

SUPPORTER PARTICIPATION PACK



TOGETHER WE CAN

Thank you for showing your interest in supporting the Blue Light Card Foundation. **Together** we can **give back** to those who **give most**.

We have made it our mission to ensure all members of the Blue Light community can access wellbeing support whenever they need it. Now, **you are joining us** on this journey where each day we are **one step closer** to a future where every member of the Blue Light community, both past and present, feels **empowered, supported and heard**.

We work with a range of incredible projects and people nationwide to empower members of the Blue Light community to seek support, whatever that looks like for them.

We all may find ourselves hugely affected by day-to-day struggles, but in the Blue Light community, regardless of role, these problems are magnified by increased risk of poor mental health and wellbeing due to frequent exposure to distressing situations, long and unpredictable hours, and significant threats to safety every time they turn up for a shift.

Help those who help us all, any time they need it.

Together, we can create a stronger, more resilient support network for the Blue Light community and their families. Thank you for joining us in making a lasting impact on those who put their lives on the line for us every day.

The Blue Light community is here for us every day, but they **need our support** too.

90.1%

of Blue Light workers say their mental wellbeing has been negatively affected because of their job.

64.7%

of Blue Light workers listed stress as the largest challenge they face.

81.9%

of Blue Light workers say their physical wellbeing has been negatively affected because of their job.

44.2%

of Blue Light workers feel they do not have a support circle.

WE ARE PROUD TO SUPPORT

- 4x4 Response
- Ambulance Service (including retirees)
- Blood Bikes
- Care Homes
- Care Company workforce
- Council (working in care sector)
- Cave Rescue
- Fire Service (including retirees)
- Foster Carers
- Highways Traffic Officers
- HM Armed Forces
- HM Armed Forces Veterans
- HM Coastguard
- HM Prison and Probation Service
- Home Office (Borders and Immigration)
- Independent Lifeboats
- Lowland Search and Rescue
- Mines Rescue
- MoD Fire Service
- MoD Civil Servants
- MoD Police
- Mountain Rescue
- NHS (including retirees)
- NHS Dental Practice
- Police (including retirees)
- Pharmacy
- Red Cross
- Reserve Armed Forces
- Residential Care
- RNLI
- Search and Rescue
- Social Care
- Social Workers
- St Andrew's Ambulance
- St John Ambulance

ONE STEP AT A TIME

Each project takes us one step further to **enhance lives** and **empower** the Blue Light community to know where to seek support, any time they need it. Many of these projects wouldn't be possible without our funding, so your contribution truly makes a difference.

Since our launch in March 2023, we have already started to make a **massive impact**. The projects we've funded cover a **wide range of activities**, including golf skills, mental health workshops and non-contact boxing sessions, massage therapy sessions for care home staff, free wellbeing workshops, outdoor experiences, bushcraft, and environmental awareness programmes.

