

## Supporting Rainbows through your Youth Group/Organisation

**Rainbows relies on people supporting us through fundraising to ensure we are able to continue to provide care and support to the babies, children, young people, and families who are supported by Rainbows.**

The ways in which you could support or fundraise for Rainbows are limited only by your own imagination and creativity! Don't just plan alone, get others involved to help you and come together to have fun and raise money for Rainbows.

**Below are some ideas to get you started:**



**24-hour Event** – Take part in your chosen activity for 24 hours and share the hours out, or why not take on the challenge yourself and do something for 24 hours. Ask for sponsors as you take on this challenge.



**Scout club/Girl Guide Badges** – Could you earn a badge whilst fundraising for Rainbows? Get in touch if you would like us to help you earn your Disability Awareness or Community Impact badge.



**Musical Bucket Collections** – Work within your local supermarket to see if you can showcase your talent by performing for shoppers whilst you hold a bucket collection for Rainbows.



**Sponsored Tech Free Day** – Can you go all day, maybe all week screen free, no phones, i-pads or televisions? Maybe you could even ask people to sponsor you to give up tech for a week....?!



**Host a Fun Event** – Organise an outdoor movie night, a silent disco or singo bingo, charge for tickets and host a Rainbows raffle on the night too.



**Organise a Talent Show** – Showcase your talents and sell tickets to your audience.



**Craft Workshops** – Why not get crafty?! Spend some time creating art, and then you can open your own gallery and auction off your masterpieces.



**Collaborative Events** – Partner with other local groups and organisations to host a larger event, such as a festival or a concert, with all proceeds going to Rainbows Hospice.





**Sponsored Toddle Waddle** – Our youngest supporters could take part in a fun sponsored walk, making the route short with lots of exciting things to see along the way. Take bubbles and music with you and add in a bit of music, and movement. Ask families to sponsor them by setting up a JustGiving page.



**Quiz Night** – Get your friends and family involved and host a social quiz evening. You could even host a raffle on the night to raise even more money!



**Traditional Sports Day** – Could you host a traditional sports day with events like an egg and spoon race, wheelbarrow race, and a sack race? Great fun for all involved!



**Come together for another event** – Is there another event you could take part in? Rainbows have a range of events suitable for everyone. Could you take part in one of these as a group? Further details are on our website: [rainbows.co.uk/events](https://rainbows.co.uk/events)



**The Box Challenge** – Take home one of our collection boxes or fill them together at your meeting. Set a friendly challenge like “Let’s each raise £10 this month!” It’s simple, visual, and can bring in £100–£200 per visit.



**Bow Bear’s Square** – Bow Bear sits on a blanket of numbered squares. Members choose a square for £1 or £2 – you decide from the start. When your squares are sold, a winner is picked. A fun, light-hearted way to support the hospice – you could have another if it’s popular!



**Coffee Morning** – A classic favourite that always goes down well – especially with cake (or fruit)!



**Christmas Jumper Meeting** – Hold a festive meeting where everyone wears their best (or worst!) A Christmas jumper and donates to take part.

Want to also support your club and support Rainbows? If you’d like to find out more about how the money raised can benefit both Rainbows and your club, then please get in touch

[communityteam@rainbows.co.uk](mailto:communityteam@rainbows.co.uk)

