

**Your
fundraising
pack**



Little Stars
for Mental Health



Thank you so much for supporting Place2Be and signing up to take part in Little Stars for Mental Health.

Place2Be works to ensure that no child has to face mental health problems alone, and with 1 in 6 children now having a diagnosable mental health problem, our work has never been more vital.

50% of those with lifetime mental health problems first experience symptoms by the age of 14. As the UK's leading school-based children's mental health charity, we're working hard to help young people navigate the difficulties of mental health and wellbeing.

With so much going on in the world right now, it's never been more important to look after our mental health. Place2Be believes that starting these conversations and breaking the stigma attached to mental health early on can have a huge impact on children's lives.

Whether you crawl, cycle or skip your miles this month, every move that you make will help provide more children across the UK with the mental health support they need.

Thanks for all your support.

Rebecca
Little Stars Team
E: events@place2be.org.uk

In this pack, you will find:

- Activity ideas
- Fundraising tips, including guidance on setting up a JustGiving page and promoting your challenge
- A distance tracker
- Information on how your support will help Place2Be
- Details on how to return the money you raise



How could you take on 5 miles?

We find that a half-mile distance is perfect for little ones, but this is an excellent opportunity to challenge yourselves. How about taking on 3, 4 or 5 miles, or as far as you can go? Here are some examples of you can get involved:



Run, walk or wheel one mile a day

Put on your fastest, prettiest or coolest shoes and wheel, walk or run each day.



Hop on your bike or scooter

Cycling to school or scooting around the park is a fun way to reach your target.



Go for a swim

Maybe you love to swim and want to show off how many laps you can do.



Team up with friends

You can take on a mile each and tackle Little Step Out together.



"You have really helped me and made a difference in my life."

Pupil, Year 6



Top tips to get you started



Create and personalise your fundraising page

Create your fundraising page: [Use this link](#) to set up your fundraising page and join the Little Stars for Mental Health Community. Add a photo and your personal story so your people can see why you are taking part.



Set yourself a fundraising goal

Your families and local communities are much more likely to donate to help you reach a set goal.



Encourage others

Lots of little steps, runs or cycles can make a massive difference, so why not ask your friends or family to take part with you? It will make the challenge more fun!



Share share share!

Use your social media channels to shout about the amazing challenge you are taking on and help spread the word. Don't forget to tag us in your posts:



[@Place2Be](#)



[@_Place2Be](#)



[@Place2BeCharity](#)



[Place2Be](#)



The important stuff

Be sure to check the [Fundraising Resources page](#) on the Place2Be website to find out all the important regulations you'll need to be aware of when fundraising for us. Please follow the Government's guidance on COVID-19 at all times.



How your support could help

£16

could pay for a child to speak to a qualified counsellor about their worries in a lunchtime session.

£54

could pay for a child struggling with trauma to have a 50 minute one-to-one session with a counsellor

£252

could pay for 4 specialised parent coaching session for a parent and child to have together.

£500

could allow over 31 children to book their own appointment to speak to a mental health professional about issues like anxiety, low mood or self-harm

£1080

could help fund a full round of one-to-one counselling for 2 vulnerable children.



"I get a lot of support from my mum and dad for my mental health and I want other children to have that same support."

**Seven year old Alba,
Place2Be Supporter**



Every little star makes a big impact

The past few years have been difficult in many ways, so looking after our mental health has never been more important.

Place2Be is the UK's leading school-based children's mental health charity.

Our mission is to improve children's mental health, and we believe that no child should have to face mental health problems alone.

Sadly, not every childhood has happy memories.

But Place2Be believes every child should have easy access to mental health support whenever they need it.

We do this through schools. We create a safe place where students can open up without pressure. We arm them with emotional skills, to help deal with everything life throws at them.

Allowing our counsellors to respond to the tears they see and look out for those they don't.

Our evidence shows when we do reach children, their school performance improves and so do their life chances, and that stays with them as they grow.

"I feel 11 out of 10 now. Place2Be has helped me come out of my shell."

Pupil, Place2Be school





How to return your funds

The sooner you send us your donations, the sooner we can put them to work in supporting children's mental health.



Online

Encourage your family and local community to donate straight onto your online fundraising page.

Head to justgiving.com/campaign/littlestars to get started.

If you receive cash donations, deposit the funds into your bank account and pay with your credit or debit card onto your online fundraising page or through the [Place2Be website](#)



By post

Cheque and CAF vouchers can be made payable to Place2Be and sent to the address below.

Please include a note with your cheque letting us know your details and that the money you raised was from Little Stars for Mental Health.

