



Rockinghorse School Fundraising Pack!

Schools' fundraising is incredibly important to Rockinghorse and we would love for you to work with us! This pack will help you to organise a great event which will be fun for the whole school.

To help get the fun started we have included:

- Information about Rockinghorse
- Are you up for the challenge?
- Step by step guide to fundraising
- How your money will make a difference
- How to write a press release
- A-Z of fundraising ideas
- Games and quizzes

We would also love to come along to your school and talk to your pupils about the work of Rockinghorse.

If you would like to plan an event for Rockinghorse and need any help then please contact a dedicated member of the fundraising team who will be more than happy to help you, on 01273 730286 or email analiese.doctrove@rockinghorse.org.uk



About us

Rockinghorse brings hope to families in challenging times, improving the quality of life for some of the most vulnerable children in the region.

Many of the young people we support are living with life threatening conditions, profound physical or learning disabilities or have complex medical needs.

Over the past 42 years Rockinghorse has provide new state of the art equipment to hospitals and respite centres across the region, as well as leisure facilities and equipment for the young people to enjoy and learn from.

We are currently supporting ten respite centres and four children's wards across Sussex and Surrey that all require extra funding to help improve the lives of the young people they care for. For example toys, games, and books are often over used and easily broken so replacing these for the young people to continue to enjoy is hugely important.

Sensory equipment also helps to make a huge difference to how these severely disabled children interact, learn, and develop with their carers and peers. Enabling these children to have a decision in how their surroundings look, sound and feel empowers all of them regardless of their disabilities.

Working in partnership with respite centres and children's hospitals, we strive to make services stimulating, cutting edge and accessible for the many babies, children and teenagers who need them.



Rockinghorse raised over £1m towards the new Alex Children's Hospital in Brighton, East Sussex.

Projects across Sussex and Surrey



A new sensory room is required for Beeches Respite Centre in Reigate, for the severely disabled children they look after.

Outwood Ward at East Surrey Hospital, Redhill is going to have a new high dependency unit for severely sick children and families.

Staff at Orchard House Respite Centre in Cuckfield, want to take their children on some exciting trips and also would like to update their current garden so it's more accessible.

High Trees Respite Centre, Crawley, is going to have a new wing to include a sensory room.

Staff at Chalkhill Child and Adolescent Mental Health Unit are hoping to engage their children in different ways and provide new activities for them.

Holly Lodge Respite Centre based in Horsham, needs new TV's, specialist beds, chairs and a lick of paint to get the centre up to date!

Finches Respite Centre in Burgess Hill has recently had a brand new sensory garden to enable all of the children to get the most from their surroundings.

The Cherries Respite Centre in Chichester needs a new sensory garden that the children can learn and play in.

Staff at Acorn's Respite Centre in Bexhill would like to adapt their current play area to enable children in wheelchairs to make more of their surroundings.

Cissbury Lodge Respite Centre in Worthing is going to have a converted outbuilding for the use of teenagers who will have their own cool hangout!

A 'Fun Gym' will be created at The Bungalow Respite Centre in Eastbourne to encourage physical activities for the young people who use the centre.

Tudor House Respite Centre in Brighton will have a new wing to provide more space for children to take part in activities.

The Alex Children's Hospital, Brighton, needs new mobile sensory towers, and presents for the children at Christmas.

Rockinghorse will provide the Friston Children's ward in Eastbourne with new refurbished rooms and a family room for parents.

Are you up for the Rockinghorse challenge?

Rockinghorse is challenging schools to get all of their pupils, no matter what age, involved in their very own Rockinghorse day! So why not

- Hold a non uniform day
- A Rockinghorse talent show
- A bright yellow and blue cake sale
- A custard throwing competition
- A rock with the horses disco
- Sponsored silence

And Rockinghorse will help you every step of the way by providing you with:

- Someone to talk in your assembly
- Posters to help advertise your event
- Promotional material such as leaflets for parents, and balloons
- The official Rockinghorse logo
- A fundraising totaliser
- Sponsorship forms

What your money could help us buy

- £100 could help us to purchase some new toys and books for children at the Drove Road respite centre, Sussex.
- £250 could help us to purchase musical instruments for children at Chalkhill.
- £500 could help us to purchase sensory equipment which would encourage young people's social skills and interaction.
- £1,000 could help buy televisions and DVDs for the children's rooms to make them more entertaining at Holly Lodge in Horsham.

These are just a few of the items that have been requested by children and staff at our various projects.



Tudor house respite centre, Brighton.



