



Welcome to **Kindfulness**



Be kindful this Christmas...

3-7
December

Kindfulness is all about exploring mindfulness with a *kindful* spin.

The winter season is a time for happiness and celebration, but we know that it is also important to look after yourself and be kind to the people around you. What better way to do this than to follow our guide, which will warm your heart whilst raising life-changing funds for children and young people across the UK.

Follow our calendar overleaf to have the most wonderful week of Kindfulness. Our guide will give you ideas to think, do and say your way through Kindfulness Week and tips for reaching your fundraising target.




Keep up to date with the week and share your fundraising achievements on social media using #Kindfulness. We can't wait to see how Kindfulness spreads across the UK!

Kindfulness could be...

<p>Cosying up in some comfy winter clothes</p> 	<p>Getting outside for some fresh air</p> 	<p>Giving yourself some stress down time at work</p> 	<p>Having a warm bath</p> 
<p>Giving a friend a nice message on our Kindfulness cards</p> 	<p>A random act of kindness to a stranger</p> 	<p>Baking festive treats</p> 	<p>Having a duvet & movie day</p> 

Kindfulness Calendar

We've put together some of our favourite Kindfulness activities for you to enjoy and raise funds to make an impact on children and young people this Christmas. Fancy making the calendar your own? We have included some extra suggestions on page 7 and 9.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Think 	Start by giving yourself a five minute colouring in break to set yourself up for the week ahead and personalise the front page of this guide. <input type="checkbox"/>	Choose your own positive mantra and repeat it to yourself throughout the day. <input type="checkbox"/>	Think of five things that you're grateful for and write them down for you to look at later when you need a little pick me up. <input type="checkbox"/>	Spend 10 minutes in your day doing a guided meditation video. <input type="checkbox"/>	Spend 5 minutes focusing on your senses, listen to the sounds, and try to count how many you can hear. <input type="checkbox"/>
Do 	Decorate a jar and place it in your home or office to pop spare change in to kick-start your Kindfulness fundraising. <input type="checkbox"/>	Go on an adventure by walking a different way to work or spending your break exploring a new area. <input type="checkbox"/>	Have a bake sale! Spend some time making tasty treats and bring them to your place of work or friends meet-up. <input type="checkbox"/>	Plan an evening of self-care and treat yourself to a herbal tea and your favourite film. <input type="checkbox"/>	Have a sponsored <i>stress down Friday</i> at work or with friends. <input type="checkbox"/>
Say 	Tell someone about Kindfulness Week by sharing this calendar online or telling a friend about what you are getting up to! <input type="checkbox"/>	Remind a friend, family member or a colleague of one of their recent successes and celebrate it again! <input type="checkbox"/>	Thank someone in your life for their support and encouragement. <input type="checkbox"/>	During your day tell someone to have an extra lovely week or weekend. <input type="checkbox"/>	Say to yourself how proud you are for completing this calendar and helping children across the UK. <input type="checkbox"/>



How to spread Kindfulness this Christmas



Step 1 Plan your Kindfulness Week! You can practice Kindfulness and fundraise at home, at work or with friends. Organise a *stress down Friday* or set a Kindful thinking challenge just for you.

Step 2 Sprinkle some Kindfulness by letting people know what you are up to and getting them involved. Post what you are up to on social media (don't forget to include a link to your JustGiving page!) or write a message on a Kindfulness postcard and give it to someone to brighten their day. Remember the more people you tell, the more festive funds you can raise!

Step 3 Think, do and say your way through Kindfulness Week (**3-7 December**) by completing our calendar and ticking off each activity.

Step 4 Once you've completed Kindfulness Week, pay in the money you've raised to make sure you've shared your positive impact. Turn to page 10 to find out how.

Please check out our 'Keeping it Legal' guidelines by visiting the web-page below:
barnardos.org.uk/fundraising-materials



What is **Kindfulness Week**?
This year, we are celebrating Kindfulness week on the 3-7 December, but feel free to practice Kindfulness whenever you need it most.



Our top tips for reaching your target

- ★ Set up a JustGiving page and share what you are up to with your friends or family. Remember to upload a picture of yourself and share a story as to why you're fundraising. Every donation no matter how small, adds up to make a difference.
- ★ Ask for suggested donations for your *stress down Friday* activities.
- ★ Make sure your homemade box is somewhere your friends, family or colleagues can see it so that everyone has a little reminder to pop in any kindful coins (or notes!). If you prefer, you can print a branded collection box from barnardos.org.uk/fundraising-materials
- ★ Update your social media with how you get on in the week so that friends and family can see how you're getting on.



How to have the perfect stress down Friday

by Justine at Barnardo's Tiger Services:

Our favourite relaxing activities that would work perfectly for a stress down Friday are all about creating down time in the work day as a team, such as:

- ♥ Starting the day with a vitamin boost by having a group breakfast – don't forget the orange juice for the extra energy!
- ♥ Having a bring and share lunch with lots of lovely home-made food, or afternoon tea and cakes – you could also fundraise at the same time.
- ♥ At lunch have a meditation, pilates or yoga session, why not ask a local wellness instructor to donate half an hour of their time?

