

The Get up and Go Team Challenge activity pack

Believe in
children



Barnardo's

For members
aged 11-18



Team Challenge

Challenging homelessness

Contents

Introduction

- Get up and Go!
- What is the Team Challenge?
- Please help

Leaders' notes

- Homelessness – the problem
- Facts and figures
- Case study
- How we help
- A Barnardo's shopping list
- Worksheets and Project


Activity pack for members

- Virtual Team Challenge
- Team Challenge
- Sponsor form
- Poster
- Certificate

**Believe in
children**



Barnardo's

 give with confidence

Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines. Barnardo's Registered Charity Nos. 216250 and SC037605

Introduction



Get Up and Go!

Barnardo's is very proud to be a charity partner of The Boys' Brigade Get up and Go appeal. Barnardo's believes in children – no matter who they are, what they have done or what they have been through. Whatever the issue, from drug misuse to disability; youth crime to mental health; sexual abuse to domestic violence; poverty to homelessness, we know that with the right committed support and a little belief, even the most vulnerable children can turn their lives around.

This activity pack has been developed to raise understanding and awareness of some of the issues faced by children, young people and families helped by Barnardo's each year and to encourage Boys' Brigade members to get involved and make a difference.

What is the Team Challenge?

The Barnardo's Team Challenge is an opportunity for your members to explore one of the most devastating circumstances a young person can face—homelessness. At the same time, they are invited to raise vital funds as a team, to help Barnardo's bring vital and often life changing help to vulnerable, homeless young people.

Through the use of our Leaders' notes and worksheets we hope to motivate and inspire your members to learn about the causes of youth homelessness and the effects it can have, and as a result, have empathy with homeless children and young people. While taking part in the fundraising activity members can work as a team to combat the loneliness felt by a homeless young person.

Taking part in the Team Challenge activity is flexible and fun; there are literally no limits to what you can do! Your members can take part in one of our virtual challenges and scale Mount Everest, or row across the English Channel! Alternatively if they are full of ideas then they can use the materials we've included to promote and run their own event. Both of these challenges will inspire your members to think creatively and work together to help others, while raising vital funds for Barnardo's.

Please help

Donations are vital to Barnardo's; last year we spent over £174 million on providing more than 400 services to children. We really need your support so that we can continue to help some of the most vulnerable and disadvantaged children and families in the UK.

Please encourage your members to support Barnardo's and together we can raise funds to ensure that those who desperately need Barnardo's help continue to receive it.

**Believe in
children**



Barnardo's

Leaders' notes

Homelessness – the problem

Many families, single parents and young people have no home at all. Homelessness is a major problem in Britain today. Homelessness is the result of a range of circumstances, almost always related to poverty. Many homeless young people have been subjected to very distressing experiences which led to them becoming homeless such as domestic violence, drug and alcohol misuse, mental health problems or fleeing persecution from another country.

When they don't have a safe place to live young people are more vulnerable to:

- poor health
- physical attack
- involvement in crime and substance misuse
- sexual exploitation
- unemployment
- dependency on benefits.

Homeless families find themselves living transitory and uncertain lives. They never know when they will have to move, and basic essentials like a school place or doctor become major problems. Temporary accommodation offers children no stimulation or room to play, which can lead to depression or aggressive behaviour.

Facts and figures

- More than 90,000 homeless children in England are living in temporary accommodation.
- Nearly half of homeless people have been assaulted – and half of these assaults have been by members of the general public.
- A third of children living in temporary accommodation have no school to go to.
- As many as 60 per cent of people sleeping rough suffer with mental health problems.
- 1.6 million children in Britain live in housing that is overcrowded, temporary, or run-down.
- Homeless children are 10 times more likely to die in a fire than their peers.
- Two-thirds of young homeless people have left school without any qualifications.
- Eighty one per cent are addicted to drugs and alcohol.

Believe in
children



Barnardo's

Case study

Emily's story

My Dad is an alcoholic. Ever since I can remember he has hit and beat me – for about twenty years. He had times when he wasn't drinking, but would always return to the drink.

I used to come in from school with my hands over my face and run upstairs to my room. Every day I'd go home and wonder if I'd have my leg broken. My teachers couldn't understand why I wanted to stay at school.

Once he hit me round the face with a baseball bat and broke my jaw. I had to say it was an accident and had happened at school. When I returned home, my Dad was still violent. Last year he threw me down the stairs and said, 'Get out, I've had enough of your back-chat.' I never spoke back to him. I rang a close friend who'd moved up north and she said 'Get up here.'

I just had a suitcase with a few clothes in it and my phone. I stayed with her family for a couple of weeks. She introduced me to some of her friends and I stayed with them for a few days or weeks at a time. I always double-checked with their parents and said I would get up early and be out whenever they needed me to. All I said was that my Dad had kicked me out and I needed somewhere to stay. I was very insecure because of what I'd been through and if there was a boy or man in the room, I'd leave. My Mum sent me money in the post to buy food and things. That went on for about four months.

Then I got lucky. I was referred to Barnardo's at Bay6, a housing project that helps people like me. I had an interview and everyone was really nice.