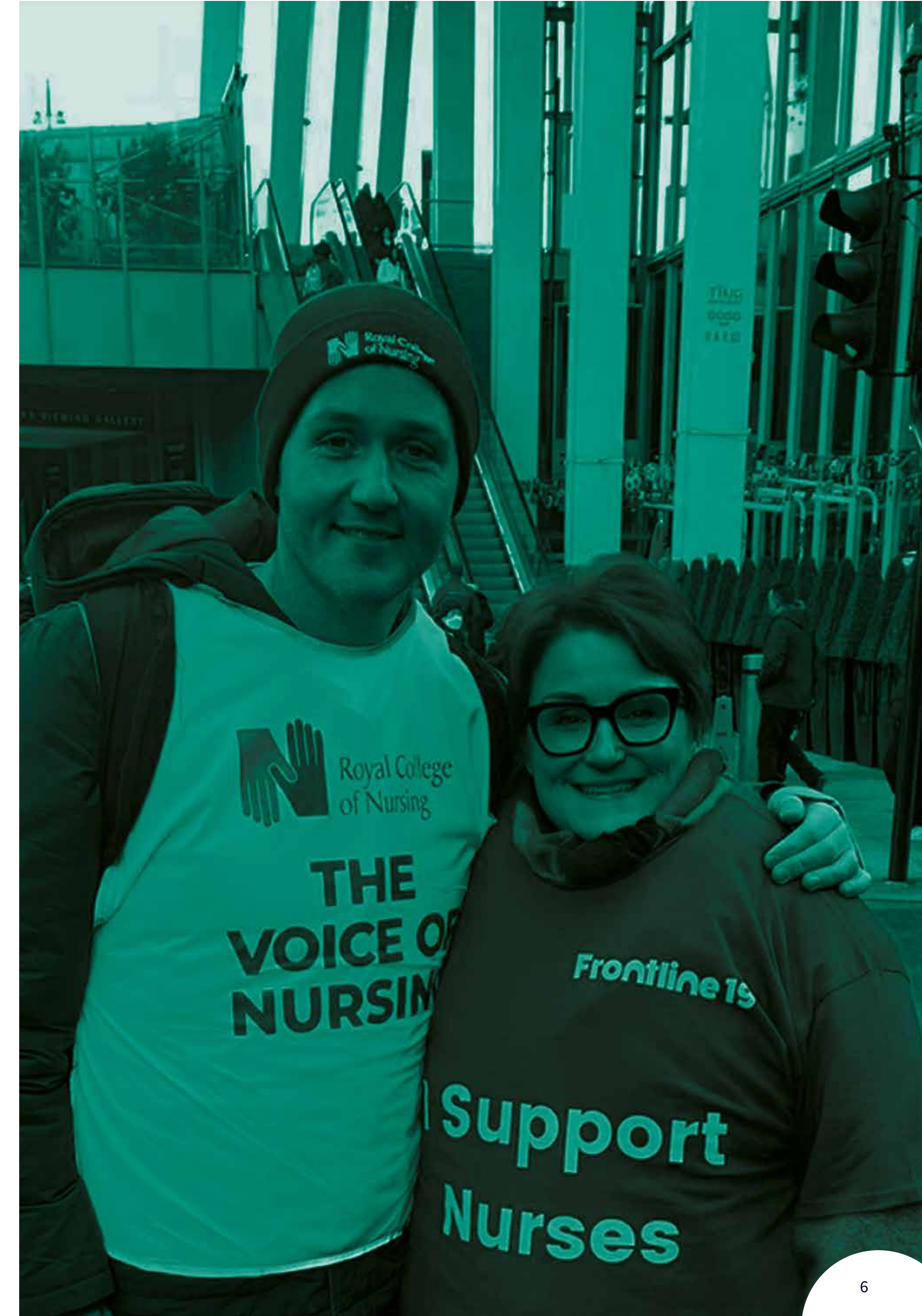
In addition to funding these incredible projects, we are seeing **increasing collaboration** and **sharing of activities** amongst different Blue Light support groups. They are actively engaging with each other, promoting their work, and creating connections. Furthermore, they are taking the initiative by visiting other projects, sharing best practice, fostering relationships, and enhancing their collective work. This is vital to further the reach and impact of different support networks, allowing everyone to have access to quality and trusted support.





“We are **incredibly proud** to be supported by the Blue Light Card Foundation. This grant will enable us to continue to **support the hardworking frontline workers** who, now more than ever, need our support. **We support over 9000 people every week** with counselling, training and webinars.”

Claire Goodwin-Fee, CEO, Frontline 19





“We have seen a **400% increase for our service** over the past year due to its success, and **without funding** from organisations such as the Blue Light Card Foundation, **we would not be able to continue to offer our counselling service** to veterans and their families of the Northeast.”

Andrew Cammiss, CEO, East Durham Veterans Trust

To learn more about the projects we’re currently supporting, please visit our [webpage](#) and follow us on social media.





“This **vital financial support** will enable us to run our 10-day online breathwork and cold-water immersion course with The Breath Connection for two years. These courses will **help hundreds of police and military service users** all over the UK, directly and indirectly helping many more people. The programme is **a stepping stone in the path of recovery** for our service users.”