You can find out more about Barnardo's Tiger Services by visiting our website:

barnardos.org.uk



Justine Wilson-Darke
from Tiger Services



If you prefer, swap our suggestions for any of the below to make

Kindfulness Week your own!

- ✿ Cook a meal for a friend or loved one.
- ✿ Write a letter for your future self to open on a specific date, with some wishes and encouragement to yourself.
- ✿ Leave an uplifting note for someone to find.
- ✿ Ask your friends or colleagues to bring you any unwanted clothes or books to donate to your local Barnardo's charity shop this week.
- ✿ Take some time out in front of a mirror and tell yourself that you are great!



How your Kindfulness makes a difference...



£5

for every £5 you raise it could cover the cost of a weekly travel card so a child can afford to come to a Barnardo's service to see a worker who can help them with their problems.



£15

for every £15 you raise it could buy refreshments for a group session on emotional well-being and mental health.



£250

could provide one young carer with six sessions of counselling or personal emotional health and well-being support.



£500

would enable us to run a three-day residential for a group for up to six young people. This would be to develop young people's practical and emotional skills.



Meet Wesley

Wesley* 15, took part in the 'decider life skills' course at his college which is part of Barnardo's PLAN B service.



Wesley, 15

“The nature of the course [...] was especially useful to me, as it proved to be an opportunity to learn some coping mechanisms.

Repeating one of the mindsets, 'It Will Pass' has also helped me in numerous ways, by showing that there is a light at the end of the tunnel, and that not all negative situations last forever.”

To find out more about Barnardo's PLAN B service visit: barnardos.org.uk/planb

*Name and image have been used to protect the identity of the child.

Extra Kindfulness activities

At your workplace:

- Raffle off good deeds donated by your fellow colleagues – just think, someone could offer to be the office cuppa maker for the week!
- Invite a local yoga teacher in during lunch for a de-stressing break, charge £5 per person to go towards your Kindfulness total.
- During your break hold a guided meditation session, ask for a suggested donation of £4 for each person to take part.



With your friends, family or by yourself:

- Have a de-clutter of your room and wardrobe and take your no longer needed items to a Barnardo's charity shop.
- Set yourself a healthy living goal and ask your friends to sponsor you for your efforts! Put down the pop and hydrate your body by challenging yourself to a week of water only beverages, swap your crisps for carrots or follow an exercise plan for the week.
- Set up a leftover change box in your house or office and donate the proceeds after the week.



With your organised group:

- Hold a singing session and charge for entry – singing in a group can boost happiness!
- Have a Kindfulness Raffle.
- Spread some Kindfulness to your religious group by holding a collection for Barnardo's.
- Explore your local area together and get sponsored to try and cover as much land as possible in a set amount of time.



Ways to bank your Kindfulness funds!

Now that you've completed Kindfulness Week, you can pay in the money you've raised in lots of different ways – **please mention that you took part in Kindfulness** when you do:



By phone

Call our super kindful Supporter Relations Team on **0800 008 7005** to make a donation by credit or debit card.



By post

You can download a form at [barnardos.org.uk/fundraising-materials](https://www.barnardos.org.uk/fundraising-materials) or you can use the paying in slip provided on your welcome letter. If you'd like our team to post one out for you, you can email us at supporterrelations@barnardos.org.uk or call us on **0800 008 7005**.

Fill in the form and post it with any cheques or CAF vouchers, made payable to Barnardo's, to the following address:

Kindfulness – Income Processing
Barnardo's
Tanners Lane
Barkingside
Ilford, IG6 1QG

Please do not send cash in the post.



At the bank

Use the details on the paying in slip on the letter to pay into our bank account at your local branch. If you prefer you can call **0800 008 7005** and we'll send you a blank giro slip. You can then pay it in at any of these banks:

Barclays Bank (England and Wales)
Bank of Scotland (Scotland)
Northern Bank (Northern Ireland)



Online

You can pay directly into our bank account with online banking. Our bank details are:

Barnardo's
Barclays Bank
Account number: 50507393
Sort code: 20-57-30

Please quote your unique reference number when you pay. This can be found on the paying in slip on the cover letter or if you have misplaced the letter then don't worry, just call our Supporter Relations Team on **0800 008 7005** – don't forget to mention that you took part in Kindfulness when you call.



JustGiving

You can add your offline donations to your JustGiving page, meaning that you can see your final total in one place. Visit [JustGiving.com](https://www.justgiving.com) to find out how.

If you're paying in your fundraising on your JustGiving page please read the Gift Aid questions carefully and only tick if it applies to your donation.



Any questions paying in your Kindfulness funds?

Feel free to email: supporterrelations@barnardos.org.uk or call **0800 008 7005**.

Every donation makes a big difference. Thank you!





Barnardo's believes in **stronger families,**
safer childhoods and **positive futures** for
vulnerable children and young people.

If you would like further information or other fundraising
activities and events – please visit our website:

barnardos.org.uk/fundraise

**Believe in
children**
 **Barnardo's**

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barnardos.org.uk

Tel: 0800 008 7005

Email: supporterrelations@barnardos.org.uk

