

JANE TOMLINSON
APPEAL

Schools Fundraising Guide

*Start your
fundraising now*





Thank you

Thank you for choosing to fundraise for the Jane Tomlinson Appeal!

The money you raise will help us continue Jane's incredible legacy. You'll also be supporting our four key projects – all of which have one common goal ...

To help children be happier and healthier
and improve the lives of people living with
cancer

You can read more about how your hard work will help in the following pages. You'll also find some handy hints and tips about how to give your fundraising a boost.

However you've chosen to raise funds, we hope you enjoy it.

We'll be right there with you to help in any way we can – remember to keep us up to date and let us know if we can help, too!

Good luck and thank you!
The Fundraising Team



Our key projects

OWLS



Bereavement Service



OWLS - Overcoming Worry, Loss and Sadness - primarily serves bereaved children aged up to 11 and their families, who are struggling with grief.

It can help in a number of ways, including offering practical and emotional support, direct 1-2-1 counselling, schools workshops and peer activity days where affected children and their families can get together to share experiences and support each other.

Kinesio Taping

The Appeal is funding university research into Kinesio Taping – the sort of strapping used by professional athletes – as well as staging a series of study days to share knowledge of the technique and its potential to relieve some of the symptoms of cancer.

Jane herself received the non-drug therapy and reported that it improved her quality of life immeasurably. It was one of her final wishes to see whether other people could also benefit.



Early detection of breast cancer

The Appeal is co-funding research into a blood test for the early detection of breast cancer.

The research, being carried out at the University of Nottingham, aims to detect breast cancer at a much earlier stage – an estimated four years or so sooner than existing technology like mammograms.

If successful, the test could potentially save millions of lives around the world.

Children's health and well-being

The Appeal is working with the Mini Mermaids and Young Tritons programme to support hundreds of primary school age children to improve their mental and physical health and wellbeing.

With funding from the Appeal, the six-week self-development programme has been rolled out to children living in disadvantaged areas of Leeds and Sheffield – and it is shortly to launch in Hull, too.

Ideas for...

Schools



Own clothes day

A simple but effective idea is an own clothes day where each child wears their own clothes for a small fee. You could even make it a bit different and instead hold a silly socks day, funny hats or even theme it to a lesson plan.



Talent show

Give the pupils a chance to showcase their unique talents.

You could raise money by selling tickets to family and friends. It could be a great opportunity to engage the wider school community in your charity activities.

Some students may also choose to support the organisation of the event instead as well as helping with the staging, this engages all pupils in the activity.

Get crafty

Pupils young and old can be involved in this. Whether it is a simple craft sale for the younger pupils or is an entrepreneurial opportunity for the older students to learn key business and team working skills.

Movie night

Always a favourite among older students, a movie night is a great chance for students to socialise outside of class. You can raise money by selling tickets for the event and providing a tuck shop or bake sale. This could also be a great opportunity to give the students the chance to lead on the event and gain valuable organisational skills.



Mini Mile

The idea is simple, pupils are sponsored to complete a mile. Whether they run it individually, complete it as a team or take on the challenge of hopping, skipping or jumping the distance, it's a fantastic, fun challenge!

Mini and Junior runs

Join us at Run for All's mini and junior events and have a fantastic day out supporting the Jane Tomlinson Appeal. Each child that signs up receives their own fundraising pack, sponsor form, puzzles and a Tommo the Tortoise money box. And the whole class can fundraise and run together. Join us in Leeds, York or Sheffield this summer.



Welly Walk

Put your wellies on Sunday 10th November and join us in Golden Acre Park, Leeds for a short family walk. The route will take you past the lake and through the pretty woodland. Support the Appeal by being sponsored to take part or join us at the stalls and games before and after.

Paying in your money

Once you have finished your fundraising, it is very simple to pay in your money. You can do it in 3 different ways;

1. Pay your money in online, use our donate page and choose other amount.
2. Send a cheque for the total amount to the address on the right. Remember keep your cash safe and don't send it in the post.
3. Pay it directly into the bank account, just get in touch with the fundraising team for the details.

Jane Tomlinson Appeal
Unit 5 Madison Court
Quayside business park
George Mann Road
Leeds
LS10 1DX

<https://www.janetomlinsonappeal.com/how-you-can-help/donate/>

How we can help you?

Did you know that supporting us as a charity can help you reach your PSHE curriculum targets, using our fundraising activities and inviting us to hold an assembly?

Talk about it

Our assemblies could help you reach your PSHE targets. We have two types of assemblies that can support you in speaking to children about difficult subjects; including loss and grief and learning about feelings and also about the importance of community and supporting others in the wider world.



Feelings and grief

Through our OWLS children's bereavement service we can support your school with an assembly focusing on how people cope with loss and grief. It will address the importance of talking if you're upset, communicating your feelings and understanding loss.

Community

When we host an assembly about the Jane Tomlinson Appeal we will discuss the work of the charity and how the pupils' fundraising makes a difference. We will also talk about the importance of supporting others and local charities in your community.

Get active!

Our primary school fundraising activities are focused on encouraging children to get active. We can help you to give the pupils a way of engaging with sports and thinking about their health and well-being both in and out of school. We can help you to make it engaging for all pupils and also through our link with Mini Mermaids and Young Tritons, stress the importance of team work and having confidence in your ability.

Fundraising materials

We can provide you with materials to support your fundraising and activities; including posters, medals for competition winners, and certificates for all pupils.

If you are holding a special event we can help with printable bunting and balloons, and we could even invite our mascot Tommo along!

If you would like to continue your fundraising over a longer period we can also provide a totaliser for your school reception so that you can show all pupils, parents and visitors how much you are raising for the Appeal.



Where your money goes

Find out how the money you raise help us to make children happier and healthier and improve the lives of people living with cancer.

£20

Could provide one counselling session for a bereaved child

£100

Could provide one day of a lab technicians time for the breast cancer blood test research

£240

Could pay for a bereavement worker for one child

£400

Could pay for a six week Mini Mermaids or Young Tritons programme

£2500

Could pay for a kinesio taping study day for 16 physiotherapists

For more information about our four key projects and the difference your support makes, visit our website at www.janetomlinsonappeal.com/our-work



JANE TOMLINSON APPEAL

Thank you!

Get in touch with the fundraising team

Phone: 0113 826 7766

Email: fundraising@janetomlinsonappeal.com

Website: www.janetomlinsonappeal.com

Address: Unit 5 Madison Court, Quayside Business Park,
George Mann Road, Leeds, LS10 1DX