
Frenchay After Burns Children's Club

20th Anniversary Fundraising Pack



Thank you for choosing to support Frenchay After Burns Children's Club in this landmark year, celebrating 20 years of supporting young burns survivors and their families

It's 20 years since a handful of nurses and healthcare workers, from the now closed Frenchay Hospital in Bristol, decided to come together to and create Frenchay After Burns Children's Club.



FAB's first logo

These founding members recognised there was a vital need for ongoing support for children who had survived a burn or scald injury, as there was no other post discharge provision for children around .

The child's recovery continues long after leaving hospital and their physical wounds have healed, and so FAB was formed.

'FAB has made me the person I am today'

Robbie

Over the past 20 years, FAB has become highly significant in aiding the rehabilitation of young burns survivors, supporting hundreds of children and their families across Bristol and the South West of England

FAB is..

FAB is an independent charity with a simple aim, to provide ongoing support to burn injured children and their families from injury through to adulthood.

FAB Club supports young burns survivors and their families by building self-esteem, confidence and having fun through activities such as camps, fun days and parties. Friendships are formed by the children and their families whilst giving mutual support to one another.



Any child or young person under 18 years old, from Bristol and the South West of England, that has a burn injury is welcome to join FAB Club.

Our work is only made possible by money raised through fundraising events, donations, sponsorships and the generous work of the committed volunteers.



Did you know..

- Over 64,000 children require medical treatment every year - 75% of these are children who are 5 years old or younger
- It is estimated that on average 110 children per day are seen in emergency departments with burn injuries - 46 as a result of a hot cup of tea or coffee spill
- The most common place of injury for children is in the home – 49% of whom are burnt in the kitchen
- Scalds are the most common cause of burn injury, representing 43% of acute burn injuries. A hot drink can still scald a small child up to 15 minutes after being poured
- Over 5,000 children under the age of 5 are so badly burnt each year that they have to be admitted to a specialist burns service – more than 14 toddlers every single day



Source: The Children's Burns Trust
www.cbtrust.org.uk

FAB FUNDRAISING

A-Z OF IDEAS

A	Eighties night	Pub quiz
Aerobathon	Egg and spoon race	
Adventure Day		Q
Afternoon tea	F	Quiz nights
Art exhibition	Face painting	
Auction	Fancy dress	R
	Fashion show	Rock n Roll night
B	Festival	Raffle
Black tie do	Film night	Rock climbing
Bag packing	Fishing day	Rugby cup
Bake off	Five-a-side	Running events
Ballet show	Football match	
Balls and dinners	Fetes	S
Barbeques	Fun run	Schools fundraising
Barn dance		Sleep over
Bathe in a bath of...	G	Spelling bee
Beard shaving	Garage sale	Spinathon
Beauty night	Garden party	Sponsored silence
Bingo	Give it up	Sports day
Birthday celebration	Golf day	Sporting events
Board games	Guess the weight of	Street party
Bonfire	Guess the baby photo	Swear box
Book sale		Sweep stake
Bowling	H	Swimming event
Book sale	Halloween party	
Bowling	Head shaves and waxes	T
Bring and buy sale		Talent show
	J	Teach your skill
C	Jazz night	Teddy bears picnic
Cake sale	Job swap	Tennis tournament
Car boot sale	Jumble sale	Test your taste buds
Car wash		Theatre production
Carol singing	K	Themed party
Casino night	Karaoke	Tombola
Cheese and wine night	Knitting marathon	Treasure hunt
Children's party games		Trek

CONTINUED..

Christmas cards	L	Tug of war
Christmas fair	Ladies lunch	Taekwondo tournament
Clothes swap	Line dancing	
Coffee morning		U
Comedy night	M	Ultimate challenge
Concert	Masked ball	University challenge
Cooking competition	Medieval banquet	Unwanted gifts
Craft fair	Murder mystery	
Cricket match		V
Cycle to work	N	Valentines party
	Name that tune	Variety show
D	Netball tournament	Volleyball tournament
Dance off	Non-uniform day	
Danceathon		W
Darts match	O	Walks
Dinner party	Open garden	Wine tasting
Disco	Office fundraising	
Dog walk		X
Dragon boat race	P	X-factor competition
Dress down/ dress up	Pamper day	
Duck races	Pancake race	Y
	Pantomime	Yogathon
E	Photography exhibition	
Easter egg hunt	Plant sale	Z
Ebay your items	Poetry recital	Zumbathon

We hope our suggestions help you find the perfect **FAB fundraising** event to hold in

support of

**FAB Children's Club's
20th ANNIVERSARY**



It's all about the 5 P's!

