



Fundraising for Giggles



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 in challenging times. 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.

"I just wanted to say thank you to the Giggle Doctors who visited my three year old daughter today at Southampton General Hospital. She had just got back from her biopsy for a brain tumour which is inoperable. It was wonderful to see her laugh and a wonderful memory for us to have. Thank you Dr Dotty."

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



Fundraising ideas...

There are lots of quick and easy ways you 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.



Easy ways to fundraise without getting off the sofa

Sign up to www.easyfundraising.org.uk

Shop online at your favourite stores and they'll donate money to us at no cost to you

Give up your treat for a week

The money you save can be donated instead - be it your takeaway coffee or that sneaky chocolate bar

Invite your friends round

You provide the coffee, they donate £2. Or perhaps swap the coffee for a cheeky glass of wine, show a film or play a game?

Sell something on 'EBay for Charity'

Just go to www.ebay.co.uk/ebayforcharity and choose how much money from the sale of your items you'd like to keep for yourself and how much you'd like to donate



Get your company on board



Ask your company to support us

Most companies have a charity of the year or a selection of charities that they support: employees can often recommend a charity. We'd love it if you'd recommend us

Host a 'wear something funny to work' day

Everyone who participates donates £1, everyone who doesn't donates £2!

Sponsored munch

Ask everyone at work to bring a packed lunch and donate the money they would have spent on buying lunch

Host a swap shop

Everyone pays a fixed entrance fee, brings their old clothes and swaps them

Get a tuck shop going

Buy some treats and sell them at your place of work

If you have any questions or would like to talk about getting your company involved, you can email Alice at alice.barley@theodora.org



Do something special

Take part in a once in a lifetime challenge

Get the whole family involved in a Superhero Fun Run, take part in the Prudential RideLondon-Surrey 100 cycle challenge or run a half marathon. Email amy.calcutt@theodora.org to take on an exciting challenge

Get sporty

Organise a sponsored game of football, cricket, rounders or even tiddlywinks!

Host a curry night

Challenge your friends and family to take on the heat!

Do something wild and wacky

Sit in a bath of baked beans, wax your chest or dye your hair a funny colour



Get your local community involved

At the pub

Ask your local pub to help you host a quiz night, karaoke contest, wine tasting evening or even an ale festival and charge £2 per person.

Little Giggles

Ask your child's school to organise a cake sale, non-uniform day, a sponsored walk or silence. For more information on fundraising in schools please request a copy of our schools pack which includes lots of ideas, as well as useful lesson plans for teachers. Email amy.calcutt@theodora.org to order yours now.

Display a collection tin

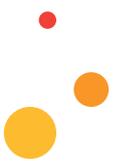
Ask us for one of our bright orange collection tins to display in your local shop, pub or hairdressers

Host a street party

Gather your neighbours together to raise money for giggles

Get rid of unwanted gifts...guilt free!

Throw a bring & buy sale or have a car boot sale



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

Don't forget to keep any money in a lockable box and pay it within two weeks



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:**

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

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

Pop it in the post

Please don't send cash through the post. Instead, please pay any cash or cheques into your own 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!

Any questions?