Events Team
Place2Be
175 St John Street
London
EC1V 4LW





Track your distance



WEEK 1	This week, I'd like to complete <input type="text"/>
Date	Distance travelled
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
Week 1 distance:	<input type="text"/>

WEEK 2	This week, I'd like to complete <input type="text"/>
Date	Distance travelled
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
Week 2 distance:	<input type="text"/>

WEEK 3	This week, I'd like to complete <input type="text"/>
Date	Distance travelled
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
Week 3 distance:	<input type="text"/>

WEEK 4	This week, I'd like to complete <input type="text"/>
Date	Distance travelled
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
Week 4 distance:	<input type="text"/>

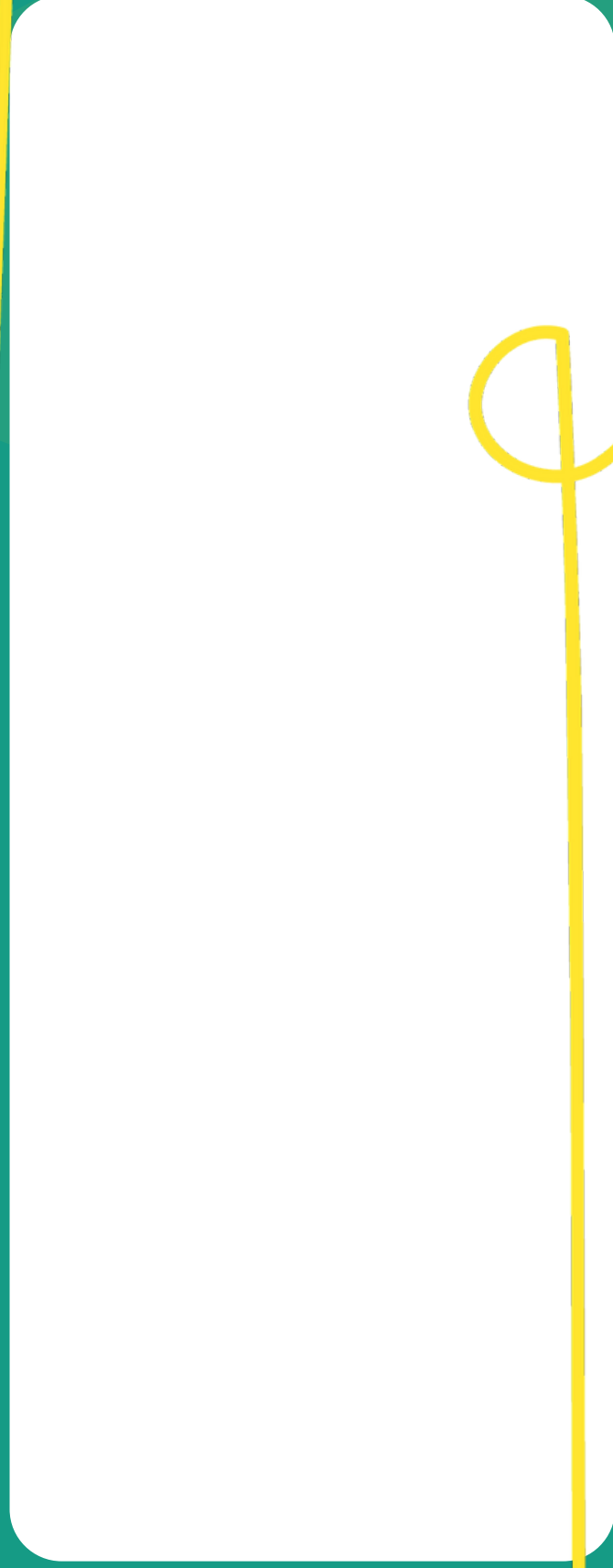
WEEK 5	This week, I'd like to complete <input type="text"/>
Date	Distance travelled
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
Week 5 distance:	<input type="text"/>

	Distance Completed!
Week 1	<input type="text"/>
Week 2	<input type="text"/>
Week 3	<input type="text"/>
Week 4	<input type="text"/>
Week 5	<input type="text"/>
Total	<input type="text"/>

We're with you every step of the way...

We rely on support like yours to help us continue delivering services to as many children and families as possible. If there is anything we can do to help you along the way, please don't hesitate to get in touch. Thank you so much for your amazing support.

I'm a Little Star because...



Little Stars
for Mental Health

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for Mental Health



**We'd love to
hear from you!**
Get in touch today.

 events@place2be.org.uk

 020 7923 5000

 place2be.org.uk



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(SC038649) Registered Company in
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