



# Fundraising for Schools



# About the charity

At the Theodora Children's Charity, we believe that all children deserve laughter. Our Giggle Doctors visit children in hospitals, hospices and specialist care centres across England. By combining music, play, magic and storytelling these professional performers bring magical moments to brave children at a time when they need it most. We believe that EVERY sick or disabled child should get the giggles that only a Giggle Doctor can bring.

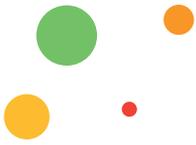
The Theodora Children's Charity was founded in 1994 by two brothers, in memory of their mother, Theodora Poulie. When one of Theodora's sons was hospitalised for many months as a child, she brought joy, laughter and storytelling to his bedside through her regular visits. Theodora inspired her sons to bring magical moments to all sick and disabled children. To date, the lives of over half a million children have been improved thanks to the Giggle Doctor programme that they created.

***“My daughter arrived on the ward today very teary eyed and nervous, with her little head full of memories of needles, pain and illness. However, we arrived at the same time as the Giggle Doctors! Within a minute they had completely captured her attention and put her totally at ease. She completely forgot where she was and thoroughly enjoyed her time with them both, as did I! Thankyou so much for everything you did for Ava-Grace today, you made a huge difference in a little girl's world and made the hospital a much brighter place to be.”***

## Here's how your fundraising will bring giggles to children in hospital:

- £3:** funds props (like wands and balloons) for children to enjoy during an afternoon Giggle Doctor visit
- £10:** funds one child's visit from a Giggle Doctor
- £40:** funds a Giggle Doctor visit for a bay of young patients on a children's ward
- £180:** funds a Giggle Doctor to visit a children's hospice
- £264:** funds a Giggle Doctor to visit a hospital for an afternoon
- £500:** funds Giggle Doctor visits for 50 children
- £15,581:** funds a Giggle Doctor to visit a hospital every week for a year





Thank you for taking the time to incorporate fundraising for the Theodora Children's Charity into your school's activities.

On the following pages you will find lesson plans for KS1 and KS2 to help introduce the topic of charitable giving, helping others and the Theodora Children's Charity. We have also included some suggestions for how teachers and pupils can get involved.

We can provide your school with leaflets about the charity and posters to promote your fundraising. We are also happy to arrange for a Giggle Doctor to come along to speak a bit about the charity and to collect any donations. We are always so grateful for the support we are given.

If you have any questions, or would like to discuss the charity in more detail please contact us on **020 7713 0044** or email **[theodora.uk@theodora.org](mailto:theodora.uk@theodora.org)**



# Case study: Clifton School & Nursery

Clifton School and Nursery supported the Theodora Children's Charity and raised an incredible £3,146.97. Chris Tidswell, Deputy Head Teacher, spoke to us about why they got involved, and about all the fun things that they organised during the year:

*“We were first introduced to the great work that Theodora do through a parent at school. Each year our children vote on a cause that they would like to support throughout the year from a choice of five charities. This year, it was an almost unanimous vote for Theodora. The children in school can really relate to the charity because it's for children. They love the idea that, in some way, they are making poorly children's lives a little easier.*”

*We aimed to raise as much money as possible for Theodora. We had a charity Christmas Ball and raffle for parents and a school 'Crazy Day' for children. The Crazy Day involved lots of activities, such as street dance, a drumming workshop, a children's disco and even juggling. The children all dressed up in 'crazy' clothes and we collected money to help Theodora.*

*Many of the staff took part in The Beverley 10k Fun Run with all sponsorship going to Theodora and all the children took part in the national 'Chores for Chuckles' week, collecting sponsorship money to do lots of busy jobs at home!*

*Supporting the charity has even helped to support our curriculum at school. In the week leading up to Crazy Day some of the year groups had a full week of all things 'crazy'! Our Reception classes planned a circus assembly, writing invitations to the parents and a list of performers. They then produced a magnificent circus (assembly) involving acrobats and gymnasts.”*



# Key Stage 1 Lesson Plan: The Theodora Children's Charity

## DELIVER A LESSON THAT SUPPORTS YOUR PSHE CURRICULUM REQUIREMENTS AND PROMOTES PUPILS' SMSC DEVELOPMENT:

### Core theme 3: Living in the wider world

In Key Stage 1 and 2 pupils should focus on 'economic wellbeing and being a responsible citizen' and be taught:

- about respect for the self and others and the importance of responsible behaviours and actions
- about rights and responsibilities as members of families, other groups and ultimately as citizens
- about different groups and communities
- to respect equality and to be a productive member of a diverse community
- about where money comes from, keeping it safe and the importance of managing it effectively
- how money plays an important part in people's lives
- a basic understanding of enterprise.

