, teachers and staff? Here's a great way to showcase all those up-and-coming singers, dancers, comics, magicians and actors with your very own fundraising talent variety show.

### Teacher challenge

Know a teacher happy to shave their head, be pelted with wet sponges, or even sink into a bath of cold spaghetti hoops? Find a willing volunteer/victim and set a fundraising target for your entire school to reach. When the target is met, hold a high-profile event so everyone can watch.

### Fun run

Great for raising funds and for staying healthy – a fun run or fun walk lets the children raise sponsorship for the laps or distance they cover. Why not add a little extra fun and make it a fancy dress run or walk, even encouraging parents to join in from home or at the weekend?

## One school's story



### St Bede's College

Dave Johnson, head of Bell Burnell House and member of the PE department, set his students the 'Around The World In 8 Days' challenge as part of their fundraising efforts for St Peter's Hospice.

The challenge got its name from Dave's aim to get as many friends and family members of the students joining in as possible and donating from all around the world.

Everyone was tasked with completing either a 1km run over eight days, 1km a day for eight days, or 1000 reps of an activity of their choice - either as individuals, or as teams.

Dave told us:

*"Charity events have always played a big part in our ethos and as we have not been able to organise a big event for a number of years, I was so pleased with the uptake from the students."*

Every student in the House completed a task, with 97 running 1km a day and earning the title of 'Bulldog'.

Donors and participants really did ensure that the fundraising was a global effort and out of all seven continents, only Antarctica remained unrepresented!

Dave went on to say:

*"We have had a number of our families experience the amazing work that the Hospice does, including one of my tutors, whose mother sadly passed last Christmas. The students also chose to support St Peter's as we wanted to raise money for a local charity."*



Students were given a sponsorship target of £30 each and activities undertaken ranged from running, to book reading, to sit ups and even a basketball shoot-out.

Dave then used JustGiving to pay in the funds raised. This allowed donors spread across six continents to easily and securely transfer money and ensure that the event was a resounding success!

St Bede's College are already planning their next challenge and we hope that their story will inspire you to follow in their footsteps.

Make sure you tell us all about it!



### Did you know..?

- From Jun 2021 - July 2022, donations from schools to St Peter's Hospice totalled **£11,147.00**

### JustGiving™

- JustGiving is used by **27.6 million** people, in 160+ countries
- It has been utilised to raise **\$5.49 billion** to date
- **29,834** charities make use of the platform

# Planning timeline

## 1: Choose your event

Whatever you choose, whether from our ideas or your own, it should be something everyone can enjoy and get involved in.

## 2: Contact us

Let us know what you're planning to do. Our fundraising team supports events throughout the year and can provide you with materials and advice.

## 3: Get planning!

Think about dates and times. Where will it be happening and who will be involved? Give yourself plenty of time – better to delay an event than rush a less successful one.

## 4: Think about costs

Avoid spending money where possible, and ask for freebies and donations where you can. For raffles, we can provide a solicitation letter for you to approach businesses and ask for prize donations.

## 5: Check the rules

Make sure you comply with school rules and the law. This especially applies for raffles and public collections – see page 11 for more info.

## 6: Spread the word

As well as posters and your own school newsletters and media, we can promote public events on our social media and in some cases facilitate local media coverage.

## 7: Have fun and take photos

We love seeing our fundraisers' photos! Email them through or tag us on social media.

## 8: After your event

Thank everyone who contributed, and ask for feedback while it's still fresh in their minds. See page 12 for how to send in your fundraising total.

# Essential tips and rules

We hope you'll have a good time fundraising for St Peter's Hospice. However, you must ensure you do so safely and within the law.

## Collections

It is illegal to carry out public street or house-to-house collections without a licence. Contact your local council for more information.

## Handling cash

Where possible, make sure two people handle and count any money. Store it somewhere safe and bank it as soon as possible.

## Raffles

There are strict rules surrounding the running of raffles. If you are selling and drawing tickets on the same day, you won't need a licence if:

- Tickets are only sold at the event
- You do not spend more than £500 of the ticket sale income on prizes
- The winners are drawn at the event soon after it has finished

In all other cases, you will need to notify the Hospice as it will run under our licence. We print the tickets and can help with the rest. For full details, see [gamblingcommission.gov.uk](http://gamblingcommission.gov.uk).



