

MY GUIDE TO FUNDRAISING

1-7 FEBRUARY 2027

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK



THANK YOU FOR TAKING PART

Let's make a big impact – together!



Welcome to your fundraising pack for **Place2Be's Children's Mental Health Week 2027!** With you by our side, we know **we can raise life-changing amounts for children's mental health.**

Place2Be delivers expert, embedded, timely mental health support in schools so every child can thrive. With 1 in 5 children and young people now having a probable mental health condition, **our work has never been more needed.**

This year's theme, **Step Into Our World**, focuses on empathy and nurturing relationships. By inviting others into your world through fundraising, you can spark conversations, build understanding and support children's mental health.

Inside, you'll find everything you need to host your own **Express Yourself Day on Friday 5 February**, from simple ideas and top tips, to downloadable freebies and interactive activities! Whether it's team building, or a group challenge, there is something for **every colleague** to get involved with.

However you take part, we're so grateful for your support.



HOST AN EXPRESS YOURSELF DAY!

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05
Feb



Life's busy - we get it. That's why we've made fundraising for Children's Mental Health Week **simpler (and more fun!) than ever.**

Join us on Friday 5 February 2027 and host your very own Express Yourself Day!

Everyone brings something different to the workplace. This is your chance to share a little more of what makes you, you, and get a glimpse into your colleagues' worlds.

No big budget or fancy plans, just grab your go-to outfit or a delicious bake (or shop bought treat, we won't tell...) and get involved! Ready to express yourself? Here are some fun ideas to get you started...



DRESS:

Ditch the dress code for the day! Go comfy, go colourful, or go casual, but most importantly, go YOU. Wear it proud and fundraise in style, encouraging everyone to donate a suggested £2. **However you express yourself - your way is the right way.**



BAKE:

Make a cuppa and come together with your team to enjoy yummy homemade bake sale treats, and chat about wellbeing, self-care and parenting.



CREATE:

Create your own fundraising idea and make it completely your own. From desk decorating face-offs to speed quizzes, mindfulness art to team challenges - anything goes.

YOUR SUPPORT WILL TRANSFORM LIVES

Thank you!

How your fundraising makes a difference...



£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 four 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.

£1,080

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

"Place2Be is like a big sponge that absorbs all of your worries. A safe space to talk."

Child supported by Place2Be.



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

Place2Be's

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KICKSTART YOUR FUNDRAISING JOURNEY



6 simple steps. 1 incredible day.

Follow our easy-to-use checklist to organise your fundraiser and make your Express Yourself Day a big success:

1 PLAN YOUR DAY



- ☐ Pick your activities and suggested donation amount, set timings and locations, put together a team of people to help, and get everyone excited to take part. **Be sure to send event details out early!**

4 HAVE FUN & RAISE FUNDS



- ☐ Enjoy the day and raise money to support children with their mental health. Ask your team to share your link far and wide, and be sure to check about match funding with your employer.

2 SET UP YOUR JUSTGIVING PAGE



- ☐ Create your JustGiving page, set a fundraising target, and personalise it with photos and your story. Not using JustGiving? No worries! Find out how to pay in your donations on the next page.

5 SHARE YOUR DAY



- ☐ Tag us in your photos – we love seeing your creativity and celebrating your impact. Plus, sharing your success can give your fundraising total a final boost to help you hit, or exceed your target.

3 SPREAD THE WORD



- ☐ Create your own poster later in this pack and pop it up. Send emails and texts, and share your plans on social media to build buzz!

6 PAY IN YOUR FUNDS



- ☐ Follow the instructions on the next page to transfer the money you've raised.

Tag us on social media so we can celebrate your fundraising plans!

 Place2BeCharity

 @_Place2Be

 Place2Be

 @_Place2Be

#ChildrensMentalHealthWeek #ExpressYourself

SET UP YOUR JUSTGIVING PAGE AND MAKE A DIFFERENCE



Setting up a JustGiving page is quick, simple, and the easiest way to collect your donations. Just follow these six simple steps:

- 1 Visit **justgiving.com/campaign/cmhw2027** (or scan the QR code).
- 2 Select 'Start Fundraising', and create your own fundraising page.
- 3 Embrace your inner storyteller and personalise your page with photos, videos, your story, and a fundraising goal (the sky's the limit, **go big!**)
- 4 **Share, share, share!** Share your link with the workplace, friends and family via email, social media, group chats, and newsletters. Don't be afraid to send polite reminders, and to update folks on your progress.
- 5 Thank your community for their donation!
- 6 Your donations will be sent directly to us through JustGiving, so you don't need to do anything! Once you have finished fundraising, you can set your page to 'Completed'.