I moved in and it's great. We're like one big happy family. We even have a dog. They helped me sort out my benefits and a course. I was diagnosed as dyslexic at school, but never really got the help I needed. Now I'm studying web design. I have a photographic memory and I really love it.

The project has also helped me to socialise more. I used to just sit in and watch telly. As well as practical help, the project gives you someone to talk to. I needed to meet more people and get more involved. Now I'm so excited. They can't shut me up! I've got so much energy. I want to be out everywhere! I'm like a brand new person. I'm a lot stronger because of what I've been through and I can understand other people in similar situations.



How we help

Barnardo's works with homeless families as well as young people who are homeless or living in insecure accommodation. We help young people to access the right accommodation and support them in their tenancies, and for some young people, such as young care leavers, we actually provide supported accommodation. Our outreach teams on the streets actively look for homeless young people and provide a friendly ear as well as referring them to relevant agencies.

We work with families to help them secure the benefits and grants they are legally entitled to, sorting out accommodation problems and helping families to get re-housed in the area so their children's education is not disrupted.

A Barnardo's shopping list

- £10** will buy a kettle and will ensure a mum in temporary accommodation can heat up food and provide hot water for her children.
- £15** will provide emergency food and heating for a homeless young person for a whole week; This is essential in helping them to get back on their feet.
- £50** can help fund our special helpline so that children who are considering, or who have run away from home have someone to talk to, confide in and most importantly someone to trust.
- £80** will provide shelter, food and a safe place to sleep for the night for a young person sleeping rough on the streets. From here we can offer them much needed support and together begin to re-build a positive future for them.
- £121** will pay for a homeless young person to live in short term supported accommodation for one night. Young people spend an average of four months in this type of accommodation before moving onto long-term accommodation.



Believe in
children



Barnardo's

Team Challenge

Worksheet

How much do you know about being homeless?

The activities below will help your members begin exploring as a team, what it feels like to step into the shoes of a homeless young person.

Many families, single parents and young people have no home at all. Homelessness is the result of a range of circumstances, almost always related to poverty. Many homeless young people have been subjected to very distressing experiences which led to them being homeless such as domestic violence, drug and alcohol misuse, mental health problems or fleeing persecution from another country.

When they don't have a safe place to live young people are more vulnerable to:

- poor health
- physical attack
- involvement in crime and substance misuse
- unemployment
- dependency on benefits.

When in chaos and crisis young people do not always do logical things and, for example, do not turn up for appointments etc. This can be the result of a number of things – trauma, stress, depression, feelings of worthlessness, the result of drug use, lack of structure to life etc. It needs a lot of intensive support.

Barnardo's project worker



Project

Barnardo's is challenging you to put yourself in the shoes of a homeless young person; to consider what life would be like and how you would cope.

- Write down your own list of 10 'life essentials', in order of importance. Think carefully about each one. You may think you couldn't live without your Playstation or your trainers, but what if the choice was between that and food?
- Take no more than three minutes to write down as many things as you can think of that you would not have if you were homeless e.g. somewhere to sleep...
- Write for three minutes on the idea, 'If I were homeless I would be frightened of...'
- What sort of things have you heard people say about homeless people?
- What is your own view – is it their fault, are they making choices?
- Why might they be homeless in the first place?

Life's essentials?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Team Challenge activity pack

Believe in
children



Barnardo's



Virtual Team Challenge

Climb it, row it, ride it, run it!

By taking part in a Barnardo's Virtual Challenge, your team can complete a life-changing achievement to be proud of. A Virtual Challenge delivers all the exhilaration and enjoyment of the real feat, and can improve physical fitness too.

Our Virtual Challenges are as easy as one, two, three:

1. think of the greatest physical achievement that you would like to complete and decide how best to simulate it
2. collect support using our sponsorship forms
3. pull off the grand feat itself!

The great thing about Barnardo's Virtual Challenges is their flexibility. Below are some winning ideas to inspire you:

Climb Mount Everest

8,848m – all the height without the hypothermia!

The size of the expedition team will determine how many metres you each have to climb: divide Everest's height between the members of your team to work this out. For instance, if there are 10 of you, you will each have to climb 885m. Easy! This challenge can then be completed using stairs or at your local climbing centre. Or, for those keen on the great outdoors, how about conquering a peak such as Ben Nevis? Although at 1,344m, you will have to scale it up to seven times!

Row the English Channel

21 miles (33.79km) – canoe handle this?

Rowing machines are great for this challenge and can help you keep track of your distance. If you don't have one hidden in the garage, try contacting your local gym to see what facilities they can offer. Once the distance is divided up between your team members life should be but a breeze on the waves. Depending on the number of rowing machines you can appropriate, you could either take turns or step up the competition by all rowing at once. First one to France wins!

Bounce over Big Ben

96.3m

First of all you need to measure how high you can bounce using something like a skipping rope, space hopper or trampoline (or just your feet!). Then divide Big Ben's height (round it up if you need to) by the height of your bounce to calculate how many bounces are needed. For instance, if you can bounce 10cm the team will need to bounce 970 times to get over Big Ben. As with the other challenges, this one is best completed as a team effort – the more members you can get bouncing at the same time, the better!

