

time for bed

Fundraising Pack



**END
FURNITURE
POVERTY**

End Furniture Poverty
Registered Charity No. 700731

Over 18,000 children on Merseyside do not have a bed of their own. End Furniture Poverty's Time for Bed appeal aims to change this by providing children with their own bed bundle and allowing them to have a safe, warm and comfortable night's sleep. A bed has the ability to completely transform a child's life, enabling them face a day in school without feelings of exhaustion and frustration. A bed allows a child to rest their bodies and minds, to develop physically, mentally and emotionally, giving them the best start in life. We can only achieve this with your support.

The gift of a bed has the power to transform the life of a child and their future opportunities. Your fundraising will help transform the lives of children in your community and make the world of difference to their wellbeing by giving them a place to dream...

"Two of the children who received beds had asked for beds for Christmas. This was a huge weight off the parent's minds and meant they could get their kids presents for Christmas instead"

"That smile, the day after he had experienced his first sleep in his own bed was priceless."

"Having her own bed has improved her quality of life, but it has also allowed her to feel a sense of normality and a feeling of belonging"

"The day after the first time he had slept in his own bed, he was smiling and laughing and talking to his learning mentor about how great it was."

"It has allowed him to feel 'normal'. He is like all his peers and at his age, 8 years, that is so important"

"His attendance in school was never a problem but his attainment was as he was constantly tired. Since receiving his bed his levels of concentration have improved vastly. He is more settled in class and doesn't appear as anxious"

"She has always had huge issues with his self-esteem. Now she talks about her room with the other children and her confidence has increased"

Benefits of sleep

Sleep is instrumental to a child's physical, emotional and neurological development. A good night's sleep

- Makes a brighter, happier child
- Gives the ability to regulate moods
- Allows a child to develop both physically and neurologically
- Improves concentration levels in schools
- Supports the emotional wellbeing and mental health of a child living in poverty
- Helps children gain confidence and independence
- Removes feelings of social isolation, allowing them to participate in social activities with their peers

The difference your fundraising will make

Your generous efforts mean a huge amount to us. Every pound you raise will be used to provide a bed for a child who may be sleeping on the floor so please aim high! Your fundraising will make an extraordinary impact on a child's life and help transform their future. Here is the difference your donation will make.

Fundraising is a great way to involve family, friends and colleagues in raising money. There are many simple and fun ways you can fundraise and we are here to help you on every step of your fundraising journey to make sure that whatever you plan is a great success!



It's Time to dream The possibilities are endless. You can hold a fundraising night, plan a fun sponsored event, dye your hair, do a bake sale, have a charity bingo night, plus so much more. Check out our A-Z of Fundraising Ideas for inspiration!

It's Time to take on a challenge Whether it's a skydive, marathon, abseil, long distance cycle, 24-hour danceathon, or overseas trek, challenge events are a great way to raise money and tick an item off your bucket list!

It's Time to go local Gather friends and family to take part in one of the well-known Merseyside events such as the Mersey Tunnel 10k, Wirral Coastal Walk or Liverpool Half Marathon and raise money through sponsorship.

It's Time to make memories Consider marking a special occasion by asking for donations in lieu of birthday, anniversary, wedding or baby shower gifts. You can simply set up an online sponsorship page to collect donations or have a collection at a party.

A-Z of Fundraising Ideas

Because fundraising is as easy as A B C!

- A** Hold your own Auction or brave an Abseil
- B** Host a Bingo Night
- C** Do a sponsored Cycle or organise a Car Wash
- D** Plan a Dress Down day or Dance event
- E** Hold an Eighties Night
- F** Organise a Football Tournament or Fancy Dress event
- G** Hold a Golf Day or Games Night
- H** Brave a Head Shave
- I** Take on an Iron Man challenge
- J** De-clutter with a Jumble Sale
- K** Have a Karaoke night or a Knitathon
- L** Do a sponsored Litter Pick
- M** Take on a Mountain Climb
- N** Plan a Night Time Walk or Non-Uniform Day
- O** Open water swim
- P** Do a Plank or Press-Up challenge
- Q** Organise a Quiz Night
- R** Sign up to a sponsored Run or organise a Raffle
- S** Have a Sweepstake or brave a Skydive
- T** Run a Tombola or Talent show
- U** Upcycle an item and sell it on
- V** Plan a Village Fete or Video Game competition
- W** Do a long-distance sponsored Walk
- X** Have an X-Factor Competition
- Y** Plan a Yogathon
- Z** Take on a Zip Wire or Zumbathon



Fundraising Top Tips & Checklist

Tell your story

Explain why you're fundraising for Time for Bed and the difference your support will make to children on Merseyside – and share your plans with friends, family and colleagues to spread the word and encourage donations!