Seaside view development centre



Finches Respite centre, Burgess hill

Step by Step guide to Fundraising

1:

Have a look at our A-Z guide of Fundraising ideas and decide what type of event you would like to hold at your school/college/nursery

2:

Make sure you let us you know that you are holding an event for us by emailing this form to analiese.doctrove@rockinghorse.org.uk, phoning 01273 730286 or posting it to, 11 Prince Albert Street, Brighton, BN1 1HE.

Our School wants to raise money for Rockinghorse by _____
Name of School _____
Contact _____
Position _____
Address _____ _____
Email & Phone _____
No. of children _____ Key stage _____
We would like
<ul style="list-style-type: none">• School Visit• Sponsorship forms• Collection Buckets/Tins• Balloons• Fundraising Literature• The Rockinghorse logo• Rockinghorse posters• Fundraising Totaliser
Date fundraising will take place _____
Date _____ Signature _____

3:

Make sure that on the day you take plenty of photographs which you send to Rockinghorse so that we can see what a great event you organised.

4:

Let your local press know how successful your event was by using our sample press release.

Make your headline catchy

Students and staff at (enter name of school) set themselves a target of raising (£____) for the Rockinghorse Children's Charity. The normal school day was abandoned when the children all (wore yellow and blue/threw custard at teachers/held a massive cake sale) to help raise the cash.

The head teacher (Mr/s ____) said that "The students and staff had a great day and thoroughly enjoyed raising money for this very worthwhile cause"

Rockinghorse would like to thank (enter name of school) for all of their hard work. The money they have raised is going towards making life better for sick children in Sussex and Surrey.

5:

Count the cash and send the money to us by

- Phoning us on 01273 730286 and paying over the phone with a debit/credit card
- Paying cash into our account at any Royal Bank of Scotland branch. Account name Rockinghorse, Sort Code 161424, Account number 10270446
- Banking the cash yourself and sending us a cheque made payable to Rockinghorse sent to 11 Prince Albert Street, Brighton, BN1 1HE.

A-Z of Fundraising

A
Abseil; afternoon tea; art exhibition; auction of promises; aerobathon;

B
Bric a brac; brunch party; bag packing; book sale; beauty night; bingo;
barbeque party; ball; barn dance; balloon race; Burns night; bonfire party;
battle of the bands



C
Coffee morning; car boot sale; car wash; carol singing; collecting boxes; craft fair; concert;
cycle ride; 'Come dine with me'; Christmas card sale; Cake sale; Custard throwing

D
Dog walk; dinner dance; disco; donations in lieu of gifts; dog show; darts competition; dress
down/dress up day; dance-a-thon

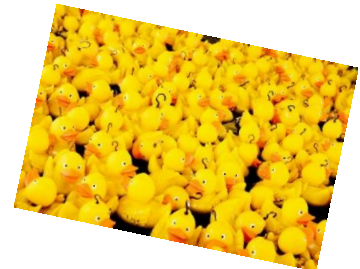


E
Eurovision party; Easter egg hunt; egg painting competition

F
Fantasy football; fashion show; firework display at your school; football
tournament; fancy dress party; food hamper raffle; fun run

G
Guess the baby photo/number of sweets in the jar etc.; go-karting; greetings card sale; gig;
gift wrapping; garage sale

H
Hideous hair day; Halloween night; hook a duck; hoopla; Harry
Potter party



I
It's a knockout; ice cream party; Italian evening; ice skating; Indian
evening; ironing; international dinner party

J
Jazz night; jumble sale; jewellery making; jeans day at school; junk food challenge (give it up
for a week!); Jive night

K
Karaoke night; kids colouring competition; knit-a-thon; keep fit class;

L
Lunch party; line dancing; limbo competition; loud shirt day; Leavers ball

M
Musical recital; May Day celebration; makeover day; medieval banquet;

N
New Year's resolution; non-uniform day; name the teddy; no TV for a week;

O

One day fast; orienteering race; Outward Bound;

P

Plant sale; pantomime; pool party; paintballing; pyjama party; parachute jump

Q

Quiz night; quilt auction; quickstep – learn a new skill; Quidditch challenge on Wii;

R

Rock around the clock – disco/jive night; Raffle; rock'n'roll night; read-a-thon; rowing event; regatta; record breaking; recipe swap; run



S

Street party; summer ball; strawberry tea; salsa night; sports day; sponsored silence/swim; space hopper race; sprout eating competition; school fete; Sponsored spelling test

T

Tribute band night; talent competition; teddy bear's picnic; three peaks challenge; treasure hunt; tug of war; triathlon; tombola; throw a wet sponge at your boss/teacher; Trivial Pursuit night; toy stall; three legged race; team building

