



#TeensHelpingTeens

Resources Pack



tree of
HOPE

*The fundraising charity supporting
children's healthcare needs*

#TeensHelpingTeens

Get Involved

Inspire your children to help the ones we support in the UK to access healthcare provisions they desperately need.

What can you do to help?

Set a fundraising challenge or take part in an activity of any sort and help raise awareness of our children. It could be a walk, a jog, baking for your neighbours, litterpicking in your community, the options are endless!



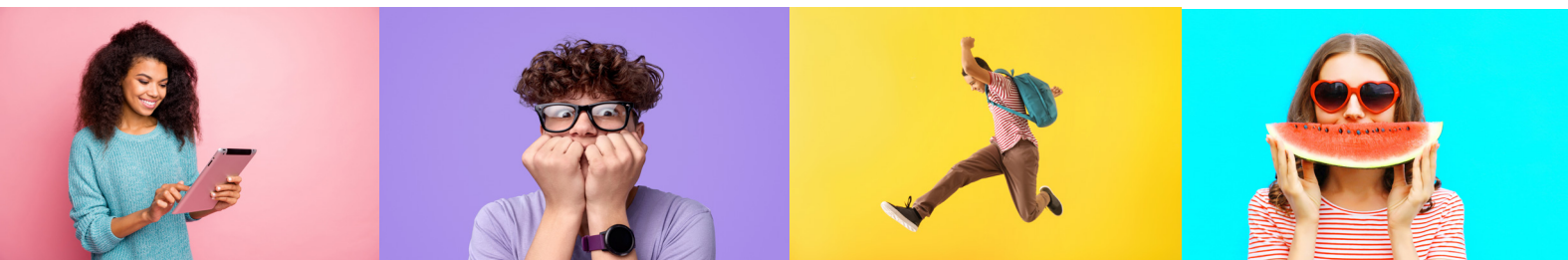
The Aim

Raise Awareness

We've been helping children for over 27 years, but there are thousands more that need our support. So be a hero and do something amazing and help us increase awareness enabling us to reach more children and teenagers who need

Raise Funds

To help us continue our vital work supporting children and teenagers we need your help by getting donations and sponsorship for your challenge of choice!



How You Can Help

Be A Hero

Whether it be a walk, a jog, a garden fitness circuit or helping a neighbour, choose your super power and raise some money to help our children!

Encourage Others

Tell your friends what you're up to and see if they want to join in the fun and become a super hero in their neighbourhood!

Spread the Word

Get involved and like, share and retweet about Tree of Hope and #TeensHelpingTeens to help spread the word on social media.

What's YOUR Super Power?

www.treeofhope.org.uk



We're supporting



#TeensHelpingTeens



Your A-Z of Fundraising Ideas and Challenges!

A is for...Aerobics-athon!

Organise an aerobics-athon to keep fit and healthy and feeling great!. You can do this online, following a YouTube class, with your friends on Zoom and make up your own workout!

B is for...Bake Off!

Hold a summer cake making competition and get your friends, family to bake too! Share the results of your labours on social media. People can vote for their favourites by donating or give money to take part!

C is for...Camp Out!

Camp in your garden, cook outside or go on a nature walk. Get sponsored for the time spent outside!

D is for...Deed!

Do you know people in your neighbourhood who are vulnerable and needs some help? offer to do some gardening, pick up their weekly shopping or cook some hot meals whilst raising awareness for Tree of Hope teenagers!

E is for...Exercise!

Exercise is now allowed more than once a day. Set yourself a challenge for instance a marathon distance in a month, a week or even a day running/cycling/walking, ask for sponsorship to encourage you to meet your goal!

F is for...Fancy Dress!

Have a theme for your dressing up day. Get people to paint their faces (maybe even share a tutorial via zoom with your friends!) You can pick whatever theme you like, so think BIG! Do it as a family, post pictures and videos online and ask people to join you and donate.

G is for...Gaming for Good!

Computer games can do good! If you or someone you know plays a lot of FIFA, Minecraft or some other game, why not have a look at <https://gaming.justgiving.com> to see how they can turn all that gaming into money raised for Tree of Hope

H is for...Helpful Hands!