### STEP 1: INTRODUCE THE THEME

**Introduce:** What happens when a person becomes ill. Explain that sometimes people have to visit a hospital in order to get better and be looked after.

**Discuss:** Encourage pupils to talk about how someone might feel if they are ill. What would make them feel better? What would they need? How would they help a friend feel better and happier?

### STEP 2: INTRODUCE THE CHARITY

**Introduce:** The concept of charity, The Theodora Children's Charity and the Giggle Doctors.

**Explain that:** The Theodora Children's Charity raises money to send Giggle Doctors to visit hospitals. Giggle Doctors are specially trained to bring fun and laughter to children in hospital.

**Show:** Visit our YouTube page ([youtube.com/giveagiggle](https://youtube.com/giveagiggle)) to show pupils a clip of a Giggle Doctor visit.

**Discuss:** Encourage pupils to talk about how they think the Giggle Doctors help children in hospital.

### STEP 3: ACTIVITIES

**Option 1:** Pupils can get creative with our Giggle Doctor colouring in pages. Pupils can choose between Dr Snug and Dr Yoho and add colour and decoration using pencils, felt tips, paint or collage.

**Option 2:** Pupils should talk about how they think they could raise money in order to help the charity, what activities could they do and who might help them.

# Dr Snug colouring page



# Dr Yoho colouring page



# Key Stage 2 Lesson Plan: The Theodora Children's Charity

**DELIVER A LESSON THAT SUPPORTS YOUR PSHE CURRICULUM REQUIREMENTS AND PROMOTES PUPILS' SMSC DEVELOPEMENT:**

## **Core theme 3: Living in the wider world**

In Key Stage 1 and 2 pupils should focus on 'economic wellbeing and being a responsible citizen' and be taught:

- about respect for the self and others and the importance of responsible behaviours and actions
- about rights and responsibilities as members of families, other groups and ultimately as citizens
- about different ultimately as citizens groups and communities
- to respect equality and to be a productive member of a diverse community
- about the importance of respecting and protecting the environment
- about where money comes from, keeping it safe and the importance of managing it effectively
- how money plays an important part in people's lives
- a basic understanding of enterprise.

## **STEP 1: INTRODUCE THE THEME**

**Introduce:** What happens when a person becomes ill. Explain that sometimes people have to visit a hospital in order to get better and be looked after.

**Discuss:** Pupils' own experience with hospital.

**Discuss:** Encourage pupils to talk about how someone might feel if they are ill. What would make them feel better? What would they need? How would they help a friend feel better and happier?

## **STEP 2: INTRODUCE THE CHARITY**

**Introduce:** The concept of charity, The Theodora Children's Charity and the Giggle Doctors.

**Explain that:** The Theodora Children's Charity raises money to send Giggle Doctors to visit hospitals. Giggle Doctors are specially trained to bring fun and laughter to children in hospital.

**Show:** Visit our YouTube page ([youtube.com/giveagiggle](https://youtube.com/giveagiggle)) to show pupils a clip of a Giggle Doctor visit.

**Discuss:** Encourage pupils to talk about how they think the Giggle Doctors help children in hospital.

## **STEP 3: ACTIVITIES**

**Option 1:** Using the information provided by the charity, pupils should develop a plan in groups to raise money for the Giggle Doctor programme at their local hospital. Pupils should consider how much they hope to raise, how they will raise it, what they will need to do to raise this money and who they will need help from.