## Food hygiene and allergies

Planning a bake sale or treats alongside your event? If you're making and selling things for people to eat, make sure you adhere to the food prep guidance from the FSA ([food.gov.uk](http://food.gov.uk)).

## Health and safety

Make sure that everyone taking part in your event stays safe, and that you know where the first aid kit is if someone gets hurt.

## Photos

Follow your school rules for taking and using photos. If it's allowed, share photos from your fundraiser on social media and be sure to tag @stpetershospice - we love to see what you've been doing to support your Hospice.



## St Peter's Hospice branding

Our logo and merchandise are available upon request. Please include our registered charity number **269177** when advertising your event

# What to do afterwards

## ★ Thank everyone

Be sure to thank everyone involved in the event: the teachers, children, parents, sponsors and suppliers.

## ★ Get in touch

After the donations have been collected and the full total known, let us know how it went.

## ★ Share your story

Fundraising for a good cause is an achievement worth celebrating! Tag us in social media (@stpetershospice) and we can sometimes arrange a press release if permissions for photos are collected.

## Paying in options

### Online fundraising pages

If you've set up an online fundraising page the money will come straight to us – you don't need to do anything more.

### Bank transfer

Get in touch for our bank details and a unique reference number.

### By card

Call us on **01275 391 400** to pay by card.

### In person

Visit the Hospice or our Fundraising Office to hand over cash, cheques or collection buckets.

### Cash or cheque by post

Our Fundraising Office address:

**SPH Fundraising Office,  
Unit 18 Orchard View,  
Estune Business Park,  
Pear Tree Avenue,  
Long Ashton,  
Bristol,  
BS41 9FR.**

We provide freepost envelopes if needed.



We're fundraising for



# St Peter's Hospice

Registered Charity No. 269177

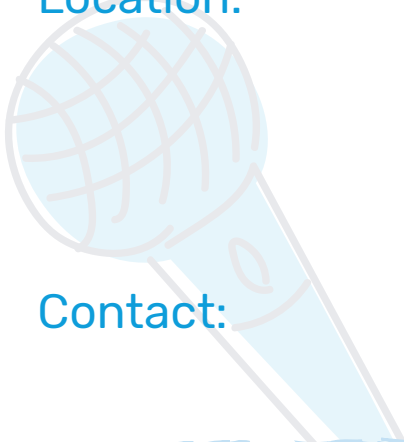
Event:



Date:

Time:

Location:



Contact:

**Thank you for supporting us**

**[stpetershospice.org](http://stpetershospice.org)**

# Fundraising A-Z

<b>A</b>	Art exhibit or sale	<b>N</b>	Non-uniform day
<b>B</b>	Bad hair/tie day, beatboxing contest, bike ride, book sale	<b>O</b>	Obstacle course, odd clothes day, office raffle
<b>C</b>	Cake sale, car washing	<b>P</b>	Pamper day, picnic
<b>D</b>	Danceathon, disco, dress-down day	<b>Q</b>	Quiz night
<b>E</b>	Easter egg hunt	<b>R</b>	Races, raffle, rugby match
<b>F</b>	Face painting, fashion show, football tournament, fun run	<b>S</b>	Sponsored silence, sports day, stand-up comedy
<b>G</b>	Guess how many...?, gaming tournament	<b>T</b>	Talent show, teddy bear picnic, tombola, treasure hunt
<b>H</b>	Haircut, head shave	<b>U</b>	University challenge
<b>I</b>	Indoor games	<b>V</b>	Variety show
<b>J</b>	Juggling challenge	<b>W</b>	Walkathon, wheelbarrow races
<b>K</b>	Karaoke, kite flying	<b>X</b>	X-boxathon, X-Factor competition
<b>L</b>	Line dancing, loud tie day	<b>Y</b>	Yo-yo competition
<b>M</b>	Magic show, music night, Minecraft challenge	<b>Z</b>	Zumbathon

# Let's get started

**Contact us today to start your school's fundraising journey for St Peter's Hospice.**

**T: 01275 391400 • E: [community@stpetershospice.org](mailto:community@stpetershospice.org)**

St Peter's Hospice Fundraising Office,  
Unit 18 Orchard View, Estune Business Park,  
Pear Tree Avenue,  
Long Ashton, Bristol,  
BS41 9FR.

**Thank you for supporting  
St Peter's Hospice**

**[stpetershospice.org](http://stpetershospice.org)**