

BIKING FOR CHILDREN IN CARE 2019

Because every child in care deserves an equal chance to live a happy and fulfilling life as those who were raised by their birth parents.

Your fundraising pack

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BECOME.

THE CHARITY FOR CHILDREN IN CARE
AND YOUNG CARE LEAVERS

WELCOME!



Thank you for pledging your support for children in care and young care leavers by taking on Biking for Children in Care's Caen to Versailles challenge.

Starting in Caen on 27 June and taking in a Ceppi di Lecco route, you will finish in Versailles on 1st July.

It's a big challenge with a beautiful route, made all the more inspiring by the knowledge that you're helping children in care receive the support and opportunities they deserve to thrive.

2019 is all the more special as it could be the year everyone at Biking for Children in Care smash through £750,000 total raised for Become! You really are part of a historic occasion. Thank you.

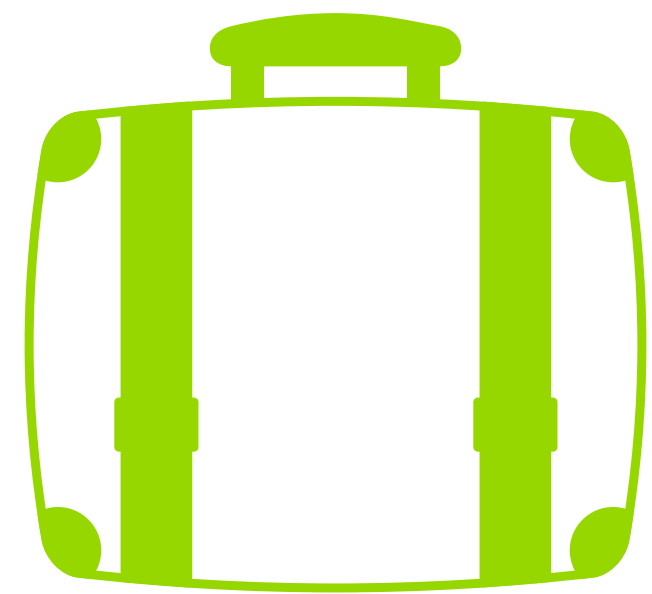
Why your support is needed

Life in care can be incredibly distressing, confusing and difficult for a child.

All-too-often children are buffeted from one place to the next; adding isolation and instability to the trauma already experienced when removed from their family home. Children and young people are in care through no fault of their own, yet they often have to bear the burden of finding a way to navigate an overwhelming system that often offers neither stability nor equity.



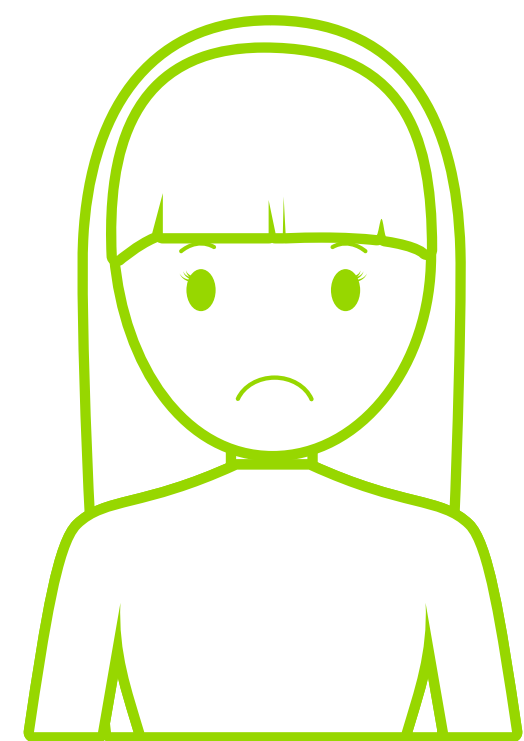
Around 7000 children will move houses 3 or more times in one year.



Every year around 10,000 children leave care aged 16-18 years old.



41% of care leavers are not in any education, employment or training compared to 11% of their peers who grew up in a family home.



62% of children in care are there to protect them from abuse or neglect.

