

Are you ready to

**DO YOUR
THING?**



**Then flick through
our fundraising
guide and find
everything you
need to get started**



**Packed full
of helpful
fundraising ideas,
inspirational stories
and Pudsey
goodies**



Matt Baker x

Do your thing for **BBC
Children
in Need**



It's time to



Do your thing

Whether you're a whizz in the kitchen, terrified of spiders, or live for the rush of adrenaline, it's time to find your thing and turn it into a winning idea to raise money for BBC Children in Need.

From fancy dress to fun runs, your thing could be anything, from a once in a lifetime experience to something you do every day. All you need to do is find it, get involved and turn it into an amazing fundraiser.

If you're in need of a little inspiration, our guide is bursting with great ideas to kick-start your fundraising mojo. So, have a little read, get excited and then get planning!



Helping families



When twins Harry and Billy were born prematurely, Harry had treatment for an infection which left him profoundly deaf. Harry's hearing loss meant that he found it hard to communicate and socialise with other children. Funded by BBC Children in Need, Deafness Support Network helped support the family and taught Harry's mum sign language. Now Harry can communicate with his family, and with your donations, we can make life easier for even more families throughout the UK.



Your thing could be...

MAKING THE EVERYDAY EXTRAORDINARY

Are you the designated car washer in your house?

You could wash your street's cars for a donation

CHALLENGING YOURSELF

Were you a fish in a former life?

You could swim a half marathon in your local pool

STEPPING OUT OF YOUR COMFORT ZONE

Are you afraid of heights?

You could do a sponsored bungee jump

There's always something

you can do to raise funds

Here's how...



Your thing could be...

MAKING THE EVERYDAY EXTRAORDINARY

Turn your day to day into a fundraiser

Your thing can be something you do every day, or even your favourite hobby. Add a twist and it could become a fantastic fundraiser.



Game On!

Why not get your friends and family round and host a games night? Ask each player to make a contribution in return for a night of fun and competition.



Move over Mary

Cake-maker extraordinaire, Baking Nana, is whipping up some sensational Pudsey puds. If your culinary creations go down a treat, why not throw a bake sale of your own and raise money?

2015 FUNDRAISING STAR



Sara Cox x

Movie Marathon

If you're a self-confessed film geek, you could always raise money by hosting a movie night. Turn your lounge into a cinema for your friends or think big and host a themed movie marathon.



2015 FUNDRAISING STARS

Raise money with a BANG

BBC Children in Need is held in November, the perfect time to host a bonfire bash for Pudsey. Ask people to donate on the door and go all out with the food, sparklers and games.

Food for thought

Most of us love a good dinner party. But next time you have a get-together, why not add a little BBC Children in Need twist and ask each guest to make a donation rather than bringing a gift for the host?



Helping children deal with grief



Tyla-Jane and Eva Mae suffered unimaginable loss when their daddy died from sudden heart failure. Just three years later their mummy was found to have two brain tumours and sadly passed away in February 2015. But thanks to BBC Children in Need, a counsellor from Farleigh Hospice in Essex was able to support them through their grief and help them hold onto the memories of their mummy and daddy.



Iron Man

Got a thing for neat pleats and steamed collars? Of course you do. In fact, you probably love ironing SO much, you'll want to volunteer to iron your entire street's washing for a donation.

Karen & Kevin Clifton x

Your thing could be...

CHALLENGING YOURSELF

Challenge accepted

Show your strength of character, put yourself on the line and turn your thing into a sponsored challenge for BBC Children in Need.

Alex is doing her fitness thing

Why not do yours?

Relive your flashdance days and organise a retro keep fit class or see how many times you can run up and down a flight of stairs in ten minutes. How about collecting sponsorship for every 1,000 steps? Leotards and leg-warmers at the ready!



Anita Rani & Ore Oduba x

Plank for Pudsey

Why not organise a sweepstake for a team planking competition? With £2 to compete and £3 to enter the sweepstake, it's time to get everyone into the competitive spirit.

The chance for new experiences



Meet 14-year-old Kai. Kai had a stroke when he was just one year old and now lives with cerebral palsy, meaning he is unable to talk and has movement only in his right arm. We believe sport is something for everyone to enjoy, that's why we support schemes such as Surfability in Swansea. Here Kai is able to get out of his wheelchair, feel that sea breeze and hit the waves.

Alex Jones x



Music to Pudsey's ears

If you love playing why not set yourself a music challenge like 15-year-old Lucas who raised £1,000 busking.



2015 FUNDRAISING STAR

Game, set and match

Why not set up a tennis tournament with your friends? You can charge for entry and run a sweepstake on the winner. Or add a twist with frying pan tennis or adult-child doubles?



Judy Murray x

Zumba Ladies

Happy to shimmy for sponsors? Then get your class of marvellous movers to attempt a zumbathon in your local leisure centre like the Keep Fit Ladies from Blackburn.



2015 FUNDRAISING STARS

LOOK OUT FOR...

