

St John
Ambulance
Cymru



'Be a Fundraising Superhero'

Schools Fundraising Pack

Registered with/Cofrestrwyd gyda'r



**FUNDRAISING
REGULATOR**
RHEOLEIDDIWR CODI ARIAN

Charity number: 250523



About us

Who we are

St John Ambulance Cymru are Wales' leading first aid charity, and we've been supporting Welsh communities for over 100 years.

Supported by 1,800 volunteers, we deliver frontline services in the heart of those communities and vital support to our emergency services when they need us most, caring for over 10,000 people every year.

Teaching others to save lives

We believe everyone should be equipped with skills that could make the difference in an emergency, which is why we provide free first aid training in local communities and schools.

Rhian's Story

No one understands the importance of first aid more than Rhian from Bedlinog.

When her son, Carwyn, started choking during the family's evening meal, her daughter, Lowri, leapt into action to save her brother's life.

Having learned first aid as part of our Badger programme for young people just months before, she gave Carwyn backslaps, dislodging the blockage and allowing him to breathe normally again.

Rhian says the skills Lowri developed with us were vital in empowering her to take action:

"It was so important to me that my children learn first aid and now I'm so glad they did. I can't even imagine what would have happened had Lowri not stepped in when she did.

"She's our little superhero."





How you can help us through fundraising

By supporting our lifesaving work you can help us do what we do best; saving lives and teaching others to do the same.

We believe that together, with your help, we can be the difference between a life lost and a life saved.

£240

Could enable us to provide CPR and defibrillator training to a school class or community group



£60

Would fund the cost of running a 2 ½ hour first aid training course in a school



£600

Could fund an ambulance to travel 2,000 miles to reach people who need our support





Fundraising ideas

A-Z of fundraising ideas

There are so many fun ways you can support us, such as holding a non-uniform day or dressing up like your favourite fictional character.

You could even theme your event around the first aid skills you've learned.

We've also included some great fundraising ideas in our A-Z list on the next page to give you some inspiration, or feel free to think of your own fantastic fundraiser.

For example

The average heart beats around 70-80 times per minute, so you could hold a sponsored walk doing 70-80 laps around your school.



Fundraising A to Z

St John Ambulance Cymru is Wales' leading first aid charity, delivering front line first aid services in the heart of Welsh communities and providing first aid training to the life savers of today and tomorrow.

By choosing to support us, you could help to inspire thousands of people every year to gain the knowledge and confidence to save a life.

We've put together an A to Z of fundraising ideas to help get you on your way to raising your target for St John Ambulance Cymru.



Arty Party

Get creative with an arty party - you could create something and hold a craft fair.



Dress down day

Hold a charity dress down day. Everyone donates £1 and can come in for that day in their casual clothes.



Book club

Host a book club where people donate to come along and discuss a book, or sell your old books to boost your fundraising.



Eating challenge

Take lead from I'm a Celebrity and host some eating challenges, you could ask people to donate to enter or "fine" them for not completing the task.

Cake sale

Everyone loves a cake sale, whether its for friends or family, this is a great way to raise money at school.



Five to fifty

Start with £5 and see how you can make it grow. This is a mini enterprise challenge where you can invest your £5 how you like and see if it can become £50.



Grow it

Grow some plants from seed and sell them to family members or at your school fete or open day.



Name it

Whether it's a bear, cuddly dog or doll, create a grid of names (where one will be the answer). Ask people to donate to pick a name and the person who guesses correctly wins the toy.



Hold a school concert

Why not organise a school concert or talent show and sell tickets to raise funds for us.



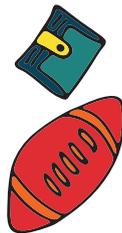
Indoor games

Host a games or gaming day with your class.



Jumble sale

Find a local jumble sale and set up a stall with things you no longer want. Ask others to donate items to help boost what you raise.



Keep fit

Hold a sponsored exercise class during your morning break.

Loud tie day

Wear a loud or embarrassing tie to school for the day and ask for sponsorship. If you don't wear ties you could try wearing odd socks.



Music

Create a Spotify playlist for your school and donate £1 to add a favourite song to the playlist.

Outerwear underwear

Wear your underwear on the outside for the day to raise sponsorship. You'll be superheros in our eyes.



Pancake race

Hold a sponsored pancake race.

Question time

Hold a fundraising school quiz during your lunch break



Raffle

Holding a raffle is a quick and easy way to raise money. Remember to follow the Gambling Commission guidelines.