There are hundreds of ways you can raise money for **FAB Club**. However you choose to support us, follow these simple steps, the 5 P's, to make sure that your fundraising is a success.

1. Picking

If you haven't yet got an idea of what to do and you need a stroke of inspiration, check out our great FAB fundraising ideas. Don't forget to choose something that you'll enjoy doing!

2. Planning

No matter how simple your idea, you're still going to need to get organised!

A key consideration is going to be how you raise money – is it through sponsorship, an entry fee to your event or the price of a slice of cake? Think about your audience and to whom you're going to promote your fundraising.

Write down what needs to be done and when, and keep it updated so that you always know what you're working towards

Don't forget about keeping your fundraising safe and legal. Please remember that you are responsible for your fundraising activity and FAB Club cannot accept liability for any fundraising activity or event you undertake.

Top tip:

Use a wall diary to help set a date and to log deadlines / when things need to be done by



FAB Club have 20 FAB Years T-shirts available for purchase via our website

www.FABclub.org.uk

3. Promoting

Once you've got your plan, it's time to shout about what you're doing and why you're doing it!

Put it up; in your pack we've provided you with two templates you can use to promote and advertise your event, simply fill in the blank spaces with your event details and display it

Go online; Talking about your fundraising on social media gives your friends and family the opportunity to support you, even if they can't get involved in person. You could see if your workplace could add a link to your fundraising page in their email signatures. You could post on your local online community pages, write a blog or upload daily videos, and share, share, share, your online fundraising page

Send out a press release; Get in touch with your local newspaper and tell them about your hot-off-the-press event. Why not contact any local magazines or online communities too and see if they'll give you any free advertising space to promote what you're up to

Top tip:

Using FAB's Virgin Money page makes things simpler

4. Paying in

Once you've finished fundraising, it's time to collect all those generous donations and send them to us. We want to make that as easy as possible and in a way that is quickest for you, there are more details further on in this pack

5. Praising

All your efforts and hard work has really paid off and you've made a huge difference. Don't forget to step back and praise yourself and all those who helped you – you've done a great job!

Top tip:

*The best way to get people interested in your fundraising is by sharing your story and **why** FAB Club is important to you.*

Boost your fundraising

Use these extra top tips from successful fundraisers to help boost your fundraising total...

Set a target

Supporters tell us that their fundraising has been boosted by setting a target; it's helped them stay motivated and helped people donate that little bit more.

Go online with your sponsorship

Virgin Money is an easy way to raise money for FAB Club. It makes it simple to collect donations from friends and family online.

It's super simple to create your own page; simply follow the steps and share the link – use FAB's campaign page and everything you raise will appear against our £20,000 target for the year.

If you need any help setting it up, please just contact us.

No cash, no problem!

Don't let the cashless society be a barrier to your fundraising. Virgin Money also allows you to set up your own text code which means no cash, no problem on the day of your event.



Gift Aid it!

Gift Aid allows us to claim back the tax on every eligible donation. That means for every £1 you raise, we'll be able to claim at least an extra 25p.

Ask your sponsors to choose the Gift Aid option to boost your total.

Match it

Find out if your company will take part in a 'matched giving' scheme to double your total at no extra cost.

Approach your local businesses

It's always worth asking local businesses if they'd be willing to support your fundraising, through sponsorship, freebies to bring your costs down or a donation to the raffle. You can offer them some publicity in return and they get to feel good too.



Supporting the rehabilitation of burn injured children

With your help and support, FAB Club would like to see 2020 become a record year for fundraising and see a positive increase in the public's awareness of the essential work of the charity, and burn injury prevention.

FAB Club have events throughout the year you could get involved with as a sponsor, such as FAB's Annual Camp, FAB's Summer Ball, FAB's Christmas Party or FAB's Family Camp.

Let us know all about it!

Once you have decided on your event please email us at mail@FABclub.org.uk

We can provide support with fundraising resources and share details on our social media and website too.

Thank You



**FRENCHAY
AFTER BURNS
CHILDREN'S
CLUB**





FRENCHAY AFTER BURNS CHILDREN'S CLUB



FAB Club's Virgin Money page



You can find FAB Club's page via www.ViginMoney.com, simply click 'Make a Donation' and search for **Celebrating 20 FAB years** - Frenchay After Burns Children's Club

There is a campaign page for the 20 FAB years fundraising, please use this so that money raised will appear as part of our total for the year.

Hyper-link to donate - [Virgin Money FAB Club](#)

Whilst we still have an active JustGiving page, we are now aiming to use Virgin Money as our sole online fundraising page.

How to contact us

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Thank you
for supporting
FAB Club, it
really means a lot!