U

Ultimate Frisbee competition; USA party; unwanted gift swap;

V

Valentine's day ball; vegetable sale; village fete; variety show; violin recital

W

Welly throwing; wear a wig to school day; Wii competition

X

Xmas fair; X-Factor competition; Xmas ball; X-box challenge

Y

Yachting; yo-yo challenge; Yellow and Blue day; Young enterprise

Z

Zodiac party; zoo party; zany



Assembly/Lesson ideas

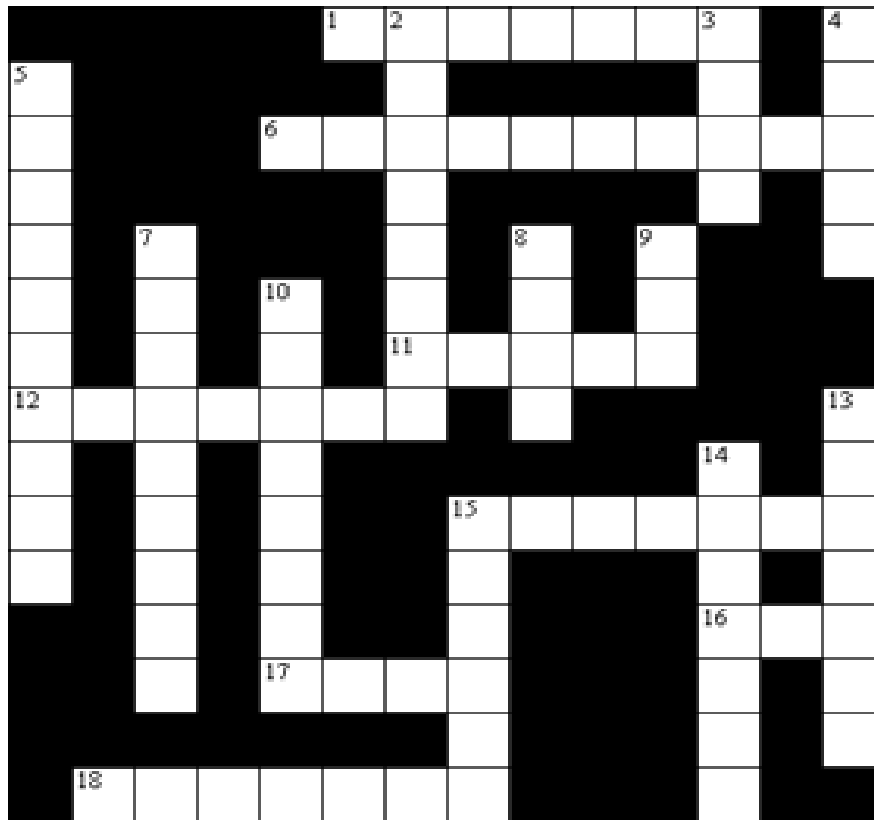
Rockinghorse would love to come along to one of your assemblies and give some more information to you and your pupils about the work that we do. However, if you would like to talk to your pupils instead we have included some information for you to use.

- Rockinghorse was set up in 1968 by Dr Trevor Mann
- Rockinghorse was set up to help provide better equipment and facilities for sick children in Sussex
- Rockinghorse launched the new Alex appeal in 2006
- In 2007 the New Alex children's hospital opened and has been delivering high quality care for children across Sussex and Surrey
- Rockinghorse is still supporting the Alex but has now expanded its fundraising to help support children's respite centres across Sussex and Surrey
- Rockinghorse is currently supporting children in the following areas:

Eastbourne	Redhill
Reigate	Bexhill
Haywards Heath	Burgess Hill
Lewes	Cuckfield
Brighton	Chichester
Worthing	Horsham
Crawley	Hastings

- Rockinghorse helps to support children who are aged between 0 – 19years old and have complex medical needs and many of the children have life-limiting conditions.
- Rockinghorse aims to make their stay in either hospital or a respite centre as safe and enjoyable as possible by providing equipment that they would not otherwise have, such as sensory items, toys, games, and books and garden furniture/equipment.
- Why not get your students to compare their lives to the lives of the young people that Rockinghorse supports? See how many differences and similarities that they can come up with.

