



Childline
by ISPCC

Schools Fundraising Guide

What we do:

For many, childhood days are full of joy and laughter, but for others, they can be very challenging.

Childhood and school going years can be full of joy, excitement and discovery, but they are not without challenges.

The degree of worries and concerns, that children and young people experience varies.

Access to trusted, FREE services and supports is vital.

Childline is here for **all** children and young people and we want to ensure they know that.

By listening, supporting, and empowering them, we strive to ensure they are better equipped to face life's ups and downs and to reach their full potential.

No concern or worry is too small or too big to reach out for support.

"You listen to me and I can talk to you about anything and for as long as I need. You help me a lot just by being there."

Emily, who contacted our 24hr Support Line

"Being able to share my thoughts with someone who doesn't try to make nasty comments or tell me I'm a nuisance was such a relief"

Kasey, who chatted online with a Childline Volunteer



Why we need your help:

Each year, up to **75%** of our funding needs to be raised from donations. We need to continually fundraise to provide our suite of services and supports.

To ensure our 24hr support line is available 24/7, 365 days, **€12,000 is needed each day.**

Alongside our FREE 24hr support line, we provide **Childline Therapeutic Supports, Digital Self-Care programmes** for children and young people experiencing low to moderate anxiety, and a **library of self-help resources and topical information on childline.ie.**

We are always on, always here, whenever a child or young person needs support, however they choose to reach out.

We hope you and your students choose to fundraise for Childline. We appreciate every cent that is raised. We will be on hand to assist you along the way!

"No one has understood my emotions as much as you have, no one has cared about how I was feeling, you did."

Louise, who contacted our 24hr Support Line

3,914

children were on the CAMHS waiting list in February 2022

HSE February 2022

100k+

contacts answered annually

Childline 24hr support line

40%

of adolescents reported levels of depression

My World Survey 2 - The National Study of Youth Mental Health Ireland

49%

of adolescents reported levels of anxiety



Fundraising can be fun, educational and rewarding!

We want everyone to **get involved** so that much needed **awareness and funds are raised** and we can continue to ensure children and young people always have somewhere to turn.

Putting the 'fun' in fundraising!

Here are a few ideas to get you started on your fundraising journey, but we're sure you'll be able to come up with lots more.

1. Take on the '30 day 1,000' Star Jump Challenge

Could you do a thousand star jumps in 30 days? Just 35 star jumps a day, and you can smash that 1,000 star jump challenge and raise vital funds that will help so many children. You'll even get a fundraising pack that includes a #TeamChildline headband!



2. Festive Childline Carol Service or Concert

Lots of people love Christmas carols and music, so why not host a festive Carol Service or Concert in your school hall? Or ask for space in your local shopping centre, church, train station or high street*.

*If fundraising on the street, we will help you with your Garda permit application and provide contactless payment-enabled donation buckets.

3. Childline Christmas Jumper Day

Join us for Childline Christmas Jumper Day on **December 14th 2022**, or whatever day suits your class! Let's get everyone in their favourite, funniest or most sparkly Christmas Jumpers to raise funds for our vital services.





4. Chat for Childline

We're here to listen.

Create a safe space for students to chat about their feelings while helping to raise funds with a collection for Childline. Details coming soon!

5. Give me 5 for Childline

How many ways can you do a high five? Childline is calling on everyone to get creative with their high fives. Film your attempts, share them on social, donate €5 and nominate five people to do the same!



6. Do Your Own Thing, Get Creative!

Students, set a target and smash it. There are so many ways to get involved and make a difference.

Why not...



Unleash your inner chef with a **bake sale**



Host a **quiz**



Organise a **raffle**



Have a **non-uniform** or **Childline colours day**



Try a **fun-run**



Do a **sponsored silence** if you really want to challenge yourself

See the 'Get Involved' tab on **ISPCC.ie** for lots of ideas on ways your students can put on their own events to raise funds while having lots of fun. The more creative the better!



Thank you

Thank you so much for considering fundraising for Childline. Together we can make a real difference for children and young people throughout Ireland.

Please get in touch with our fundraising team with any questions or to find out more: 0818 50 40 50 or community@ispcc.ie. We would love to hear from you.

Please share our Childline 24-hour Support Line details with children and young people in your care and let them know that we are here for them no matter what is on their mind.

Live online chat [Childline.ie](https://childline.ie)

Text: 50101

Phone: 1800 66 66 66

For information on services and supports available for children and young people, visit **ispcc.ie**