In this time of isolation, why not lend your helping hands to do the washing up or laundry for your family, you could offer to clean the house, tidy up, or cook! Charge a fee for these odd jobs and then donate it to Tree of Hope.

I is for...Innovation!

Have you got what it takes to be the next Dragon in Dragon's Den? Have you got an idea what you have always wanted to explore? Now more than ever you have time on your hands to make that come true.....what is going to be the next big fundraising challenge? Take your idea, set yourself a fundraising target, see how many people you can recruit and put it into action – how much can you raise?

J is for...Joke-athon!

Have your friends in stitches with an online joke-athon. Make a video or stream online. All you need is a webcam and an internet connection. Get sponsored. How long can you keep your friends laughing? If the jokes are really bad, make them pay a fee to leave.

K is for...Kareoke!

Get into some online Karaoke and encourage your friends to join you by donating to sing (or to stop you singing!!!) share on social media – don't forget to mention us Tree of Hope #ChildrenHelpingChildren. Maybe you could be the next TikTok sensation!

L is for...Litterpicking!

Do something good for your community and help keep your neighbourhood clean by litterpicking and helping raise awareness of Tree of Hope at the same time!

M is for...Music!

So many of festivals, and concerts have been cancelled. The Proms, Glastonbury and the Edinburgh Fringe aren't happening this year. Could you create a show or some music which you can share online? Get sponsored for setting it up and then charge people to watch or listen!

N is for...Decorate!

Nominate a teacher, parent or grandparent – to have their legs, beard or head shaved online. Challenge them to raise money for Tree of Hope. Remember that they should get sponsorship for Tree of Hope, but you could also ask for donations for your friends and family to watch live....

O is for...Open Air Cinema!

If you have a garden, why not set up an open-air cinema screen (or just use a laptop!) and charge household members to vote on which movie you will show? Provide homemade popcorn and ice cream for extra donations to Tree of Hope.

P is for...Penalty Shoot Out!

Show off your skills in a sponsored shoot out as part of a football fundraiser. Put the goalie in fancy dress to make their job harder! Share your football skills on social media and tag your favourite sports person – don't forget to tag us too Tree of Hope #ChildrenHelpingChildren

Q is for...Quiz!

Hold an online quiz or quiz night and raise money for Tree of Hope by asking for a donation per entrant. There are lots of resources online to help you!

R is for...Raffle!

Get friends and family or local businesses to donate prizes, and then get people to take part in an online raffle. Remember to give people their prizes when you can.

S is for...Sports Day!

The school sports day may be cancelled but you can recreate it at home with egg and spoon races, obstacles courses, relays, and pillow-case sack races! Charge household members to enter each race. Get other families to do the same and link up online.

T is for...Treasure Hunt!

Create a treasure hunt around the house (or garden) or in a safe space near your house that involves other children your local community with clues and challenges to see which of your family can find the treasure horde of chocolate treats (or anything else!). You can charge per entrant and give out sweets for prizes.

U is for...Upcycling!

Upcycle furniture and things around the house! Go online for inspiration, get crafty and get donations or sponsorship for your creations. Post pictures and videos on social media and tag us in too Tree of Hope #ChildrenHelpingChildren

V is for...Vegetables!

Why not grow your own fruit, veg, flowers and sell them for donations – when they have grown. This may take a while, but there's no rush! You can keep busy looking after your plants in the meantime, and then sell them to your friends and neighbours over the coming months, or leave them at the front of your house asking for donations.

W is for...Wimbledon!

With Wimbledon cancelled. Hold a Strawberries and Cream Garden Party! you can fundraise for Tree of Hope by setting up an event, starting a JustGiving page and asking people to donate. Also encourage them to do the same – the more the merrier.

X is for...X-Box Tournament!

X-box and other games consoles are available, and you can use any of them to host a virtual fundraising day or night or both for us. People can donate to play and you can make it as competitive as you like – perhaps your school v another school!