Sponsored something

Are you a chatterbox or do you eat too much chocolate? Hold a sponsored something to raise money - for example, it could be a sponsored silence, or an amount of time you'll give up chocolate for.

Time sweepstake

If you're taking part in a sporting or sponsored activity, run a sweepstake on how long people think the challenge will take you to complete, or for an event like a sponsored silence, how long they think it will be until you give up.

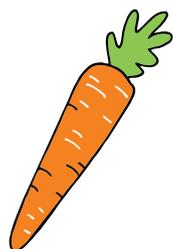


Uniform day

Hold a dress up day at school where people are invited to wear a uniform or fancy dress in return for a donation. Keep it St John Ambulance Cymru themed by giving the fancy dress a theme like blue light service uniforms.

Veggie feast

Cook up some veggie treats at school and sell portions to family members or friends.

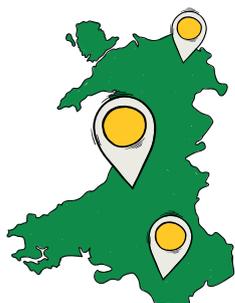


Walking challenge

Do a one mile sponsored walk around the school grounds.

X marks the spot

Make a treasure map and split it into squares. Ask people to pick a square and donate to St John Ambulance Cymru. If they chose the square where you've hidden the treasure they win a prize.



Yes day

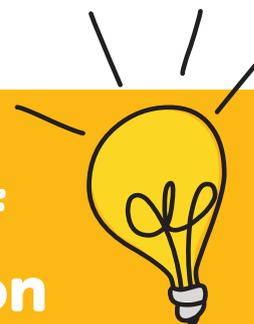
Ask for donations in exchange for helping people out. Ask them what they need (within reason) and simply say yes. But make sure you don't agree to anything you don't want to do.

Zumbathon

Hold a zumbathon at school to raise sponsorship. Don't like Zumba? You could try aerobics, dance, yoga or another sporting activity.



A flash of inspiration



Whether you're fundraising on your own, or as part of a team we hope this A to Z of ideas has inspired your fundraising.

Some fundraising activities including raffles and sweepstakes have rules you must follow or may need licensing. Our fundraising team are always on hand to provide support and advice. If there's anything you need or an idea you'd like to talk through please just get in touch.





Fundraising checklist

- 1 Choose a date** – Set a date for your activity or event.
- 2 Set a target** – A target can help to motivate you and encourage people to donate.
- 3 Contact us** – Let us know you're fundraising for us; we'd love to know what you're planning. We can provide all the advice and resources needed to help make your fundraising a success.
- 4 Set up a giving page** – An online fundraising page is great way to track your progress and keep your supporters up to date
- 5 Spread the word** – Let people know about your fundraiser by spreading the word via social media, school newsletter or local press.
- 6 Fundraise** – Carry out your fundraiser. Don't forget to take plenty of photos so we can share your story.
- 7 Send us your donation** – Once you've completed your fundraising activity or event, you can submit your donations via an online giving page, our website, bank transfer or cheque.
- 8 Celebrate** – Celebrate your incredible achievement, you've made a real difference to communities right across Wales



Online fundraising

Setting up an online fundraising page is really easy. JustGiving or GivePenny allow you to create your own webpage where people can donate and leave you messages of support.

The money they donate gets sent directly to St John Ambulance Cymru too. It's simple and hassle free.

All you need to do to get started is visit:



[justgiving.com/sjcw](https://www.justgiving.com/sjcw)



[givepenny.com/charity/stjohnambulancecymru](https://www.givepenny.com/charity/stjohnambulancecymru)



If you need any help setting up your page, then drop us an email at:

fundraising@sjacymru.org.uk

Bunting

1. Print as many copies as you need.
2. Cut out the flag shapes using safety scissors.
3. Pierce the marked holes with a hole-punch or scissors carefully.
4. Thread string cotton or ribbon through the holes as illustrated...



Tip: To prevent the flags from slipping use a little sticky tape on the back.

Tip: If using the bunting outdoors, maybe you could print onto plastic paper, or laminate the flags for protection against rain.

Thank you for choosing to support St John Ambulance Cymru

How to pay in your fundraising money

You can pay your money in to St John Ambulance Cymru using any of the methods below. Whichever way you decide to send in your money please make sure you always include a reference so that we can match up your fundraising efforts to you!

Online

Head to www.sjacymru.org.uk/fundraise to pay in your collection or sponsorship money via credit or debit card. You can also set up an online fundraising page via JustGiving by visiting: www.justgiving.com/sjcw and following the on-screen instructions.