DON'T FORGET TO MENTION GIFT AID!

Let supporters know that they can boost their donation at **no extra cost**. Every £1 they give could be worth 25% more. **(That's 25p for every £1!)**

PAYING IN YOUR DAZZLING DONATION

To pay in any other monies collected, please visit **www.childrensmentalhealthweek.org.uk**

If you would like to send a cheque or CAF voucher, please contact **events@place2be.org.uk**



YOUR FUNDRAISING GOODIES

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

1-7
FEB
2027



JOIN OUR EXPRESS YOURSELF DAY!



I'm fundraising by...



Our fundraising can ensure no young person has to face mental health alone

Please donate to our fundraising page:

Inspired? Get involved at
childrensmentalhealthweek.org.uk



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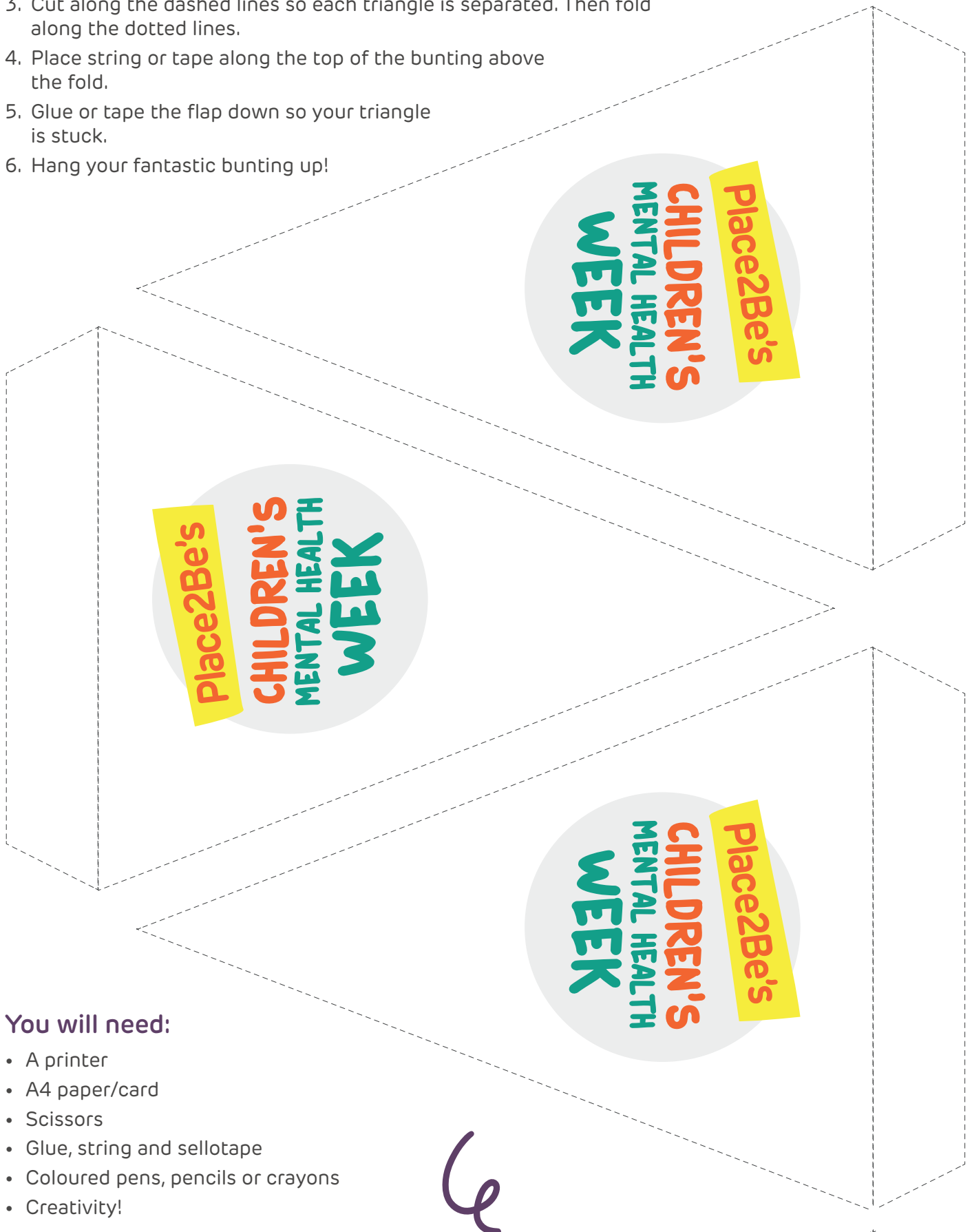
Place2Be is a registered charity in
England and Wales (1040756) and
in Scotland (SC038649).