**Option 2:** Pupils can design an A4 size poster to promote and create awareness of the work of The Theodora Children's Charity at their local hospital. The winning poster will be featured on the Theodora Children's Charity website and social media pages.

## Fundraising ideas...

There are tons of quick and easy ways your school can raise money (plus lots of other things you can do if you have a bit more time!). Take a look at the ideas on the next few pages to see if anything takes your fancy! The money you raise will help improve the lives of children in hospitals and hospices, as well as disabled children in specialist care.



# Something fun...

## **Non-uniform day:**

Encourage students to wear their own clothes or fancy dress for the day in exchange for a £1 donation. Maybe this could be a pyjamas day for Dr Jammi or a silliest costume day for Dr Bananas.

## **Jokes:**

Ask each pupil to bring in their favourite joke and a £1 - £2 donation and hold a class or assembly dedicated to joke telling.

## **Laughter yoga:**

Why not hold a laughter yoga session after school for a small donation?

## **Fun day:**

Why not plan a fun day where students and teachers can get involved with all sorts of fun and unusual activities.



# Educational...



## **Green fingers:**

Buy a packet of seeds, plant them and then sell the grown plants to parents, family and friends. The profits made could help fund Giggle Doctors like Dr Flowerpot to visit children in hospitals and hospices.

## **Spelling bee:**

Organise a spelling competition. Perhaps the theme could be 'funny words'.

## **Watch out for wildlife:**

See how many different sorts of birds or butterflies you can spot – set a time limit and a target and get people to sponsor you for each different species you record.

## **Poets corner:**

Run a writing competition for all of those budding poets in you school.





## Events...

### **School disco:**

Perhaps you could organise a disco in aid of the charity, or maybe even an evening ball for parents. Ticket profits could be donated to the Theodora Children's Charity.

### **Talent contest:**

Show off your skills and organise your very own X-Factor competition. Choose your judges and encourage teachers and pupils alike to get involved.

### **Quiz night:**

Encourage students, teachers and parents to use those brain cells for a good cause.

### **Sports day:**

Tie in your fundraiser with an existing sports day.



# Sponsored activities...

## **Sponsored silence:**

For an hour or the whole day! How quiet can you be?

## **Challenge yourself:**

How far can you walk, swim and run? How many star jumps or keepy uppys can you do? Perhaps you could ask your friends and family to sponsor you to do something challenging.

## **Give it up:**

Can't live without your x-box, mobile phone, crisps or sweets? Encourage family and friends to sponsor you to give them up for as many days as you can.



# Selling...



## **Christmas Cards:**

By selling our Christmas cards your school will be helping to spread awareness of the cause, and to fund Giggle Doctor visits for children in hospitals and hospices.

## **Make a joke book:**

Ask all students for their favourite joke and create a book to sell, with the profits going to The Theodora Children's Charity.

## **Bring-and-buy sale:**

One man's junk is another man's gold! Invite students to bring in their old toys and books to sell. The money raised could make a huge difference to children in hospital.

## **Cake and Bake sale:**

Why not get out those baking tins and cook up a storm. Host a cake sale for students or an after school tea party for parents.



## Top tips...



Now that you've chosen your fundraising idea, here are some handy hints to get you started...





## The detailed bit...

**If you've chosen to organise an event, think about:**

**What's the best way to collect money (selling tickets, raising sponsorship, a raffle, an auction etc.)?**

**Who will help you organise the event?**

**How many people must attend to make your event a success?**

**Do you need to make provision for bad weather?**

**What will your event cost?**

**Is your budget realistic?**



# The sensible bit...



**Here are a few things to bear in mind:**

**Does your event need first aid facilities? (You may want to have a qualified First Aider on site. If you don't have anyone in mind, contact St. John Ambulance).**

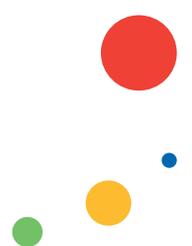
**Is your venue big enough for the amount of people you're expecting?**

**Ensure all food is prepared and stored hygienically. For more information visit [www.food.gov.uk](http://www.food.gov.uk)**

**Don't forget to keep any money in a lockable box**



# The easy bit...



**You've done all the hard work...thank you so much.  
Here's how to send in the money you've raised:**

## **Giggle Doctor collection**

We are happy to arrange for a Giggle Doctor to come along to your school to say thank you during your assembly and pick up your donation. Just email **theodora.uk@theodora.org** to arrange a convenient date and time.

