

A quick guide to school fundraising

for Guts UK



School fundraising is a fun, educating and rewarding activity for students, staff, and families alike. It's something everyone can get involved with and how you do it is up to you.

Fundraising isn't just about the money you raise, it's about the experience for those involved and being part of achieving something together.

We're here to help you make your activity or event a success, with plenty of support and guidance whenever you need it.



Ideas and inspiration for school-based fundraising

Create a competition

Show a film on the big screen in your sports hall, set a challenge between classes and encourage friendly competition, with a prize for the winning class. The challenge can be themed around any topic you choose, so you can link it to your learning or ask your students to decide.

Feeling brave? Take on a teacher vs. student style activity instead!



Organise a sponsored walk, fun run or obstacle course

Organise a walk in your local community, run laps in your playground or relay around your school field.

You could host a 'sponsored walk to school week' to involve the whole school or combine classroom learning with an outdoor activity such as a community litter pick to help students understand the importance of being environmentally conscious and looking after the world around them.



Treasure hunt

Design a route where students must answer questions about local landmarks or find hidden facts and clues along the route.

Make it Guts UK themed by sharing facts about digestive health along the way and asking students to answer age-appropriate questions about their digestive systems to get the next clue.

Your school's got talent!

What school isn't bursting with talented children and teachers? Showcase your singers, dancers, comics and magicians with your own sponsored talent show.

School market stall

Host a jumble sale inside your school hall, asking families to donate unwanted items from home such as clothes, books, toys and more. You could encourage students, staff and families to sell items they make too – from baked goods to homemade gifts. Ask them to donate a percentage of their profits.



Already got an event in the school calendar?

Non-uniform days, sports days and school discos are a great way to make fundraising easy when you've already got exciting plans in the calendar. Ask for a small entry fee and donate to Guts UK.

How we can support your school

We're here to make fundraising easy, fun and rewarding for everyone. Whether you're planning a small classroom-based activity or a whole school event, we can provide:

- **Ready-made materials** to help you promote your fundraising activity or event, including printable posters, bunting, sponsorship forms and more.
- **Step-by-step support** and guidance, to help you organise your plans and make it a stress-free process for school staff, from answering your questions to sharing our top tips for a successful fundraiser.

How fundraising in school can help your students

Fundraising in your school is about much more than raising money. It's about inspiring young people to care about others, understand the different challenges people face, and feel empowered to make a difference to the communities around them.

By taking part in fundraising activities for Guts UK, your students can:

- Learn about their digestive health and why it's important for all of us.
- Build teamworking skills by working alongside others to contribute to a shared goal.
- Learn about empathy, social responsibility and the importance of helping others.

Fundraising activities can bring your whole school community together in support of a meaningful cause.

How your fundraising helps

Every penny you raise helps us to continue our vital work. With your support, we can:

- **Provide information and support** to people affected by digestive conditions and symptoms when they need it most.
- **Fund life-changing research** into the digestive system, leading to earlier diagnosis, kinder treatments and better quality of life for people living with digestive conditions.
- **Improving public education and awareness** about digestive conditions and symptoms, helping more people to better understand their digestive health.

Together, we can help the UK get to grips with guts!

Ready to get started?

No matter how big or small your idea, we're here to help you make it happen. Email fundraising@gutscharity.org.uk or call us on **020 7486 0341** to start fundraising for Guts UK today.