**Place2Be's
CHILDREN'S
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CREATE YOUR OWN BUNTING

Instructions:

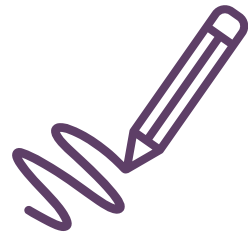
1. Print this page onto paper or card, as many times as you'd like.
2. Colour/design your bunting (this is your chance to Express Yourself!)
3. Cut along the dashed lines so each triangle is separated. Then fold along the dotted lines.
4. Place string or tape along the top of the bunting above the fold.
5. Glue or tape the flap down so your triangle is stuck.
6. Hang your fantastic bunting up!



You will need:

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

COLOUR ME IN!



Credit: Place2Be Art Room team



BAKE-OFF SCORE CARD!

Who will be the star baker? **You decide!** Score each entry out of 5 on these categories. Your total score will be out of 20.



	Baker 1	Baker 2	Baker 3	Baker 4	Baker 5	Baker 6
Taste						
Presentation						
Difficulty						
Uniqueness						
Extra Notes						

Submit your scores to the host. They will add up the totals and announce your star baker! **Good luck!**



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
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake
Name	Weight of cake	Name	Weight of cake

Terms and Conditions: Entry into this competition is free. No purchase is necessary. All monies raised will be donated to Place2Be.

#ChildrensMentalHealthWeek

childrensmentalhealthweek.org.uk



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TAKE ON LILY-ROSE'S YUMMY RECIPE!

Ready, steady, bake! This simple and delicious recipe is great fun to make for your fundraiser!



Butterscotch Angel Delight Cupcake Recipe

Ingredients

Cupcakes

- 150g butter (softened)
- 150g light brown sugar
- 150g self-raising flour
- 3 large eggs
- 1 packet (59g) butterscotch angel delight
- 4 tbsp milk

Buttercream

- 125g butter (softened)
- 350g icing sugar (sifted)
- 100g caramel (you can make your own or use something like Carnation caramel)

Method

Cupcakes

1. Preheat oven to 180°C / 160°C fan / gas mark 4.
2. Line a 12-hole cupcake tin with cases.
3. In a large mixing bowl, cream the butter and light brown sugar together, until light and fluffy.
4. Add 1 egg at a time, mix well after each egg.
5. Fold flour, butterscotch angel delight and milk in until fully combined.
6. The mix will be thick, but this is fine.
7. Divide equally between the cases.
8. Bake for around 20-25 minutes or until well risen and golden.
9. Leave to cool completely on a wire rack.

Buttercream

1. Cream the butter and icing sugar together, until light and fluffy.
2. Add caramel and mix well until combined.
3. Decorate cooled cupcakes with the buttercream, using your chosen method.
4. Garnish with Biscoff biscuits, fudge or even some extra drizzles of the caramel.

Bonus Challenge!

Why not add a yummy blob of caramel in the centre of your cupcake?

Meet Lily-Rose, one of our superstar fundraisers!

Lily-Rose received support from Place2Be at her primary school. Since leaving, she has gone on to complete a 5km challenge with her mum, plus crafting fabulous bracelets and origami to raise funds so that more children can access the support she did. Lily-Rose's dream career is now to become a child counsellor, and maybe one day work at Place2Be! To date, Lily-Rose has raised an incredible **£600**, congratulations!



BAKE YOUR WAY TO SUCCESS

If you're planning a bake sale, why not use these fabulous toppers?

Instructions:

1. Print your cake flags.
2. Cut each flag out around the dashed edge.
3. Place glue in the middle of your cake flag on the reverse side and fold around a cocktail stick. Ensure both sides are stuck together to make your mini flag.
4. Add your price and any dietary information.
5. Sell your delicious bakes and give your fundraising a tasty boost!





Thank you for making children's mental health matter!

Got a question? Need an idea? Our friendly team are just a call or email away. Tell us your plans, or get advice by contacting the Children's Mental Health Week team:

hello@childrensmentalhealthweek.org.uk
020 7923 5000
childrensmentalhealthweek.org.uk

#ChildrensMentalHealthWeek #ExpressYourself

To find out more about Place2Be and our work, visit **place2be.org.uk**
For free resources and advice on parenting, visit **parentingsmart.org.uk**



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With thanks to Findel – proud sponsor of Children's Mental Health Week and a trusted partner to educators for over 200 years.