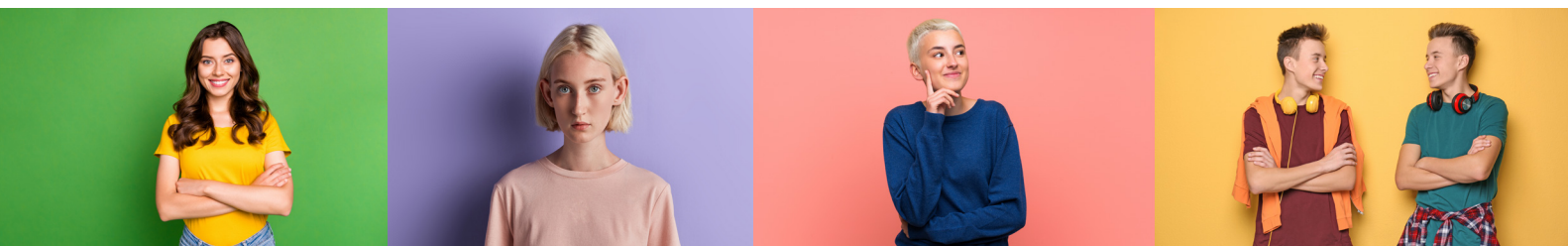
Y is for...Yoga!

Can't get to your gym or class anymore? Search the internet for desk-based yoga to help you stay fit and well in these difficult times. Then donate some of the money you would have paid to go to the gym to Tree of Hope.

Z is for...Zoom!

During lockdown zoom as kept us in touch with friends and family around the world. You can use zoom to connect you with people you miss and fundraise with people you cant yet see in person. This means that you are not limited with how many people you involve with whatever you chose to do. Think BIG.....

Whatever your challenge, get involved and tell us about what you're doing on social media by tagging us and using the hashtag #TeensHelpingTeens and help spread the word!



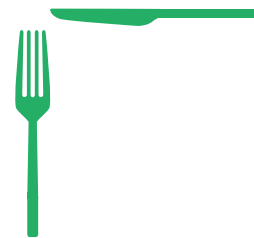
Resources

Use our resources and artwork to cut and stick to make posters, menus and anything else you fancy to raise awareness of your challenge!

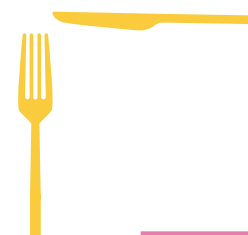


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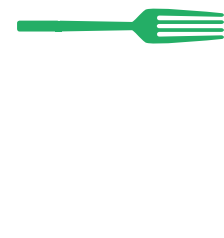
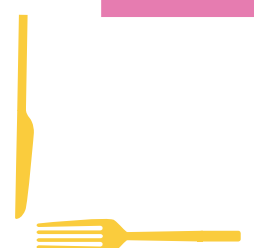
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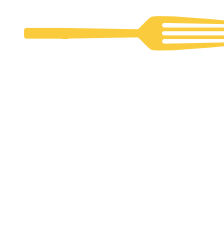
Menu



Menu



#TeensHelpingTeens



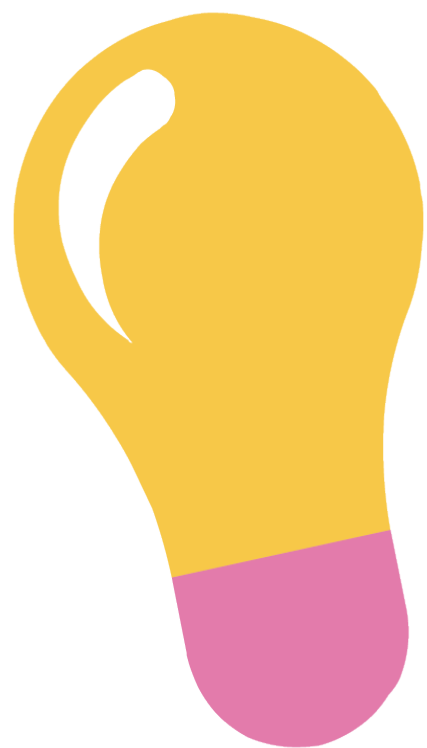
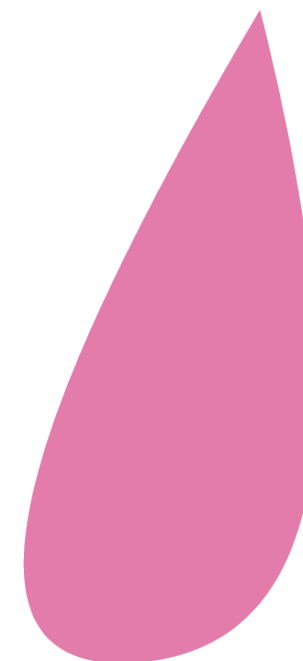
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Get Social