Selected British Gymnastics member clubs and leisure centres will be taking part in a special Jump for Pudsey challenge and you can too! To take part, pick up a jump journal at your local Boots or download the activities from boots.com

British Gymnastics

Don't worry if you miss out, you can download the British Gymnastics Jump for Pudsey moves from boots.com or pick up a jump journal at your local Boots store.

Jump for Pudsey



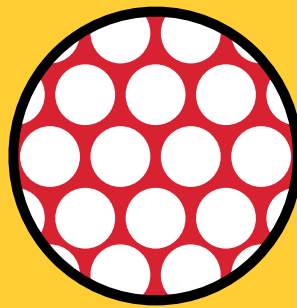
This October our friends at Boots are asking the nation to Jump for Pudsey! There are lots of ways to get involved - look out for fun activities and inspiration for your own Jump for Pudsey fundraiser at your local Boots store.

Go to boots.com to log your jumps on our grand totaliser and pay in your sponsorship money. Don't forget to share your moves using #jumpforpudsey



Your thing could be...

STEPPING OUT OF YOUR COMFORT ZONE



2015
FUNDRAISING
STAR



Raise the roof

Last year Kat Buchanan certainly thought outside the box when she decided to live on her roof to raise money. Armed with a tent and radio, she battled through storms for a whole two weeks, raising a phenomenal £10,000.

Fancy going all out this year? Take a look at these wild and wonderful ideas to become really inspired.



Ride with the Rickshaw

The One Show's Rickshaw Challenge returns this year. Show your support by doing something different and ride for the Rickshaw. You could raise money in any number of ways - get sponsored to ride a unicycle, match the monster mileage of the actual challenge on a static bike or simply ride your scooter or bike to school or work.

Sammy
Albon x



Digital Denial

Put yourself through it and give up something you really love for sponsorship. Perhaps you're rarely without your smartphone. Then why not go back to the dark ages and give it up for a whole month?



The sky's the limit

Fancy hurtling yourself out of a plane at 12,500 feet? If you're crazy enough to have answered yes, what better opportunity for a skydive is there than to raise money for BBC Children in Need?

2015
FUNDRAISING
STAR



Frankie
Bridge x



It's an eight-legged thing

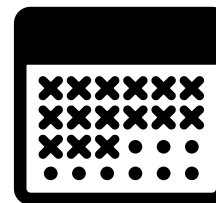
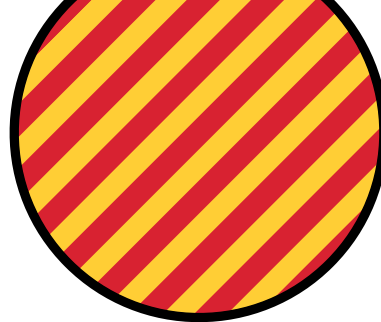
If just the mention of a spider sends you running for the hills, why not face up to your fears in a bid to rally the sponsors?

Remember: Stay Safe while you're fundraising!



Once you've decided on your thing, it's time to turn it into money.

Here are our top tips for creating the perfect fundraiser.



Be bold

Dare to make your thing a little more exciting. You could turn the tables - swapping jobs, sports or hobbies for the day. You could add an extra level of challenge like doing your mountain race three-legged. You could even get sponsored to face your fears!

Make your money go further with Gift Aid

No cost to you, essential funding for us.

By ticking the box, every pound you sponsor or donate can be worth £1.25 to us.

It doesn't cost you a penny more, you just need to be a UK tax payer. See your sponsorship form for details.



£20 pays for a therapy session for a young boy with alcoholic parents, helping him understand their illness and manage his anxieties.

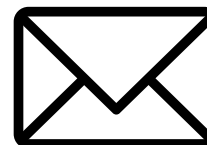
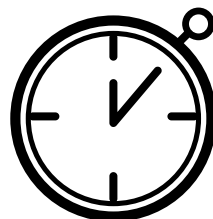


Add a twist

By doing more of your favourite thing, be it time or distance, you can turn even the everyday into an amazing challenge. You could even do the opposite and see how long you can go without your favourite things. Why not add an extra twist and add fancy dress into the mix for a fundraiser to remember?

Get everyone involved

It's great to get as many people involved as possible - whether it's gathering the hungry crowds for your bake sale or getting your mates to conquer your challenge with you as a team, the more the merrier! You could use the poster provided.



Tell us what you're doing to raise money at bbc.co.uk/pudsey. We'd love to hear your stories and we might even feature you through the appeal!

Shout about it

Everybody needs to know about your amazing thing. So let people donate online using a site like **BT MyDonate** then post, tweet, mail and blog to your heart's content to spread the word.

Supporting children through illness



Brother and sister, six-year-old Zak and three-year-old Neve, are unable to fight infection due to an incredibly rare genetic condition. After a life-saving bone marrow transplant last year, Zak has been unable to go to school or play with many other children. A BBC Children in Need funded Play Specialist at Alexander Devine's Children's Hospice Service visits Zak twice a week to help him develop whilst he's away from school and support him through painful dressing changes.





