

# **YOUR FUNDRAISING HELPS MAKE LIFE LIGHTER FOR CHILDREN IN THE UK**

**£30**

**If everyone in your  
form group brings in £1,  
the £30 you fundraise  
together will pay for  
30 teenagers affected  
by social anxiety**

**to attend an online youth group  
session, supporting them to build  
confidence, develop peer  
relationships, and manage  
their feelings**

**£5**

**£5 pays for a food  
parcel for a young girl  
affected by poverty and  
mental health issues,  
ensuring she can access  
healthy food to improve  
her physical and  
emotional wellbeing**

**£2**

**£2 pays for a  
hygiene pack for a  
young boy affected by  
poverty, providing them  
with toothpaste and  
body wash and  
supporting them to  
feel more confident**

**£15**

**£15 pays for a 1:1  
support session for  
a young boy affected by  
domestic abuse, helping  
them to talk through  
their feelings and to  
build resilience**