How your money helps

There are over 90,000 children in care around the UK. At Become, we think every single child should have the same chance to lead happy, fulfilling lives as those who are raised in their birth families.

Become has been providing help, support and advice to children in care and young care leavers since 1992.

Here's what your fundraising can do:



£50 could help ensure that a care-experienced young person can access our free Care Advice Line all year-round.

£500 could go toward six-months of life coaching to improve a young person's emotional wellbeing



£1000 could help a young person join Content Curators and develop key skills for education and employment

Who we help

Before I started the coaching programme, I didn't really know how to do anything for myself. I would rely on my social worker and other adults to do everything for me and I never did anything for myself. The problems started after I left my foster home and moved into independent living. I was really struggling to paying rent. You go from having a family that does things for you to being completely alone.

I joined Become's life coaching programme and achieved all of my goals. Last year I couldn't even wake up to go into school and now I've passed my qualification and I've been doing a lot more for myself, I'm no longer waiting for people to sort my life out for me.



Meet Erfan



Meet Elisha

"I spent my childhood in and out of foster placements around England. During my longest placement, I found out I was pregnant and was told that I could no longer live with the family anymore. I wanted to become a journalist and was studying when this all happened. I had big dreams of going to university but this all came to an end so quickly. It was like a nightmare.

My mental health started to deteriorate, and I was suffering with post-natal depression. I was too afraid to ask for help because I thought they would take my baby away. I was so paranoid and scared all of the time. My poor partner had to deal with my awful mood swings and panic attacks.

It's been a year and I've worked with my family nurse to control my emotions. My son is a beautiful, happy little boy and I try to give him everything. I've also joined Become's [Content Curators] programme this year. They're teaching me the skills I need to apply to a journalism course at university. I'm going to be someone my son will be proud of."

Top Tips for Biking for children in care.



The easiest way to fundraise is to set up an online fundraising site like JustGiving www.justgiving.com/become.



Make sure eligible sponsors tick to gift aid. It will increase their donation by 25% without costing a penny more.



Update your fundraising page - how is your training going, share images of you in action and tell any stories of overcoming challenges.



Check if your employer has a match funding scheme - you could double your fundraising total in a single step!

Spread the word

#BecomeHero, Tillie raised £600 by jumping out of a plane. She said: "Facebook really helped me when fundraising. Everyone loved the video I posted after showing my jump and I raised so much money from that too!"



Social media



Social media is a great way to reach your friends and members of the public. You can share details and online crowd funders directly onto your profile and event get your friends to share your bike ride too!

Local news



The Biking for Children in care event is a bespoke, annual event that raises thousands for children in care and young care leavers every year. Why not get in touch with local press to see if they'll share your story.



"What I love most about being a part of Become's Ideas and Influence Council is the people.

They're all loving and caring, we've all come from the same background and we all want to make a difference to other children in care and young care leavers." Trey.

Asking for support

Asking family, friends and colleagues for support can be a little daunting at first. Once you get going, you'll find that people are often really happy to show that their behind you by making a donation.

Suggested wording for social media

Can you support me in my mammoth Caen to Versailles cycling challenge? I've covered the cost of the trip so any donation you make will go straight to helping children in care. [\[link to your fundraising page\]](#)

Please help me support a cause close to my heart: children in care. I'm taking on a gruelling cycling challenge around France to help raise funds for Become. Everything is paid for, so all donations will go straight to the charity. [\[link to your fundraising page\]](#)

Remember to include a photo of you training or from last year, if you can!

If you don't like asking for sponsorship why not put on a quiz night at your local pub instead? You will often be able to hire the function room for free, based on expected numbers, and may even get them to throw in the first glass of wine for free!

Depending on where you're based, a £5 quiz ticket including a glass of wine would be very reasonable. You could even ask local companies to contribute to a raffle to be held on the night.

If you can fill 10 tables of 10, you'll raise £500 from tickets. A raffle at £2 per ticket, with just 50 tickets sold will raise a further £100. Friends and family will feel like their getting something in return for their support and you will have a great night to boot!



**Thank you for helping children in care
and young careleavers to unleash
their potential!**

You really are a #BecomeHero

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