



**THIS IS  
MY PLACE**

**Place2Be's**  
**CHILDREN'S**  
**MENTAL HEALTH**  
**WEEK**

**FUNDRAISING  
MATERIALS**

[#ChildrensMentalHealthWeek](https://twitter.com/ChildrensMentalHealthWeek)

[childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)

# YOUR SUPPORT WILL IMPROVE CHILDREN'S MENTAL HEALTH

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

**£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 sessions for a parent and child to have together

**£500**

could allow 31 children to speak to a mental health professional about issues like anxiety, low mood or self-harm.

**£1080**

£1080 could help fund a full round of one-to-one counselling session for 2 vulnerable children.

**"When I feel worried, it's like I'm in a maze and coming to Place2Be is like a person with a torch is there who is showing me the way."**

Child helped by  
Place2Be

**Please donate to  
my fundraising  
page:**



**#ChildrensMentalHealthWeek**

**childrensmentalhealthweek.org.uk**



Registered with  
FUNDRAISING  
REGULATOR

Place2Be is a registered charity in England and Wales (1040756)  
and in Scotland (SC038649).

# WE'RE FUNDRAISING FOR

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

TOGETHER WE CAN HELP TO CHANGE THE  
LIVES OF CHILDREN AND YOUNG PEOPLE.

#ChildrensMentalHealthWeek

[childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)



Registered with  
THE FINANCIAL REPORTING  
REGULATOR

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Place2Be's

# CHILDREN'S MENTAL HEALTH WEEK

HELP US ENSURE THAT  
NO CHILD MUST FACE MENTAL  
HEALTH PROBLEMS ALONE.

GOAL

£



CHAMPION!

ALMOST  
THERE!

HALF WAY  
THERE!

KEEP IT UP!

LET'S GET  
STARTED

#ChildrensMentalHealthWeek

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# CREATE YOUR OWN BUNTING



## INSTRUCTIONS

1. Print this page onto paper or card, as many times as you'd like.
2. Colour / design your bunting (see next page for our pre-designed bunting if you are short on time).
3. Cut along the dashed lines so each triangle is separated. Then fold along the dotted lines.
4. Place string or tape along the top of the bunting above the fold.
5. Glue or tape the flap down so your triangle is stuck.
6. Hang the bunting up.



## YOU WILL NEED

- A printer
- A4 paper or card
- Scissors
- Glue, string and sellotape
- Coloured pens, pencils or crayons

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- A4 paper or card
- Scissors
- Glue, string and sellotape

CUT ME OUT

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## How to return your funds

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

**By post:** Cheque and CAF vouchers can be made payable to Place2Be and sent to:

Fundraising Team - Place2Be, 175 St John Street  
London, EC1V 4LW

**Please do not send cash by post!**

**Online:** Deposit the funds into your bank account and pay with your credit or debit card onto your online fundraising page or by clicking 'Donate' on our website: [childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk)

**By phone:** Deposit the funds into your bank account and call us on 020 7923 5500 to make a payment with our team.



MAKE A  
DIFFERENCE  
TO CHILDREN'S  
MENTAL HEALTH

Thank you!



GLUE HERE

GLUE HERE

If found please return this box  
and the contents to Place2Be.

Fundraising Team - Place2Be  
175 St John Street, London, EC1V 4LW

Thank you.

GLUE HERE

GLUE HERE

FOLD  
CUT

Place2Be's

# CHILDREN'S MENTAL HEALTH WEEK

## GUESS THE WEIGHT OF THE CAKE



FOLD HERE grams

**HOW TO PLAY:** Bake (or buy) a cake and secretly make a note of its weight and write it on the game sheet. For a suggested donation of £2, simply write your name and your best guess on the sheet provided. Once everyone has had a go, your host will reveal the actual weight— and the person with the closest guess wins the cake!

Name	Weight of cake	Name	Weight of cake
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Name	Weight of cake	Name	Weight of cake
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Terms and Conditions: Entry into this competition is free. No purchase is necessary. All monies raised will be donated to Place2Be.

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## QUIZ



## General Knowledge - Round 1

- Q1. How many colours are in a rainbow?
- Q2. What colour appears in 77% of the world's flags?
- Q3. In 2021, which app had been downloaded over 3 billion times?
- Q4. In 1524, what was the last letter added to the English Alphabet?
- Q5. Viewed from space, which US city is the brightest on Earth?
- Q6. The unicorn is the official national symbol of which country?
- Q7. What is the most common street name in Great Britain?
- Q8. What is the most sold flavour of Walkers crisps?
- Q9. How many human players are there on each side in a polo match?
- Q10. The hammer, the anvil and the stirrup are all bones in which part of the human body?



## Music - Round 2

- Q1. Which percussion instrument is named after its shape?
- Q2. Who affectionately calls her fans 'Little Monsters'?
- Q3. Both Motown and Techno music are said to have originated in which U.S. city?
- Q4. Which country does the singer Rihanna come from?
- Q5. Which UK rapper's real name is Michael Omari?
- Q6. Which mathematical symbol was the title of Ed Sheeran's first album in 2011?
- Q7. What Beatles single stayed longest in the charts, lasting 19 weeks?
- Q8. In 2020, who became the youngest ever artist to win four awards at the Grammys?
- Q9. What is the name given to the person who directs the orchestra?
- Q10. Alecia Moore is the real name of which singer, which is also a colour?



## Geography - Round 3

- Q1. In which county are England's largest lake and highest mountain situated?
- Q2. Which is the only letter not to appear in the name of any American State?
- Q3. In terms of size, which is the smallest country in the world?
- Q4. The moon has a diameter of 3,400 kilometres, but which country is wider with a diameter of 4,000 kilometres?
- Q5. What is the capital of Peru?
- Q6. Which European capital city was built on 14 islands?
- Q7. Mount Vesuvius overlooks which present-day Italian city?
- Q8. With 202,080 km, which country has the longest coastline in the world?
- Q9. Which English city has more miles of canals than Venice?
- Q10. Which is the world's largest island?

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## General Knowledge - Round 1



- Q1. Seven
- Q2. Red
- Q3. TikTok
- Q4. J
- Q5. Las Vegas

- Q6. Scotland
- Q7. High Street
- Q8. Cheese and Onion
- Q9. 4
- Q10. The ear



## Music - Round 2



- Q1. Triangle
- Q2. Lady Gaga
- Q3. Detroit
- Q4. Barbados
- Q5. Stormzy

- Q6. Plus
- Q7. Hey Jude
- Q8. Billie Eilish
- Q9. Conductor
- Q10. Pink



## Geography - Round 3



- Q1. Cumbria (Scarfell Pike and Lake Windemere)
- Q2. Q
- Q3. Vatican City
- Q4. Australia
- Q5. Lima

- Q6. Stockholm
- Q7. Naples
- Q8. Canada
- Q9. Birmingham
- Q10. Greenland



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