## **Pop it in the post**

Please don't send cash through the post. Instead, please pay any cash or cheques into a bank account, then write a cheque made payable to 'The Theodora Children's Charity' for the amount collected and post it to:

The Theodora Children's Charity  
40 Pentonville Road  
London  
N1 9HF

Please include any sponsorship forms you have used so that we are able, where possible, to claim Gift Aid - this could increase the value of donations by 25% at no extra cost to you or anyone else.

Please enclose a note with your contact details so that we can say thank you and send you a certificate.

## **Online**

One of the easiest ways to raise money is to set up an online fundraising page for your activity. All the money you raise online comes straight to the Theodora Children's Charity so you don't have to go and collect the money yourself! Just go to: **[www.justgiving.com/theodora](http://www.justgiving.com/theodora)**

If you prefer to use sponsorship forms, just let us know and we'll send some out to you.

## **Any questions?**



We'd love to hear from you: 020 7713 0044  
Or email us: [theodora.uk@theodora.org](mailto:theodora.uk@theodora.org) (we'd love some pictures of your event)





## Create a buzz...

It's a great idea to get yourself in the paper! Why not let your local press know that your school is fundraising, using our press release on the next page.

If you'd like to put up posters showing your support then just let us know and we'll pop some in the post to you. We can also send leaflets, newsletters and collection tins - just use the order form.



# Press release

If you'd like a Word version of this press release please email:  
[theodora.uk@theodora.org](mailto:theodora.uk@theodora.org)



For release [Insert date]

For Further Information: [Full name] [Phone number] [Email]

[Insert headline]

[Insert name of school] in [insert town] is set to [insert fundraising activity] to raise money for The Theodora Children's Charity.

The event takes place on [insert date and time] at [insert location].

[Insert name of school] has been inspired to [insert fundraising activity] for The Theodora Children's Charity because [insert reason].

[Insert quote about event, example below]

Emily Swords, Chief Executive of The Theodora Children's Charity said, "We really rely on schools like [Insert name] to help us raise money and awareness. Their support makes such a difference, helping the charity to continue bringing magical moments to children in hospitals, hospices and specialist care centres."

Theodora Giggle Doctors bring comfort, music, magic and laughter to children in hospitals and hospices, and to disabled children in specialist care across England. These professional performers visit over 30,000 children every year.

More information about the work of The Theodora Children's Charity can be found on their website: [www.theodora.org.uk](http://www.theodora.org.uk) and on their Facebook page: [facebook.com/giveagiggle](https://facebook.com/giveagiggle)

ENDS

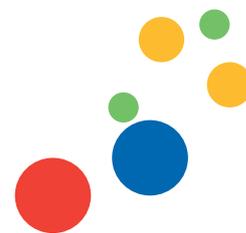
## NOTES TO EDITORS

1. Theodora Giggle Doctors have so far visited over half a million children.
2. A Giggle Doctor is a professional performer trained by the charity to work in the medical environment. The extensive training consists of a rigorous schedule of artistic and medical workshops which cover topics such as child development, infection control, child bereavement and the impact of illness and bereavement on families.

For more information about Theodora Giggle Doctors visit [www.theodora.org.uk](http://www.theodora.org.uk)



# Order form



There are all sorts of materials that can help with your fundraising. If you would like some for your school please fill out the form below and send it to:

The Theodora Children's Charity, 40 Pentonville Road, London, N1 9HF

Or just send us an email with a list of what you need to:

[theodora.uk@theodora.org](mailto:theodora.uk@theodora.org)

Name:

Address:

Postcode:

Telephone:

Email:

Event name or description:

Event date:

Item requested	Quantity
Posters	
Sponsorship forms	
Collection tins	
Collection buckets	
Leaflets	
Newsletters	







40 Pentonville Road  
London  
N1 9HF

Reg charity: 1094532