Bank transfer

You can transfer funds directly to us using the account details below:

Account Name: St John Ambulance Cymru

Sort Code: 20-18-15

Account Number: 13853659

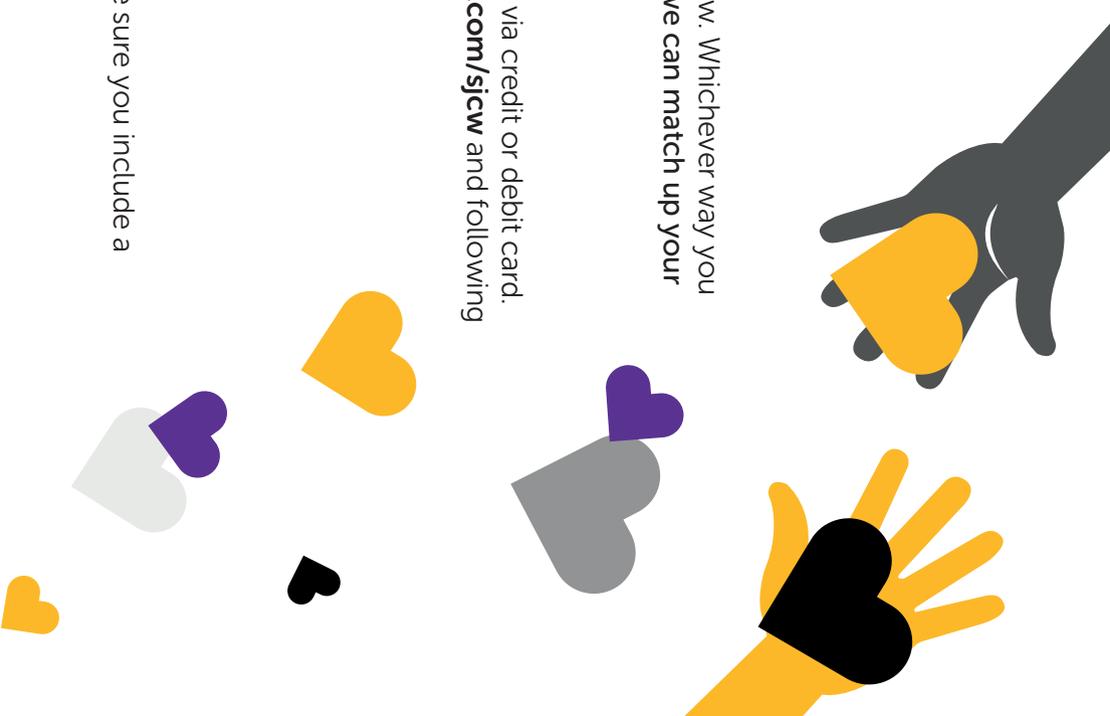
If you're paying in this way, please let us know when you've made the payment and make sure you include a reference. Remember to keep a copy of your receipt for your own record.

Phone

Call our donation line on 029 2044 9626.

Post

Please send cheques payable to 'St John Ambulance Cymru' addressed to: St John Ambulance Cymru, Priory House, Beignon Close, Cardiff, CF24 5PB





**thank
you**

How to send us your donations

You can send your donations over to us using any of the methods below.

Whichever method you choose, make sure you always include a reference and let us know.

**Our friendly team can help with this.
Just give them a call on 029 2044 9626
or email fundraising@sjacymru.org.uk**

Online

Head to www.sjacymru.org.uk/donate to make your donation via credit or debit card.

Or, if you've set up an online giving page via Just Giving or GivePenny, the money will automatically be sent to us. Sit back and relax.

Phone

Call our donation line on **029 2044 9626**.

Bank Transfer

You can transfer funds directly to us using the account details below:

**Account Name: St John Ambulance Cymru
Sort Code: 20-18-15
Account Number: 13853659**

If you're paying this way, remember to let us know when you've made the payment and make sure you include a reference.

Remember to keep a copy of your receipt for your own records.

Cheque

Please make cheques payable to '**St John Ambulance Cymru**' and send to:

**Fundraising team, St John Ambulance Cymru,
Priory House, Beignon Close,
Cardiff CF24 5PB**



**Scan here to
make a donation**



fundraising@sjacymru.org.uk
029 2044 9626



@SJACymru

**Use the hashtag
#FundraisingSuperhero**

**Thank you for supporting
St John Ambulance Cymru.**

St John
Ambulance
Cymru