Damien Isherwood FRGS, Co-CEO, The Curtis Palmer Program

PUT YOUR THINKING HAT ON FUNDRAISING IDEAS



When it comes to fundraising, the sky is the limit!

Are you a keen runner or would you rather be part of the cheerleading crew? Do you prefer physical challenges or elegant socialising? To learn more about our own initiatives, please keep an eye on the [Get Involved](#) section on our website.

Here, you will also find a few kick starter ideas if you wish to organise your own fundraiser for us!

Please remember that our team is here to help you bring your plans to life. Just contact us at **fundraising@bluelightcardfoundation.org** and let us know about your ambitions.

Sale

Donate profits from a sale: from cakes, samosas or homemade lemonade through to hand made jewellery, art or craft. Do not underestimate your skills or the services you can provide, such as car washing, guitar lessons or dog walking/cat-sitting activities.

Ticketed events

If you are a social animal, simply invite your friends for a quiz night, gig, themed party, summer ball, fete, dog show or football tournament. Organise something you love and sell tickets!



Challenge yourself and get sponsored

Leave your comfort zone and shout about it to gain some support. Sign yourself up for a marathon, zip wire or fire walk. Just make sure it's organised safely! Triathlons, swimming or walking challenges are also an excellent choice. If you are not a sporty type, how about a sponsored silence, day offline or giving up chocolate?



Stay tuned

The team at Blue Light Card Foundation is working hard to create more opportunities for you to get involved in. Follow us on social media channels and we will let you know how you can help.



Birthday treat

Instead of receiving cards and gifts, ask people to donate the equivalent they would have spent on you to the Blue Light Card Foundation.

Use Just Giving or Facebook to reach even further. Just choose Blue Light Card Foundation as a beneficiary.

The more the merrier

Involve your workplace, school, sports club or any social club you are a member of. Together you can achieve more and raise even more. Remember that some companies offer the match giving scheme for any funds raised by their employees – don't be too shy to ask!



GO FURTHER WITH OUR WELLBEING FUNDRAISING ACTIVITIES

Here at Blue Light Card Foundation, our focus on wellbeing shines through the projects we fund and everything we do. Please don't hesitate to use ideas from this section to incorporate our message into your fundraising and help us raise awareness around wellbeing.

Wellbeing playlist

Invite your colleagues/friends to create a wellbeing soundtrack together. Ask for small donations to add songs to the list. Remember that to play music publicly or in workplaces you need to have a licence.

Click [here](#) to find out more and check with PPL PRS if you need a music licence.



Wellbeing bags

With the support of local businesses, artists and makers, create a goody bag (for sale or as a take-away for your fundraising event attendees). It doesn't have to be big! You could include things like:

- Inspirational quotes you can create
- Colouring postcard and crayons/felt pens
- Tea bags/coffee for a quiet moment
- Scented candle or essential oil
- Bath bomb or bath set
- Hand cream
- Chocolate bar
- Crystals



Mindful fuddle

Share food during your lunch break and incorporate slow eating, paying attention to the taste and texture of dishes. Have boards ready so people can write down what they discover about food and how they describe their direct experience of smelling, touching and tasting what's on the table. Ask a local caterer or restaurant to sponsor the gathering.

A could-do list calendar

Encourage your family/friends/classmates or colleagues to join you for Be Well Month for Blue Light Card Foundation. Pick a month that works best for you. Simply use our template below for an activity a day or create your own by adding activities of your choice tailored to your family, school or workplace. Track your progress and get sponsored.