Online sponsorship

An online giving page is a simple way to gain sponsorship and gift aid for your fundraising. Visit www.justgiving.co.uk and search for Time for Bed to set your page up now.

Aim high!

Pages that have a fundraising target raise 46% more money so be ambitious but be realistic. You could try to fund a bed a week and continue your fundraising over a 12-month period or aim to provide beds to 30 children by a certain date.

Team work

Get your friends and family to join you on your fundraiser and you'll be raising even more to support children living without a bed.

Share the love

Share your plans and fundraising efforts with your online friends, family friends and colleagues.

Capture your fundraising

Go live videos and live streams really help bring your story to life and JustGiving make it easy to link your page to streaming platforms like YouTube.

Make payday count

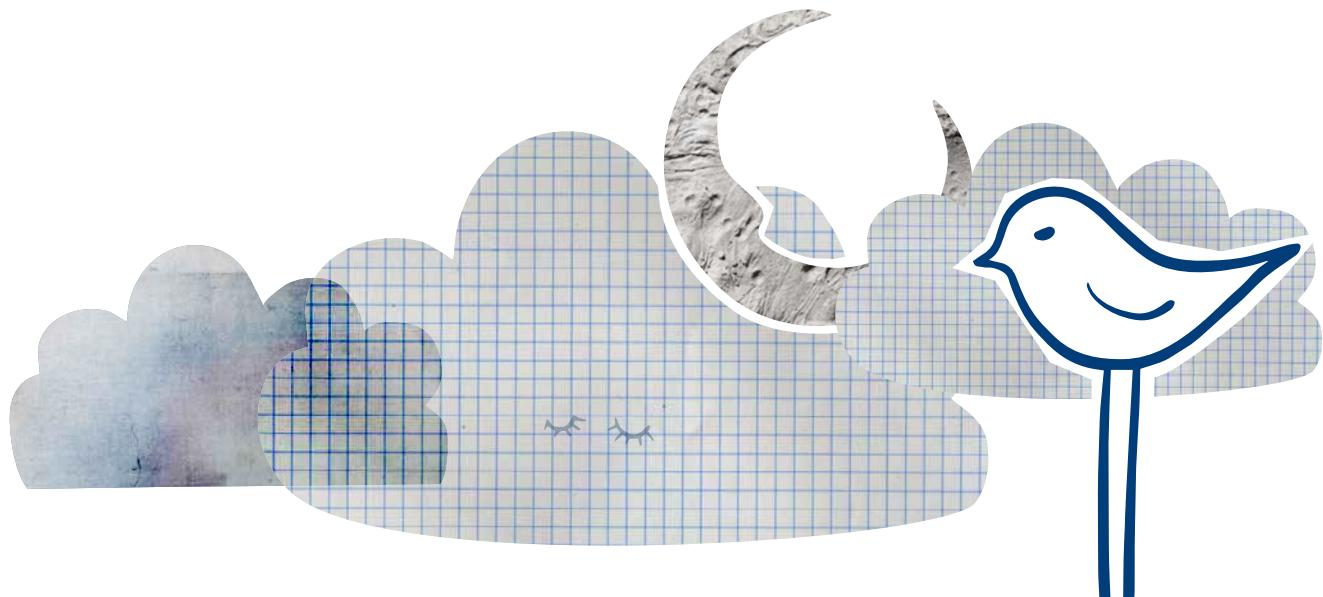
Most people give towards the end of the month, near payday, so it's the perfect time for a challenge update or gentle donation poke.

Keep going past the finish line

Around 20% of donations come in after the event so keep promoting your fundraising until you have reached or surpassed your target.

Legalities

Make sure you contact your local council if you are planning an event in a local park or one where there will be large numbers of people to see if you require a licence. Always check with the event organiser before organising a collection. Please make sure that it is clear that you are fundraising in aid of End Furniture Poverty's Time for Bed appeal and that the event is being organised by you. The Charity cannot accept any responsibility for your event or anyone who participates in it. If your event involves the general public we advise you acquire public liability insurance.



Paying in your fundraising

Once your event is done, the hard part is over. Sending us your fundraising money couldn't be easier!

