

School Fundraising £ Pack

Welcome

Thank you for choosing to fundraise for Accuro (Care Services). We hope that you find everything you need in this fundraising pack – please do not hesitate to get in touch if you need any more information.

Get in touch

T: 01279 870297 | 01279 871133

E: fundraising@accuro.org.uk

W: www.accuro.org.uk

History of Accuro

We have been providing support for children, adults and their families across West Essex for over thirty years.

In 1982, Harlow Shared Care (HSC) was established and began providing services in 1984. Respite Care in Uttlesford (ResCU) was established in 1994, along with Special Needs of Children and Parents (SnoCAP), which was based in the Epping Forest District Council area.

In 2002, SnoCaP and HSC amalgamated, before joining forces with ResCU in 2005.

Together they became Accuro (Care Services).

Once the care services were established, it quickly became clear that local families were in need of support and services that were not otherwise available within the area. In response to local needs, Accuro established clubs across Uttlesford, Epping and Harlow, which created social and leisure opportunities for children, young people and adults with a disability.

Today, the charity continues to grow as we develop our services and support for both our members and their families.

Getting Involved

By encouraging your school, family and friends to get involved in raising money for Accuro you can make a difference. Your contribution will allow us to continue running and enhancing the services we offer to families across West Essex.



Our Services

Cool Connections - Harlow

Cool Connections is a youth project that provides leisure and social opportunities for young people, between the ages of 11 and 19, who live in Harlow and have been diagnosed as being on the autistic spectrum.

Held on Monday evenings, the weekly club aims to provide a warm and supportive atmosphere where staff and volunteers will encourage and assist our members to socialise and participate in activities at our club and within the community.



Adult Friendship Scheme - Harlow and Uttlesford

The Adult Friendship Scheme operates in both the Uttlesford and Harlow areas and provides leisure and social opportunities for adults with a disability. The activities are designed and delivered in ways that encourage our members to increase their self-esteem and confidence, reduce social isolation and to make new friends. The club allows our members to develop specific skills and gain independence to allow them to confidently undertake activities outside of the scheme.

Loughton Youth Group - Loughton

The Loughton Youth Group offers a weekly club for young people with a disability aged between 11-19 years. The scheme meets every Tuesday evening where a range of different leisure and social activities are on offer. Funding permitting, we also organise additional outings, such as trips to the cinema and to Jump Street.



Saturday Play Club - Saffron Walden

Accuro's Saturday Play Club for 8 to 16-year olds is held at Dame Bradbury's School and ECL premises in Saffron Walden. The emphasis of the club is on creating motivating play activities for the children to enjoy, as well as helping the members develop their social and practical skills. The club actively encourages the children to play a part in planning activities and trips.



The U19 project provides two youth clubs each week (Mondays in Saffron Walden and Wednesdays in Great Dunmow). The main strengths of the project are to encourage and facilitate opportunities for its members to make new friends, develop their self-confidence and allow them to become more independent in a safe and supportive environment.

Holiday Project

Accuro operates a Holiday Support Project during each school holiday and in particular during the long summer holiday. This service caters for children with a disability aged from 8 to 19 and provides opportunities to participate in a very wide range of leisure and social activities in both groups and on an individual basis.

The project provides children and young people with great opportunities to experience a range of different activities and outings, whilst affording their families some valuable respite care.



Fundraising Ideas

Grow a Pound

The 'Grow a Pound' challenge is a great way for pupils to unleash their entrepreneurial skills.

Accuro will give each pupil a £1 coin and they'll get the chance to see how much money they can make from only spending that pound.

Examples: Buy a bucket and sponge with your money and wash your family's cars for £5. Buy some baking products and make some tasty treats to sell or create handmade cards to sell.



Cake Sale

Fundraising never tasted so good!

Bake some delicious brownies or a classic Victoria sponge and sell them in your classroom, or at lunchtime to the whole school.

If you're part of a local sporting or activity club outside of school, you could make and sell your tasty treats there.

Non-Uniform Day

A really easy way to raise money for charity and one of the pupil's favourite days at school. For a small fee (we recommend £1 or £2) pupils can come to school in their own clothes.

It's a simple fundraiser and a great way to show off your new outfit to your friends.

Why not add a theme and suggest that everyone wears a certain colour?



Talent Show

This is a fun one! Ask your teacher and the other pupils if you can put together a performance to showcase everyone's individual talents - from singing and dancing to magic tricks. It's a great opportunity to get all the pupils in the school involved.

Ask family and friends to sponsor you to take part. Find our sponsorship form at the end of the pack.



This fundraiser idea is a fun way to keep active and healthy. Ask your Sports Teacher if you can organise a school fun run on a nice sunny day.

You could add a theme to make it fun – we suggest an Accuro Super Hero theme where everyone gets to dress up as their favourite character.

Seasonal Ideas

Host a pumpkin carving competition, hold an Easter Egg treasure hunt or sing your heart out to Christmas carols.

Seasonal fundraisers are a great way to get the local community and parents involved.



Fun Run

Paying in Form

Please complete this form (in block capitals) and send it to:

The Fundraising Department, Accuro Care Services, Tocher House, Start Hill
Dunmow Road, Bishop's Stortford, CM22 7TA

or email the form to – fundraising@accuro.org.uk.

Name:

Contact Number:

Event and Date:

School:

Payment Form (Cash, BACS, Cheque)

Total Amount raised

£

Colour me in



accüro

supporting people with a disability

Sponsorship Form

[illegible]

Getting your money to Accuro

There's a number of ways to can get your raised money to Accuro (Care Services).

Cheque

Please make cheques payable to 'Accuro Care Services' and send in the post to: The Fundraising Department, Accuro Care Services, Tocher House, Start Hill, Dunmow Road, Bishop's Stortford, CM22 7TA.

BACS

If you would like to pay through BACS, please contact the fundraising team on 01279 870297 option 4 or email fundraising@accuro.org.uk for more details. Please be sure to reference your school name when transferring funds.

Cash

If you have cash - please call the fundraising team on 01279 870297 option 4 or email fundraising@accuro.org.uk to organise collection of the funds. **Please do not send cash in the post.**

Get in touch

Accuro (Care Services)
Tocher House
Start Hill
Dunmow Road
Bishop's Stortford
CM22 7TA



@AccuroCareServices



@accuroessex



@AccuroEssex

01279 870297 }
01279 871133 } Option 6

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Thank you for fundraising for Accuro!