



**WHO
CARES?**
SCOTLAND

Care 2 DARE ?

EVENTS 2024

FUNDRAISING PACK



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Dear Supporter,

Thank you for taking part in this year's #Care2Dare? Fundraising Challenge! This year's #Care2Dare? fundraising challenge kicks off with the Fundraising Firewalk in Glasgow on the 14th February, with more exciting events to be announced throughout the year.

We are also challenging our supporters to take on their **own, personal challenge for Who Cares? Scotland**, to help us support Care Experienced people in Scotland with opportunities to connect and belong, while pushing for real systemic change – a future where everyone grows up equal, respected and loved.

This pack contains lots of resources to help you set your own **#Care2Dare?** challenge, raise money to support Care Experienced people to connect and belong, and have their collective voice heard.

We have made suggestions of possible challenges, and listed third party organisations that can enable you to take part in fun and daring activities such as zip slides and assault courses!

We are also encouraging you to be as creative as possible! If you have an idea that you would like to chat through with us, please get in touch – we would love to hear from you. **Our team is ready to support you with your challenge – do you #Care2Dare?**

Love,



Lucy Christopher



Laura Mullarkey



Carly Telford



Why Do We Fundraise?

A recent study found that one in every hundred babies born in Scotland will be taken into care before their first birthday. Care Experience is a term used to describe those who have experience of the care system and includes foster care, residential care (group living in a children's home) and kinship care (living with extended family members). Some Care Experienced people remain at home under social work supervision, while others may be adopted or experience a range of these care settings. Whatever their situation, all children need the same things to thrive. They need to feel safe and loved, by people who care about them. For many Care Experienced people, this need is unmet.

Who Cares? Scotland is the national membership organisation for all Care Experienced people. For 45 years, we've worked alongside them to make sure their voices are heard, with the ultimate aim that they grow up feeling Equal, Respected and Loved. All year round we provide high quality independent advocacy all over Scotland, working with Care Experienced young people to have their voices heard regarding decisions which affect their life. In 2020 we launched the very first dedicated life-long advocacy helpline, to provide support to Care Experienced people of any age.

We need to raise additional funds to ensure we can deliver our annual programme of connection and belonging events for Care Experienced people. This includes local activities for kids, drop-in groups, training programmes such as Empowering Voices as well as our annual programme of national events to bring all our members together – the Carelidh for Care Day in February, our summer residential programme, Time to Shine party and Love Rally in October. The year ends with our Care Family Christmas on Christmas Day – up to 150 members, volunteers and staff come together for a three course meal with all the trimmings, games and a visit from Santa himself, with presents for everyone. These activities are so important to our Care Experienced members - bringing them together to create connections and belonging, build a strong sense of individual and collective identity and have their voice heard.



CASE STUDIES

CASE STUDY: Glasgow Drop In Group

Every Thursday our National Office hosts a drop in session for Care Experienced people aged 16 and over. It is a relaxed session with tea, snacks, games and movies, giving people the opportunity to socialise and make friends. A member of our Lifelong Advocacy Helpline is on hand to provide support with any issues members may be facing. Our approach allows our staff members to create a lasting relationship with our members enabling them to understand their day-to-day life and challenges. We organise additional trips – such as to the Tron Theatre to see the Christmas panto – and distribute gifts in kind, such as household goods or food hampers.

“If I’m honest, I didn’t think I belonged anywhere until I came to Who Cares? Scotland. I was a wee bit lost and suddenly I found a group of people who were exactly like me and who had a similar background, and I was like ‘oh my God, where have these people been all my life?’, and I suddenly had an identity and a purpose.”
Care Experienced person



CASE STUDY: Harvard Project

For over a decade we have delivered the Harvard Summer School project which gives Care Experienced young people from Scotland aged between 16 and 18 the opportunity to take part in Harvard University’s Summer School programme in Massachusetts, USA. The young people have their travel, accommodation and meals paid for as well as being immersed in campus life and social activities. Last year we sent four Care Experienced young people to Harvard for seven weeks to study two subjects of their choice. Meg Tulk, 17, said of the experience; “I will never forget the connections I made with the other students. There were so many good people there that helped me through so much and they made me grow as a person. I will never be able to forget the memories we made together, whether it was studying in the science centre or getting lost in Boston. These people encouraged me to put 100% effort into everything I did.”



Megan Tulk

What your donations can do

£5



Could send a Care Experienced person a Birthday Card, for some this is the only one they will receive.



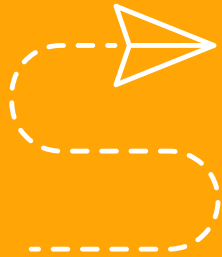
£10



Could send a Christmas parcel to all of our members. This includes a Magazine, chocolate & a small gift.



£30



Could pay for a Care Experienced person's travel and food for them to attend one of our national activities.



£25



Could help us send our quarterly magazine to a Care Experienced person.



£50



Could pay for a Care Experienced person to come to our Christmas day dinner.



£100



By donating £100, you could pay for a Care Experienced person to get support and guidance from our helpline.

Care 2 **DARE** ?

CHALLENGE IDEAS

**New to running? Take on Couch
to 5K to raise funds!**



**Pick up those steps: challenge
yourself to 20,000 steps every
day in February!**

**Swim a kilometre in your local
pool! (Pro tip: Edinburgh
Commonwealth is 50 meters long,
so a kilometre is 20 lengths!)**



**Fancy a climb? You're in the right
place! At 250ft Arthur's Seat offers a
beginners challenge, while Ben
Lomond is a bigger challenge, with
the reward of beautiful scenery -
once you've climbed 974 meters!**

JustGiving™

Once you have decided on your challenge, it is time to set up your JustGiving page! The more information you can give on your page the better - why are you taking on this challenge? What will donations go towards? Make it personal by choosing an image of yourself on your page. To encourage giving, share your page on your social media accounts with updates on your progress against your target, making sure to thank those who have already donated!



WEBSITE LINKS

GO APE

With locations in Stirling, Edinburgh and Aberfoyle, book a session at GO APE to take on their zip slide challenges!

SCOTTISH ASSAULT COURSES

All their assault courses are a minimum of a mile long and feature obstacles such as tunnels, 5ft & 10ft walls, monkey bars, Ninja Warrior rings, rope traverse, net climbs and of course plenty of mud and water challenges! Cost is £20 per person and they have sites in Aberdeenshire, Ayrshire, Edinburgh, Dundee and Dumfries.

HIGHLAND FLING BUNGEE JUMP

Jump 132 feet from the Killiecrankie bridge! Bookings available all year round.

POLAR BEAR CLUB

Book in for an ice bath session and feel the benefits!

SEA AND STREAM

Check the link above for a list of outdoor swimming challenges!

Thank you for fundraising for Who Cares? Scotland.
With your support, we can achieve a lifetime of
equality, respect and love for all Care Experienced
people



**WHO
CARES?**
SCOTLAND

EQUALITY | RESPECT | LOVE

I am fundraising for a lifetime of
EQUALITY, RESPECT and LOVE for Care Experienced people
by taking on a **#Care2Dare?** challenge



MY **#CARE2DARE?** CHALLENGE IS...



Contact details

For more information, please contact our **Fundraising team.**

Tel: 0141 226 4441

Email: Fundraising@whocaresscotland.org

For **general enquires**, contact us at:

Tel: 0141 226 4441

Email: hello@whocaresscotland.org

Who Cares? Scotland

40 Wellington Street

Glasgow

G2 6HJ



And lastly... Thank you!