Touch the bottom of Loch Ness

230m – Nessie optional extra!

Contact your local swimming pool to identify the best time to attempt this one. We suggest you aim for a time when the pool is at its quietest; you may even be able to gain exclusive access to the pool at certain times. Make sure the lifeguards are aware of the challenge so that they can help you if there are any problems.

The depth of swimming pools varies, but this is always marked out at the side of the pool. Simply divide the 230m depth of Loch Ness by the depth of the pool (usually between 2m and 5m) to see how many times you will need to swim to the bottom. Diving to collect an object from the bottom of the pool is a great way to ensure everyone reaches the floor. If everyone in the team takes it in turns to dive, it gives you all a chance to rest in between... Phew!

Complete the New York Marathon

26.2 miles (42.16km) – going the distance!

This challenge can be completed using a treadmill, a running track or just an open space. The 26.2 miles should be divided between your team members, so that everyone knows how far they have to travel.

If you're using a treadmill, you can set the computer attached to measure the mileage. Outdoors, most running tracks are 400m round the inside lane (although double check to be sure), in which case your team will have to run just more than 105 laps between you. And if the length of the open space you are using hasn't been recorded, it's time to break out the tape measure!



Team Challenge

Be inspired by our fundraising ideas!

- Have a charity cake sale. Chocolate brownies or lemon drizzle? Whose cakes will raise the most?
- Get sponsored! Organise a fun run or swimming marathon.
- Have a non-uniform or fancy dress night! Pay £x to take part.
- Hold a Quiz. Music, film, sport – choose your favourite categories.
- Why not hold a series of events in a charity week?



Top tips

- Ask in advance if you need to use Church/BB facilities – you might need to book.
- Get the rest of the Company/Church involved.
Explain why you're raising money in a service about Barnardo's.
- Use the talents of your whole team.
Who can design a poster? Who is a good salesperson? Who will you trust to manage the money?
- Approach local businesses for donations or prizes.
- Inform your local newspaper about your event. Do this in good time, as they might come to take a picture.
- Always say thank you and keep it legal!



Your fundraising will change the lives of disadvantaged children across the UK.
Thank you!

The Boys' Brigade Team Challenge sponsor form

(Name) _____ is raising money for the Boys' Brigade Get up and Go Appeal by taking part in the Team Challenge.

First name	Surname	Home address (house number, street and town)	Postcode	Amount donated	Gift Aid please sign	Date paid (dd/mm/yy)
1 Mark	Sample	4 Donation Road, My town	AX 7 4 LE	£2	<i>Sample</i>	04/02/09
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
The total is...						

We, who have given our names and addresses above, and who have signed the box entitled Gift Aid, want Barnardo's to reclaim tax on the donation detailed above. We understand that each of us must have paid an amount of Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation.

Please return this form with your donation to your group leader. This will enable Barnardo's to claim Gift Aid.

Increase your donation by 25 per cent – at no cost to you – with Gift Aid. If you are a UK taxpayer please sign the Gift Aid box next to your name. Please ensure that every section is correctly filled in – with no ditto marks. Thank you.

Where does the money go? £5 could buy a hot dinner for a homeless child at a Barnardo's project. Just £10 could pay for a birthday or Christmas gift for a child experiencing domestic violence. £50 could cover the weekly cost of running a community youth group for children in a deprived area.

Barnardo's values your support and promises to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose, or share personal information supplied by you, with any third party organisations without your consent.



Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines. Barnardo's Registered Charity Nos. 216250 and SC037605 13281810



Continued...

(Name) _____ is raising money for The Boys' Brigade Get up and Go Appeal by taking part in the Team Challenge.

First name	Surname	Home address (house number, street and town)	Postcode	Amount donated	Gift Aid please sign	Date paid (dd/mm/yy)
1 Mark	Sample	4 Donation Road, My town	A X 7 4 LE	£2	<i>Sample</i>	04/02/09
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
The total is...						

We, who have given our names and addresses above, and who have signed the box entitled Gift Aid, want Barnardo's to reclaim tax on the donation detailed above. We understand that each of us must have paid an amount of Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation.

Please replace the cash donated with a cheque made payable to Barnardo's.

Increase your donation by 25 per cent – at no cost to you – with Gift Aid. If you are a UK taxpayer please sign the Gift Aid box next to your name. Please ensure that every section is correctly filled in – with no ditto marks. Thank you.

Our Team Challenge



Believe in children
 **Barnardo's**

in partnership with



PROVE give with confidence

Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines.
Barnardo's Registered Charity Nos. 216250 and SC037605 13229js10

The Boys' Brigade Team Challenge

(Name)

Made a difference with

(Team/ Company)

What we did and what
was achieved:

**The Boys' Brigade and
Barnardo's would like to
thank you for showing
you believe in children.**

(Date)



**Believe in
children**
Barnardo's

give with confidence

Barnardo's adheres to the Fundraising Promise
and Fundraising Standards Board guidelines.
Barnardo's Registered Charity Nos. 216250 and SC037605 13281js10