Get ready for

PUDSEY'S BIG NIGHT IN

18th November

Friday 18th November will be
the biggest night in of the year.
Join us and make the night of
unmissable TV entertainment
into an unmissable night in.



Cosy up with the family with our Pudsey onesies, or go to town and invite family and friends round to make a real night of it.

Asda is your one stop party shop with everything from exclusive flashing ears, onesies and VR viewers, to special deals on party food and drink to make your night the best ever. You can even use your collection box to turn it into a fundraiser.

CURL UP IN
YOUR ONESIE

OR

THROW
A PARTY

ASDA

Get down to your local Asda store for
everything you need for the biggest
night of the year.



E40 could help a boy with Down's syndrome who lacks confidence with his speech to find his voice and talk to people beyond his immediate family.

Peter Andre x



Experience a whole host of exclusive virtual shows with Pudsey VR

With our exclusive virtual reality headset you can feel like you're right on set of your favourite BBC shows. What's more you can immerse yourself in this year's appeal show. You can be backstage with the stars, on stage at a concert, in a racing car...the list goes on! All you need to do is pick up your headset (only £4 from Asda), place your smartphone inside and visit our YouTube channel to be transported to your virtual experience.

Don't forget, you can use your headset to experience a whole world of virtual reality content from other channels on YouTube as well as our BBC Children in Need exclusives.



£4

With our Virtual Reality you'll experience...



Be backstage with the
stars at the Appeal
Show



Drive a racing car
at CarFest



Be on stage at
a concert

Pudsey up your look

You'll find a wide range of our fun Official and Partner merchandise online at bbc.co.uk/pudsey or in selected high street stores.

bbcchildreninneedshop.co.uk



Giant signature Pudsey Bear
£40.00



Fundraising t-shirt
£8.00



'Do Your Thing' Pudsey & Blush bear
£8.00



Classic Pudsey & Blush ears
£2.50



Festival wristband
£1.00



Festival wristband
£1.00



Pudsey shopper
£1.50



£10 pays for a music therapy session at a hospice where a six-year-old girl with a brain tumour could have some joy in the last weeks of her life.



EXCLUSIVE TO ASDA



Pudsey onesies
Children £11/£12/£13
Adult £12



Light-Up Pudsey & Blush ears
£3.50



Pudsey VR viewers
£4.00



Sequin t-shirt
Children £5/£6/£7
Adult £8

EXCLUSIVE TO GREGGS



Greggs ring buns
85p

EXCLUSIVE TO PANDORA



Pandora Pudsey charm
£40.00

ALSO AVAILABLE AT SELECTED BOOTS STORES



Knitted Pudsey
£8.00



Pudsey pin badges
£1.00



Party packs
£10.00

For these products and more (including where to find them) check out bbcchildreninneedshop.co.uk



£8.50 means a teenage boy with autism could spend an hour at a life skills course where he could learn to travel independently.



£15 could help support a five-year-old girl to feel safe, calm and unafraid as she testifies against her abuser.

Don't forget your ears!

No BBC Children in Need fundraiser is complete without a pair of Pudsey ears. Head online to order yours now or get over to Asda to pick up this year's exclusive flashing ears.

**EXCLUSIVE
TO ASDA**



£3.50

NEW!
for 2016



Frankie
Bridge x

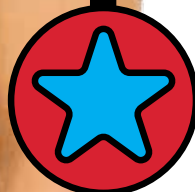
And finally, for a little more inspiration or to find out more about what we do, visit us online at

bbc.co.uk/pudsey

Here you'll find more ideas and tools to help you fundraise: posters, flyers, invitations, tickets and more

Inspiring stories about who you help

Sign up for your newsletter and get regular fundraising tips straight to your inbox



Do your thing for **BBC Children in Need**



Raising money for BBC Children in Need

WHAT

WHERE

WHEN

CONTACT

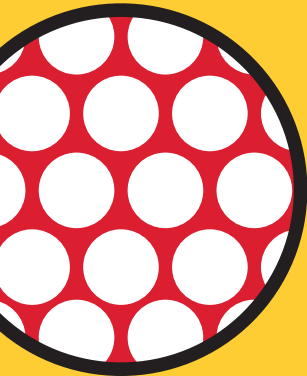
BBC
Children
in Need

bbc.co.uk/pudsey





£2 means an 11-year-old boy with autism could develop his co-ordination and confidence at a trampoline session



Guess the number of spots on Peter Andre's cake

The winning answer will be posted on bbc.co.uk/pudsey before the show on 18th November

Suggested £2 donation per guess
The winner gets to keep half of the money raised with the other half going to BBC Children in Need

Don't forget to tune in to the Appeal Show on 18th November!



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16GAME Reg. charity no. 802052 in England & Wales and SC039557 in Scotland.