Healthy eating Crossword



Across

Down

- | | |
|---|---|
| <p>1. having good health and not likely to become ill (7)</p> <p>6. too heavy (10)</p> <p>11. drops of liquid that appear on the surface of your skin when you are hot (5)</p> <p>12. a unit for measuring how much energy food will produce (7)</p> <p>15. to train the body by physical exercise (4, 3)</p> <p>16. a room or hall with equipment for doing physical exercise, for example in a school (3)</p> | <p>2. physical or mental activity that you do to stay healthy or become stronger (8)</p> <p>3. a system of exercises for your body and for controlling your breathing, used by people who want to become fitter or to relax (4)</p> <p>4. an exercise for making your stomach muscles strong, in which you lie on your back on the floor and raise the top part of your body to a sitting position (3-2)</p> <p>5. a private club where people go to do physical exercises in order to stay or become healthy and fit (6, 4)</p> <p>7. with a solid, strong body (4, 5)</p> |
|---|---|

17. thin, in a way that is attractive (4)
18. an exercise in which you lie on your stomach and raise your body off the ground by pressing down on your hands until your arms are straight (5-2)
8. a limited variety or amount of food that you eat for medical reasons or because you want to lose weight (4)
9. healthy and strong, especially because you do regular physical exercise (3)
10. physical exercises intended to strengthen the heart and lungs, often done in classes, with music (8)
13. a natural substance found in food that is an essential part of what humans and animals eat to help them grow and stay healthy (7)
14. the activity of running slowly and steadily as a form of exercise (7)
15. to prepare for physical exercise by doing gentle exercises (4, 2)

Fruit Word search

U	M	A	N	D	A	R	I	N	R	Q	C	D	M	X	M	N	O	X	U
Y	T	Q	C	V	S	A	Z	K	N	P	T	F	D	Z	I	L	V	X	Q
Y	B	M	R	Y	T	M	E	T	A	N	A	R	G	E	M	O	P	J	C
R	A	E	X	O	R	U	V	Y	W	M	S	N	T	I	C	C	A	R	U
R	N	L	V	K	A	S	O	Y	O	Y	D	Z	Y	R	R	E	H	C	T
E	A	O	C	U	W	T	A	V	A	U	G	X	D	K	I	W	I	W	F
B	N	N	N	M	B	A	U	A	P	R	I	C	O	T	T	I	A	S	T
K	A	Y	K	Q	E	S	C	I	I	E	K	T	F	H	E	M	I	L	X
C	C	Y	F	U	R	D	O	K	R	E	D	C	U	R	R	A	N	T	M
A	T	Z	S	A	R	T	N	A	R	R	U	C	K	C	A	L	B	C	P
L	P	T	Q	T	Y	B	Z	H	H	S	L	Y	G	P	Y	L	Y	E	L
B	G	G	R	A	P	E	F	R	U	I	T	L	O	I	E	L	T	N	E
E	E	G	N	A	R	O	R	F	B	N	A	O	G	N	A	M	C	I	S
L	B	G	G	O	O	S	E	B	E	R	R	Y	J	E	P	S	U	R	M
P	C	V	Z	R	K	I	G	S	M	U	L	P	B	A	H	P	U	A	A
P	Q	Y	R	R	E	B	E	U	L	B	N	N	X	P	V	E	N	T	E
A	J	Q	T	Y	R	R	E	B	N	A	R	C	P	P	R	A	Z	C	C
Q	R	A	E	P	P	K	N	O	M	E	L	M	T	L	R	C	D	E	W
J	U	F	S	E	P	A	R	G	M	C	B	G	G	E	O	H	V	N	Y
L	C	A	I	U	Y	R	R	E	B	P	S	A	R	A	T	U	M	Y	E

blackcurrant pomegranate grapefruit blackberry redcurrant kiwi
strawberry gooseberry pineapple blueberry raspberry cranberry
nectarine mandarin apricot kumquat satsuma banana cherry
orange grapes apple peach lemon melon mango guava
plum pear lime