If you used an online fundraising page like JustGiving to collect donations, the funds will automatically be sent over to us. If you have used a crowdfunding page, please follow the steps below. Simply drop us an email on fundraising@endfurniturepoverty.org to let us know your fundraising is complete so we can thank you!

Donate online.

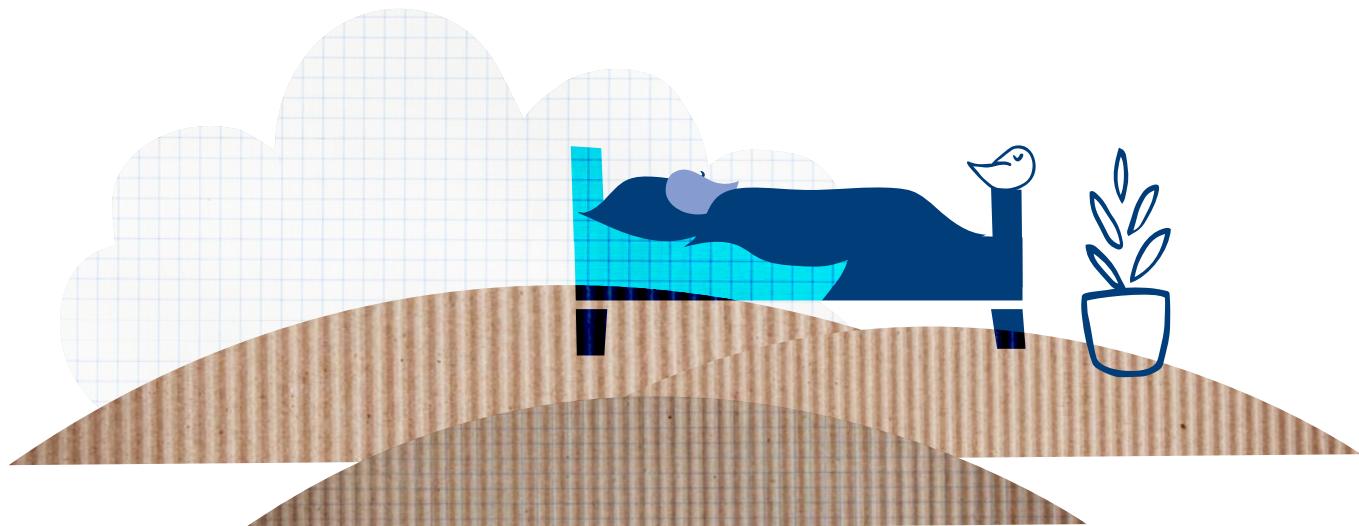
Simply pay in your fundraising to Time for Bed by clicking on the 'Donate' button located at the top of our website www.timeforbed.org.uk. When you put in your details, you'll be asked why you're donating to End Furniture Poverty. Please include information about your fundraising. We love to hear your stories!

By post.

Please post cheques to: Time for Bed, End Furniture Poverty, 12-14 Atlantic Way, Brunswick Dock, Liverpool, L3 4BE. Remember to include your name and how you raised the money, so that we can thank you properly! (Please never send cash in the post)

Send your funds via bank transfer

To arrange this, please email us on fundraising@endfurniturepoverty.org and we'll be able to give you the details.



How to continue your support

You are now one of our incredible Time for Bed supporters and appeal ambassadors, helping to raise awareness of the issue of child bed poverty whilst raising vital funds to provide beds to children across Merseyside!

You can continue your support in the following ways:

Donate

- Visit <https://www.justgiving.com/endfurniturepoverty> to make a one off or regular donation
- Text TIMEFORBED to 70085 to make a £10.00 donation
- Text TIMEFORBEDREG to 70085 to donate £5.00 a month
- Through Easyfundraising to donate through your online purchases – at no cost to you! www.easyfundraising.org.uk/causes/end-furniture-poverty/

Through your Company

By nominating End Furniture Poverty, as your company's Charity of the Year or encouraging your colleagues to take part in fundraising to support End Furniture Poverty's Time for Bed appeal, you will be helping children in your local community, fulfilling your company's Corporate Social Responsibility and joining us in our campaign to end child bed poverty.

Donate New Items

Specific items can be purchased to be included in a bed bundle for a child.

Visit our website www.timeforbed.org.uk for more details.

Spreading the word

Tell your friends, family and colleagues about the importance of ensuring all children on Merseyside have their own bed to sleep in. We rely on you, as our appeal supporters, to help continue to fulfil the referrals we receive.

**On behalf of all of the children who will soon sleep soundly
in the comfort of their very own bed... THANK YOU!**

