



**Children &  
Families in  
Grief**

**Giving hope for  
the future...**

**With your help**

**A little guide to help you raise vital  
funds for families dealing with grief**

## Introducing ourselves...

Children and Families in Grief (CFG) is a charitable organisation that provides practical, emotional and creative support for children and their families in South Devon following bereavement.

CFG has a dedicated team who are committed to supporting families at this difficult time.

The therapists are experienced, sensitive and intuitive individuals brought together by their desire to help families through the process of grief.

The main aims of CFG are:

- To help increase the reality of death
- To help encourage expression of feelings
- To help readjust to the loss
- To help find ways to remember the person who has died
- To help in affirming continuing bonds with the person who has died
- To help families reinvest in life.

We work with around 50 families every year and deliver work in schools across Torbay and South Devon.

With your help we can do even more!

# Thank you for thinking of us

Our therapists simply couldn't do the wonderful work they do without people like you.

CFG receives no funding from the government and we never charge families for the support that we offer. Therefore we rely on generous donations and people fundraising in a number of ways.

So, whatever you want to do and however you want to do it - we're thrilled that you've chosen to do it to help children and families journey through grief.

Inside this guide to fundraising you'll find out why we need your support and here why it makes such a difference. You'll also find helpful hints and tips to make sure your fundraising is safe, legal and most importantly, fun!

Of course, we are here if you need advice or have any questions. After all, you're doing something very special! All of our contact details can be found on the back page.

For now, thank you for your support and good luck with your fundraising!

## **You can bring hope for people like Jane & Rosie**

Following the death of her husband and her mother, (both within a few months of each other) Jane contacted CFG for help. She had heard about our service through her daughter's (Rosie, age 8) primary school and her local hospice.

Jane was struggling with her own grief following the death of her husband when her mum died quite suddenly. This left her feeling unable to cope with her grief whilst trying desperately to support her 8 year old daughter.

Following an initial telephone assessment, two therapists were assigned to work with the family and enroll them on one of our therapeutic weekends, which was scheduled for 2 months time.

On the first visit to the family home Rosie didn't want to speak to us as she felt so upset and didn't want to discuss the death of her dad and granny. We talked to Jane and heard about their experience, sharing of her own grief and that of her daughters. We introduced ourselves to Rosie and said that we would come back and see her in a few weeks time and bring a game with us.

On our return a few weeks later Rosie was keen to see us and engaged immediately in playing "all about me" which is a therapeutic game aimed at encouraging conversation around the lives of those who play it. It gently asks questions about the lives of the players that helps them to talk about the things that are good and difficult in their lives. It asks questions like "What do you do if you feel sad?", "What is the worst thing that has happened to you this year?" and "If you could meet anyone, who would it be?"

This second visit felt very positive and Rosie was now opening up and even brought out her dad's ashes, which were in a beautiful wooden casket with photos of the family on it.

She asked us both if we would like to hold 'daddy' and talked about the pictures on the casket and why they had chosen them. We were already noticing a huge shift in feelings and openness from Jane and Rosie.



This family attended a therapeutic weekend along with a group of nine other families.

During the weekend Jane and Rosie had opportunities to talk about the death of their family members. We used creative story telling, drama and artwork to help Rosie express her feelings. Jane benefitted from talking to the other adults at the weekend when the adults and children were separated for some sessions.



They both particularly enjoyed the memory jar activity where coloured chalks and salt are mixed together with different colours poured into jars and layered to represent different memories, helping families share their memories with each other.

Jane and Rosie found this exercise very special and clearly engaged in the sharing of their memories with each other.

After the weekend we arranged a follow up visit at which we could visibly see the difference that the weekend had made to this family. Both were talking more freely and spoke of feeling 'lighter' since the weekend.

The family continue to stay in touch and attend our social events and are keen to help Children and Families in Grief help more families like them in the future.

Jane & Rosie are just one of many families that your fundraising could help.

# How what you raise could make the world of difference

**£5** could buy a little toy hedgehog that each child takes home with them after a family weekend who they can talk to about anything

**£10** helps to fund vital phone calls offering support and advice

**£20** could help fund a session in a local school helping a group of children talk about their loss

**£70** pays for a therapist to spend time with a family at home helping them to communicate and share their feelings

**£150** could support a family with extra visits when they still need help in the future

**£1000** is what it costs to deliver a whole programme of support for one family (we do not charge for our support)

**Whether you can raise £5 or £1,000 your fundraising will do something amazing!**

So what could I do?

That's the best bit! You could do anything!

What about cake making, running ,  
abseiling, swimming, head (or beard)  
shaving, tea drinking, cocktail parties,  
bingo, fancy dress days and plenty more!