Health Quiz

Put a tick next to each correct answer

1. Which food group does fromage frais belong too?
 - Milk and dairy
 - Meat and veg
 - Starchy carbohydrates
 - Fats and sugars
2. How many portions of fruit and veg should you eat every day?
 - None fruit and veg aren't important
 - 3 that seems about enough
 - 5 is the recommended daily amount
 - 5 fruit pastilles will do
3. What is BMI?
 - Something that adults have
 - A calculation of someone's weight and height
 - A type of chocolate
 - I don't know
4. How important is it to eat breakfast?
 - Not very important you can eat more at lunch time
 - Breakfast is the most important meal of the day
 - Having breakfast will make you put weight on
 - Breakfast? What's that?
5. How much exercise should you do each day?
 - None because exercise is boring
 - Twice a week is fine you don't need to do it every day
 - 30-60 minutes a day is the recommended amount
6. Which of these does not count as exercise?
 - Ten minutes after school is enough
 - Going for a run in the park
 - Riding your bike to school
 - Playing on your favourite video game
 - Going for a swim with your friends
7. Which food group do potatoes belong too?
 - Milk and dairy
 - Meat and veg
 - Starchy carbohydrates
 - Fats and sugars
8. What is chocolate made form?
 - Coco
 - Sugar
 - Cacao
 - Fat
9. How much water should you drink each day?
 - 1 Litre
 - 1.5 Litre
 - 2 Litre
 - 2.5 Litre
10. What is a tomato?
 - Fruit
 - Vegetable
 - Herb
 - Vitamin



Rockinghorse colouring in



Answer page

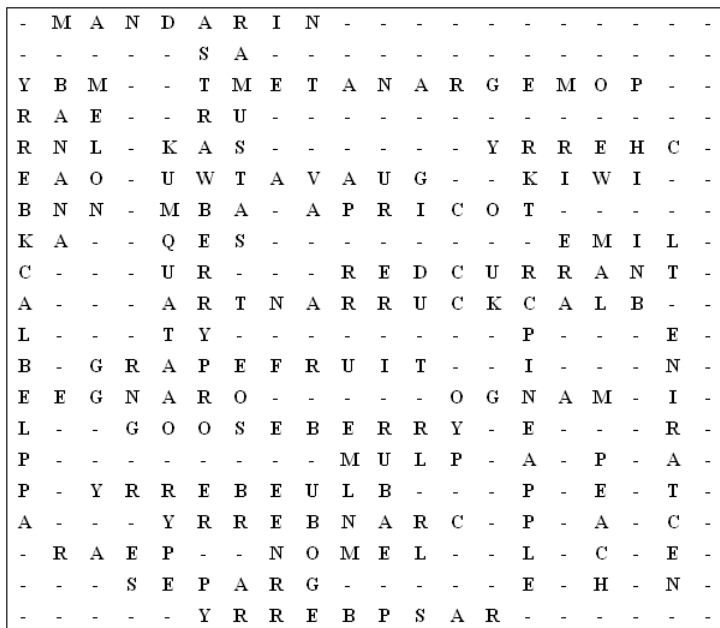
Health Crossword



Health Quiz

1. Milk and Dairy
2. 5 is the recommended daily amount
3. A calculation of someone's weight and height
4. Breakfast is the most important meal of the day
5. 30-60 minutes a day is the recommended amount
6. Playing on your favourite video game
7. Starchy carbohydrates
8. Cacao
9. 2.5 Litres
10. Fruit

Fruit Wordsearch



Follow the rules!

Events should be fun and safe for those who attend and those who organise them. The tips below point out some of the practical rules that exist to protect you and the public:

Safety

Unfortunately, accidents can happen anywhere, so we recommend that you carry out a risk assessment to ensure that any risks are minimised and your event is as safe as can be reasonably expected. Apart from normal precautions, please seek expert guidance from the police, fire and ambulance services for events with an element of risk.

Insurance

Rockinghorse can accept no liability for any event you undertake so it is important that you secure appropriate cover. Most venues will have insurance to cover events organised on the premise but please check that any liabilities to the public are covered to protect yourself as well as your audience.

Permissions

Charity events do sometimes cause disruption and, while most people will make allowances for any inconvenience caused to their lives in pursuit of a good cause, it is advisable not to take this for granted. Raffles and prize draws in particular are subject to restrictions and guidelines need to be followed. It is advisable to contact your local council for advice. You will also require permission if you conduct a collection in a public place such as a shopping centre or high street. For this you will need to contact your local council to apply for a permit.

Hints and Tips

1. Keep it simple

Simple ideas are easier for you to organise and therefore the most successful. Try to build in a fun element too. Let people enjoy themselves and then they will want to take part next time!

2. Be organised

Have a clear action plan from the beginning and set yourself deadlines for each step of your plan.

3. Make checks

Read through our 'follow the rules' section (above) to make sure your event doesn't need any special license or permission. Consider whether you need first aid on standby.

4. Take photos

Please email us photos of your event. We are always looking for pictures to go on our website, in our newsletter or in next year's schools fundraising pack.

5. Say thank you

After the event don't forget to thank everyone who helped and supported you. It will encourage them to be involved next time.

Rockinghorse is always here to help with your fundraising so do not hesitate to call us on 01273 730286 or email analiese.doctrove@rockinghorse.org.uk