

pepper Panda



on Tour

Fundraising Pack
for parents & children



www.pepper.org.uk



Dear Super Fundraiser,

Thank you for choosing to join our very special Kindness Challenge where you will be spending 7 days choosing something kind to do each day! This really aligns with what you learnt in your Panda on Tour talk.

By doing this, you are raising vital funds for **The Pepper Foundation**. The Pepper Foundation is a fantastic local charity that funds support for families caring for children with life-limiting and terminal illnesses. Pepper works in partnership with **Rennie Grove Peace Hospice** who provide this service, thanks to Pepper's funding.

The service includes specialised nursing care, play specialists, and respite care. The service also provides bereavement support. As you can imagine, this is an invaluable service for any family struggling to manage the care requirements for a child with a life-limiting condition. Support is provided within the comfort of their own homes, which means these children are able to be at home surrounded by their families and spend time with their siblings instead spending time in hospital.

We do hope you enjoy your fundraising challenge! Remember, there are prizes for those who raise the most and medals for everyone that participates.

If you have any questions or want to reach out in any way, please contact our Head of Fundraising, Kiah Nicolas on knicolas@pepper.org.uk. Kiah will be happy to help with any queries. Thank you once again, you are amazing!

Kind wishes & lots of luck,

Kiah Nicolas

Head of Fundraising

How to participate

We have tried to make things as easy as possible for you to participate in the fundraising for Panda on Tour, so you should be able to join us in just a few clicks of a button!

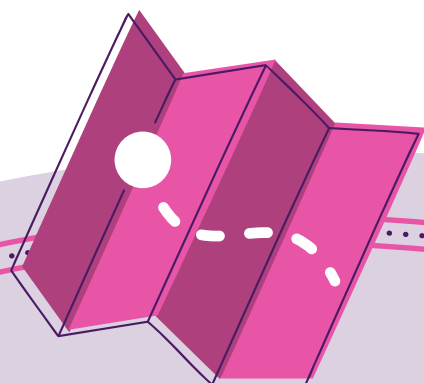
Get your parents to help you with this part. Parents, you will need to:

1. Go to www.pepper.org.uk/pepper-panda-on-tour
2. Download the extra resources if needed
3. Click to join
4. Fill in your details - when you reach the section where you are told to look for a team, find your child's school or setting from the list
5. Once complete, you can edit the fundraising page and share with your friends

If you have any questions or get stuck on anything, please do not hesitate to contact Kiah on knicolas@pepper.org.uk.

Now your fundraising page has been created, it is time to start your kindness challenge. You need to:

1. Choose 7 kind things to do (one a day)
2. Spread the word and tell your family and friends to donate to your fundraiser using the link to your fundraising page



Kindness challenge ideas

- Help a friend with their work
- Make kindness rocks and put them in the neighbourhood for people to find
- Play with someone new
- Draw a picture for someone
- Make a card for someone
- Remember to say please and thank you
- Go and visit someone in need
- Give flowers to someone
- Help with chores
- Clean your room
- Check in on someone sad
- Donate some toys to a charity shop
- Share your toys with a friend
- Make a present for someone
- Tell your friends all your favourite things about them
- Do the weeding in the garden
- Help someone locally
- Donate to a food bank
- Make a new friend
- Play with someone who is alone
- Tell the people you love why you love them
- Write kind notes and put them out for people to find
- Visit a relative and help them
- You can also think about what else you can do that is kind

You can download your kindness tracker from our website at www.pepper.org.uk/pepper-panda-on-tour.



About the Pepper Foundation

The Pepper Foundation funds children's hospice at home care in Buckinghamshire and Hertfordshire.

There are over 49,000 babies, children and young people in the UK who live with a life-limiting or life-threatening condition. Therefore, the care that is provided by the Rennie Grove Peace Hospice Care children's service, funded by the Pepper Foundation, is vital to support families who are caring for children.

The parents using the children's service are local families just like yours; your support ensures that families always have the option to receive nursing care in their own home, surrounded by the people and things that they love.

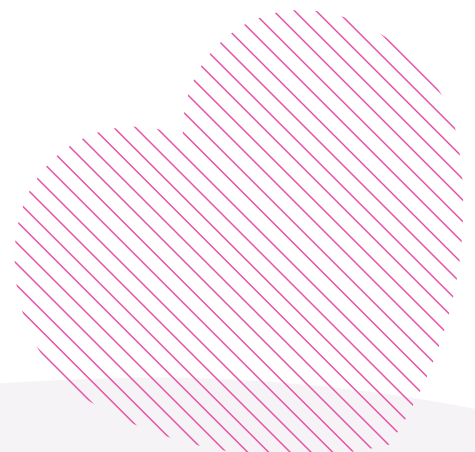
The care and support provided by the Children's Hospice at Home service is offered at no cost to families and is unique in this area. The service is available to families 365 days a year and is managed by **Rennie Grove Peace Hospice Care**.

When parents face the unthinkable reality that their child has a life-limiting or life-threatening condition, the specialist nursing service we fund is there - no matter what time, day or night - to provide care, emotional support, and advice.

The service also supports the whole family, so that family time can be about being together, having fun, and smiling - and nothing to do with hospitals.

Find out more:

 pepper.org.uk



Important Information

Always check with your parents if you have their permission to do the activity.

Do not do anything that will cause you danger, harm or stress – even if it is helpful to someone else.

If you have any questions or need any support, you can reach out to Kiah on knicolas@pepper.org.uk.

The Pepper Foundation

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 pepper.org.uk

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The Pepper Foundation

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