#TeensHelpingTeens

Follow us on...



@treeofhopecc



@treeofhopecc

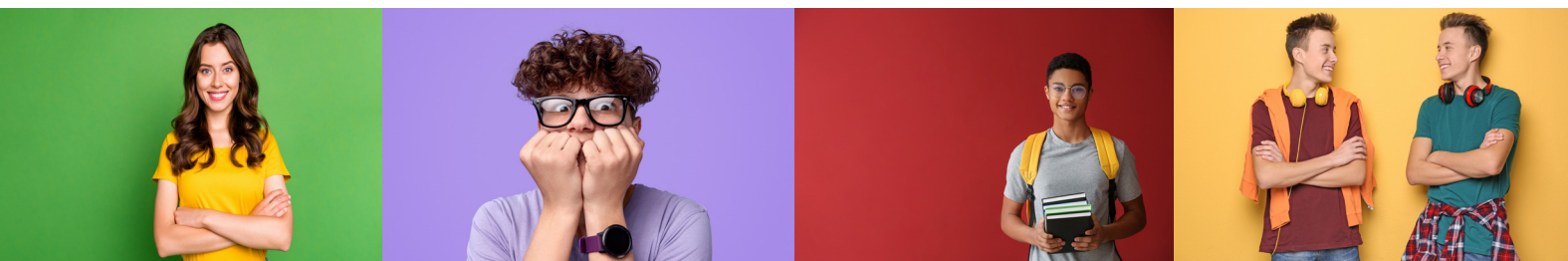


treeofhope.childrencharity



#TeensHelpingTeens

...and tag us with #TeensHelpingTeens hashtag!



Use the posters to hold up in your photo's and tag us on social media using the handles above!

www.treeofhope.org.uk

How to Pay In

Paying in what you have raised is easy just collect your donations and follow the steps below depending on your payment preference.

Set up a JustGiving page

Head to www.justgiving.com and choose Tree of Hope as your charity. Then populate your page with a story about what you're going to be doing! JustGiving takes care of all the gift aid and it's a really easy way to share your cause with people you know especially on social media!



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Pay In Online

Collect your guests donations and simply visit www.treeofhope.org.uk/donations to deposit your money. Email us at accounts@treeofhope.org.uk to let us know!

Pay in at the Bank

For cash donations that you would like to pay directly to the bank, please visit any Metro Bank Store our account details (below) or alternatively if you do not have a local Metro Bank please get in contact with us via **01892 535525** or via accounts@treeofhope.org.uk and we will happily send you a Pay In Slip via post. Once you have completed the slip you can then deposit the cash to any Post Office. Please ensure to advise us by telephone or email the value of the donation referencing Teens Helping Teens.

Pay by Post

Send a cheque made payable to Tree of Hope with 'Children Helping Children' marked on the back.

Cheques must be sent to:
Teens Helping Teens - Tree of Hope
Salford House
19-21 Quarry Hill Road
Tonbridge
Kent
TN9 2RN

Pay by BACS

To send your donations directly via BACS, please use the following bank details:

- **Name of Account:** Tree of Hope
- **Bank:** Metro Bank
- **Sort Code:** 23-05-80
- **Account Number:** 21862665
- **Reference:** 'THT campaign'

Ask for Gift Aid on all donations to add another 25% - all information must be fully completed to allow us to claim this.



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Get your Resource pack at
www.treeofhope.org.uk



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