BE WELL MONTH FOR BLUE LIGHT CARD FOUNDATION

01. Make yourself your favourite drink and slowly taste it properly	02. Sit on a bench and watch people walk by	03. Grab your favourite book and read it for 15 minutes	04. Go for a walk without your phone, whatever the weather	05. Collect a leaf or stone and just observe it thoroughly. What do you notice?	06. Handwrite a message to a friend you haven't seen for a while	07. Grab your favourite snack and allow it to melt in your mouth	08. Stand barefoot on a safe surface outside e.g. grass and just feel it for 5 minutes
09. Sit in silence for 10 minutes and note which sounds you can hear	10. Slow down your day – add a minute of stillness between each task or job	11. Listen to your favourite song and notice something you haven't heard before	12. Spend 5 minutes drawing what you can see – it doesn't have to be artistic!	13. Run a stick along a textured surface and feel the different vibrations	14. Notice someone who might need some support and spend time with them	15. Write down 5 things you are grateful for - even in hard times, this can help shine a positive light	16. Find somewhere you are safe and shout at the top of your voice
17. Spend 10 minutes doing what you love – whatever that may be	18. Try to notice what stresses you and observe the feeling. Is there a pattern?	19. Give someone a genuine compliment – you might just make their day!	20. Go for a walk somewhere local you haven't visited before	21. Learn to say “thank you” in ten different languages	22. Get up a little earlier to watch the sun rise and the stars disappear	23. Listen to something you would not normally choose	24. Learn how to identify something new: birdsong, trees or work of art
25. Step outside for the sunset and allow yourself some time to admire it	26. Play Poohsticks	27. Buy yourself flowers and place them on your bedside table	28. Sing in the shower - what's your song choice?	29. Climb something tall (but safe!) in your neighbourhood and take in the view	30. Choose a new recipe and learn how to make it from scratch	31. Rearrange something in your room to bring a fresh new look to your space	

YOUR FUNDRAISING ADVENTURE STARTS NOW

Get organised

Plan a date, time and venue. Make sure everything is booked with external providers and gain extra help from friends and family to avoid last-minute panic! Allow plenty of time for preparation. Don't forget about the budget to understand the cost involved and how to increase your fundraising.



Reach out

We are here to support you and provide you with resources you may need, like pull up banners, bunting, collection boxes, t-shirts, information materials and guidance.

Fundraising

Think about generating income. It's good practice to plan a few income streams e.g., entry fee, raffle and donations. It's important to set everything up in advance so you can advertise different opportunities whilst getting the event up and running. For example, you can ask people to donate online through your Just Giving page if they are unable to attend your event but want to support the cause anyway.

Make sure you are transparent about donations, so that people understand who they are supporting. It needs to be clear that the Blue Light Card Foundation is a beneficiary of your fundraising. It's important that people also understand if only a percentage of their money goes towards the cause.

If you plan a raffle, please remember to organise it legally: find out more [here](#).

Gift Aid

Don't forget about Gift Aid which allows us to claim more funds. Use our Sponsorship Form and Gift Aid Form to track donations but please make sure you follow the rules, check the details [here](#).

Spread the word

Let people know about your plans. Make sure you reach out through different communication channels. Keep reminding people about your activities as we all get busy and forget. Also, remember to let us know about your plans so we can support you!

Big day

Make sure that everyone, including you, have fun and that the event is run smoothly.



Count the money

For your own safety, make sure you don't leave money unattended and that there are always two people present when handling any monetary donations/purchases. Donate via your chosen avenue – online and bank transfer are our preferred methods!

Thank your guests and supporters

Remember to acknowledge everyone who made your fundraising successful including attendees. Inform everyone about the fundraising outcome so everyone can celebrate the success.

“ I am lucky to have an amazing job as a nurse along with equally amazing family and friends who I can turn to. Some people don't have anyone who can help them and **we all need a little help** every now and again, **usually when we least expect it.** ”

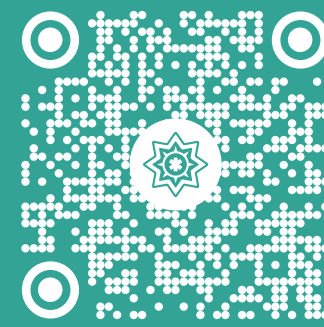
Blue Light Card Foundation Supporter

Thank you for everything you do for us.

With your support, the Blue Light Card Foundation can give back to those who give most.

BLUE LIGHT CARD™ FOUNDATION

bluelightcardfoundation.org



GIVES BACK

TO THOSE WHO GIVE MOST

Chair of Trustees - Steve Denny | General Manager - Naomi Adie
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The Blue Light Card Foundation is a registered charity within England and Wales. Charity No. 1198492