

**30** carers  
plus  
YORKSHIRE

FUNDRAISING PACK  
£30 FOR 30



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# ABOUT US



We have been supporting local, unpaid carers for 30 years. Our free and confidential services are available to carers, from age of 8+, and we are proud to have a skilled and committed team on hand to help when it is needed the most.

Our carer services are delivered across Scarborough, Whitby, Ryedale, Hambleton, Richmondshire, plus a smaller offer in Bridlington. In addition to this, we run a

Home from Hospital service across all areas and the East Riding. Our community offer, 'Our Neighbourhood' is about supporting those facing loneliness and isolation in Scarborough, Whitby and Ryedale.

*"We enable those we support to be heard, enhance their resilience, improve their well being, and make positive changes in their day-to-day lives."*

# £30 FOR 30

## What is 30 for 30? Join the Celebration this June!

This year, Carers Plus Yorkshire is turning 30 – and we're inviting you to be part of the celebration through our exciting £30 for 30 fundraising campaign!

The challenge is simple:

Raise £30 (or more!) to mark our 30 years of supporting unpaid carers across the region.

Whether you take on one of our 30 creative fundraising ideas or dream up your own, the goal is to have fun, get involved, and make a difference.

From bake sales to fancy dress days, sponsored silences to silly dares – there's no limit to how bold or brilliant your efforts can be. Rally your friends or colleagues, race to the £30 mark, or go big with the most outrageous fundraiser you can imagine!

Whatever you do, do it in June and help us make this milestone year one to remember.



# 30 IDEAS



*To raise £30 that's only £1 a day or go wild and raise more!*

## AT WORK

- Crazy Hair Day
- Dress Up Day
- Guess Who?!
- Buy Your Brew *Every cuppa add cash to your total savings!*

## SPONSOR

- Walk
- Swim
- Silence
- Cycle
- Run

## SELL

- Bake Sale
- Crafts
- Plants
- Vintage Clothes
- Carboot Sale

## HOST

- Quiz Night
- Bingo
- Danceathon
- Coffee Morning
- Hobby Master Class

## CHALLENGE

- Kids V Adults
- Fitness
- Strength
- Waxing
- Arm Wrestle
- 30 Days Without...

## CASH IN

- Swear Jar
- Match Fund
- Coin Row
- DIY Lunch *& Donate the savings!*
- Car Share *& Donate the savings!*

# WHY FUNDRAISE



It's estimated that 4.3 million people become unpaid carers each year – that's around 12,000 a day!

The impact of care can be huge from changes in financial circumstances, changes in relationships with family and friends, navigating health systems to name but a few.

By fundraising for us you are supporting our vital work in a real way. Your support will help in a range of ways...

- Supporting Young Carer Hubs
- Supporting carer social groups
- Trips offering unpaid carers a break from their caring role
- Adding much needed funds to our emergency hardship fund

As well as supporting unpaid carers, your fundraising can help those in the community facing loneliness or social isolation to access a social group or learn new skills or help someone referred into our Home from Hospital service to be assessed and supported to reduce the chances of hospital re-admission.



**£30** provides a warm meal and conversation for those who may feel lonely or isolated



**£100** provides a milkshake and a one-on-one chat for *three* young carers who need space to talk and time to relax



**£250** funds a month of our adult carer *care for a cuppa* drop-ins, providing a space to relax and connect with others who understand



# SOCIAL MEDIA



## Get Social!

Use the hashtags  
**#CPY30FOR30** &  
**#CarersPlusYorkshire**

Join the celebration, share the fun, and help us spread the word!

As part of our £30 for 30 fundraising challenge, we'd love to see how you're getting involved! Whether you're baking, biking, or doing something brilliantly bonkers - share it on your socials and tag us!

*We love seeing your posts and celebrating your amazing fundraising efforts! We may share your content across our media channels to help inspire others - so get creative, get sharing, and don't forget to use our hashtags! Please make sure you have permission from anyone in your photos, as we'll assume consent is in place for any images shared with us or using our hashtag. Let's make some noise together!*



@CPYorks

★ I'm raising ★  
£30 for 30!

*What:*

*Where:*

*When:*





★ I'm raising ★  
£30 for 30!

*What:*

*Where:*

*When:*



★ I'm raising ★  
£30 for 30!

*What:*

*Where:*

*When:*



# Terms & Conditions

We want you have lots of fun raising £30 but we also want you to stay safe, here's a few things to remember...

## Health and safety

- We can't take any responsibility for your activity, so we recommend doing your own risk assessment.
- All challenges (a walk, run, cycle, swim etc), anything involving food and drink and any in-person event involving members of the public need a risk assessment. This is important even if your event is happening somewhere you know really well, like your workplace or a local café.
- If you're selling food at your event, get in touch with your local council for more advice.

## Children and young people

- If you're under 16, you'll need your parent or guardian to register on your behalf.
- If you'll have children at your event, make sure you have permission for them to take part, and an adult looking after them.
- Background checks must be carried out on any adults who may be looking after children unsupervised.

## Competitions, prize draws, raffles and lotteries

- There are strict rules about how lotteries, draws and raffles can be run. You might need to apply for a licence to hold a raffle or lottery at your event.
- You can't sell tickets to anyone under 16.
- Online raffles, lotteries and prize draws are also subject to rules and regulations. Your local council can give you more guidance.
- You can find out more from the Gambling Commission at <https://www.gamblingcommission.gov.uk/>

## Do I need licences and insurance?

- If you're holding an in-person event involving the public, you'll need Public Liability Insurance. We can't accept any responsibility for your event, and it won't be covered by our insurance.
- Make sure you've got any licences you need from your local authority. For example:
- A gambling licence for certain raffles or prize draws
- A public entertainment licence to put on entertainment (like music, dancing or a film screening) at a venue that doesn't already have a licence
- A licence to sell alcohol
- A licence to collect money in a public place.

## Can I use Carers Plus Yorkshire's branding?

- Please refer to your activity as '**in aid of Carers Plus Yorkshire**' rather than 'on behalf of Carers Plus Yorkshire', as you're an independent supporter.
- Please use the posters within this pack to advertise your event.
- If you share your fundraising on social media please use the hashtags on the social media page in this pack.
- If you'd like to use our logo to help advertise your fundraising in a different way, please get in touch with us first. We've got some rules around how our logo can be used, so please contact us before putting it on your fundraising materials, website or social media.

## How to collect your money

- **You can collect sponsorship via our 30 for £30 JustGiving page using the following link <https://www.justgiving.com/team/carersplusyorkshire30team>**
- **If you prefer to set up your own JustGiving page you can do that here [https://www.justgiving.com/CP\\_Yorks](https://www.justgiving.com/CP_Yorks)**
- **If you collect cash this should be donated via the Donate button at <https://www.carersplus.net/ref 30 for 30> with monies paid by July 11<sup>th</sup>2025 or sooner.**
- **If you're planning a collection on private property (like a shop or train station) you need permission from the owner.**
- **You need permission from your local council or the police to collection donations on the street or other public property.**

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