Your fundraising pack

Little Stars for Mental Health
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.

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

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**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.

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**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

Thank you so much for supporting Place2Be and taking part in Little Stars for Mental Health.

Rebecca
Little Stars Team
E: events@place2be.org.uk
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
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
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
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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...
I'm a Little Star because...
We'd love to hear from you!
Get in touch today.

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020 7923 5000
place2be.org.uk