Stuck for some ideas?

Why not visit our website to get some  
inspiration from our A-Z guide of  
fundraising ideas?



[www.childrenandfamiliesingrief.org.uk](http://www.childrenandfamiliesingrief.org.uk)

## Not sure what to do? No problem!

If choosing something big (or scary) isn't your kind of thing why not get involved with our big summer fundraising campaign - and Have Tea for CFG!

It couldn't be simpler—just get together, eat cake and drink tea and ask people to make donations.

And why not go the extra mile and challenge each of your guests to host their very own Tea for CFG?

Let's see how many tea parties we can host to bring families hope!





# Children & Families in Grief

## Have Tea for CFG

Could you host a tea party for friends and family and raise funds to support families dealing with loss?

A quiet coffee morning, a mad hatter's tea party, a work-place coffee break or a high tea (or dinner!)

Whatever you choose to do, invite your friends and have fun raising vital funds to support families in South Devon who have lost someone special.

Posters and invitation can be downloaded from our website -

[www.childrenandfamiliesingrief.org.uk](http://www.childrenandfamiliesingrief.org.uk)

Thank you!



# How to get support

Once you've decided what to do make sure you ask everyone to support you.

If you're doing something that people will sponsor you for the easiest way to do this is to create an online sponsorship page with BT MyDonate.

Simply go to -

[www.btplc.com/mydonate](http://www.btplc.com/mydonate)

click on 'Start Fundraising' and follow the simple steps to set up a page and fundraise for us (please remember to select us as your chosen charity!).

You will then have a link to your very own fundraising webpage that you can email to friends and family or post on Facebook to encourage people to support you. Their donations are sent directly to us and start making a difference straight away.

Of course, traditional sponsor forms are also available. If you'd like some of these simply call us and we'll send them to you.

**Please remember, you cannot go door-to-door or cold-calling to ask people for sponsorship or support.**

**Please only ask friends, family, work colleagues and people who express an interest in what you are doing.**

# Don't forget the Gift Aid!

The Gift Aid scheme enables UK Taxpayers to make their giving go further.

To claim Gift Aid and make your fundraising go 25% further at no extra cost make sure you get people to give their full name, home address and postcode and tick the box for gift aid when they sponsor you or donate at your event.

However, Gift Aid can only be claimed on donations made by UK Taxpayers and they must have paid an amount of Income Tax or Capital Gains Tax that is equivalent or more than the amount that charities will reclaim on their donations in that tax year. They sign a declaration to that effect -

*I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.*

There is lots of information on Gift Aid on the HMRC website. If you would like to find out more go to

[www.gov.uk/claim-gift-aid](http://www.gov.uk/claim-gift-aid) *giftaid it*

**For help and advice or to request donation and sponsorship forms with Gift Aid wording please get in touch.**

# SOME THINGS YOU NEED TO KNOW

## Safety

If you're organising an event make sure you think about your safety and that of everybody taking part. We cannot accept responsibility or liability for any loss, damage or injury as a result of your fundraising activities. Please be safe!

## Legal

If you are making music, serving food and drink or running an outdoor event you may need licenses or permissions from local authorities. Whatever you're doing and however you do it, make sure you keep it legal! If in doubt please contact us.

## Food & Drink

As well as keeping it legal with licenses you also need to make it safe—if you are serving food remember to think about storage, correct cooking and cleanliness. You can find more information and guidance on this at [www.food.gov.uk](http://www.food.gov.uk)

## Looking after children

As a charity working with children this is really important to us!

Please make sure you plan activities to make them safe for children. If people under 18 are taking part make sure you have permission from their parents/guardians and that proper plans are in place to supervise them and deal with any problems that could arise.

## **Make some noise!**

**You are doing something that will transform lives so naturally, you want to shout about it! Make sure you use all the tools available to you to advertise and share the great news!**



### **Social Media**

**Post to you heart's content on your Facebook pages, create groups, and create an event for your fundraising to invite people.**

**Remember, if you are raising sponsorship, make use of social media to post and direct people to your BT MyDonate online sponsorship page.**

### **Making the headlines (for all the right reasons!)**

**If you want to use local newspapers and radio to promote your event please get in touch with us so that we can help your story get to the right people.**

# THANK YOU SO MUCH

You are giving families hope for the future and helping them to cherish precious memories



## Children & Families in Grief

PO BOX 425, Paignton, Devon, TQ4 9BF

T: 01803 393917

E: [info@childrenandfamiliesingrief.org.uk](mailto:info@childrenandfamiliesingrief.org.uk)

W: [www.childrenandfamiliesingrief.org.uk](http://www.childrenandfamiliesingrief.org.uk)

Registered Charity Number: 1099255