We'd love to hear from you: 020 7713 0044

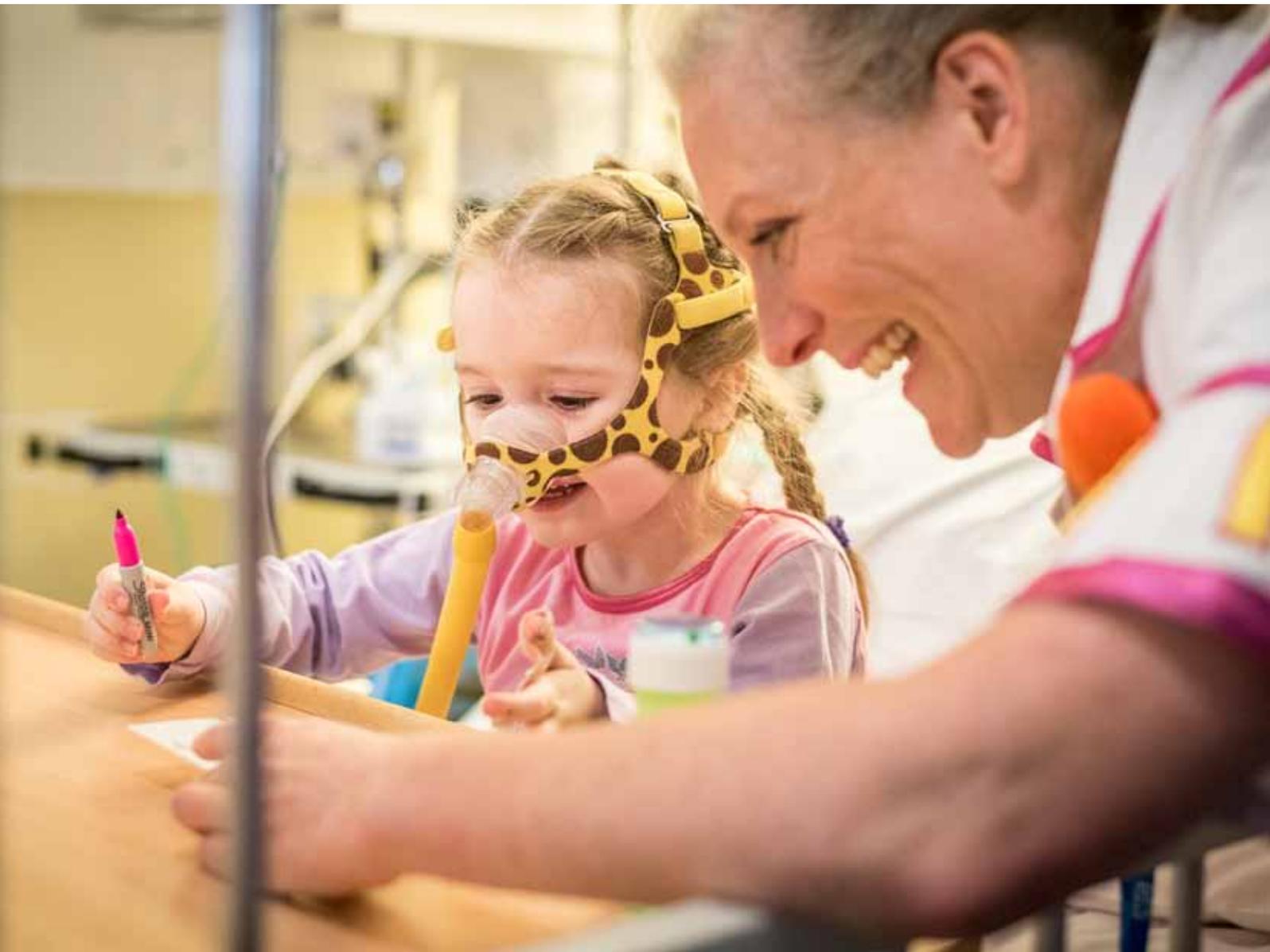
Or email us: theodora.uk@theodora.org (we'd love some pictures of your event)



Create a buzz...

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

Let all your friends and family know through email, Twitter or Facebook! Or just do it the old fashioned way and use your phone to call or text them! If you'd like to post invitations or put up posters, 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

For release: [Insert date]

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

[Insert headline]

Local resident [insert name] from [insert town] is set to host [insert name or group/description of event] to raise money for the Theodora Children's Charity.

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

[Insert name/group] has been inspired to host [insert name/description of event] 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 people like [Insert name] raising money and awareness to help us continue to bring 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 the UK. These professional performers visit 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 and on their Facebook page: facebook.com/giveagiggle

ENDS

NOTES TO EDITORS

1. Theodora Giggle Doctors have so far visited 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

Order form

There are all sorts of materials that can help with your fundraising. If you would like us to send you some, 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

Name:

Address:

Postcode:

Telephone:

Email:

Event name or description:

Event date:

Item requested	Quantity
Posters	
Collection tins	
Leaflets	
Newsletters	



Get in touch

If there's anything at all you need from us, please just get in touch. We'd love to hear from you.

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

theodora.uk@theodora.org

020 7713 0044

www.twitter.com/giveagiggle

www.facebook.com/giveagiggle





THEODORA
Children's Charity
Helping sick and disabled children

40 Pentonville Road
London
N1 9HF

Reg charity: 1094532