



Gympanzees Community Fundraising Pack

Charity Number 1189375

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Welcome to the Gympanzees Community Fundraising Pack!

We're thrilled you're here! By joining Team Gympanzees, you'll help us provide thousands of children and young people with disabilities with more exercise, play, and social opportunities in our permanent, fully accessible centre.

Did you know that 77% of disabled children can't access regular leisure facilities? That's where Gympanzees come in!

Our mission is to create fully inclusive spaces where everyone can exercise, play, and be social, no barriers, no limits, just endless life-changing benefits.

Here's how we've already been making a difference:

- **Pop Ups:** We ran a series of pop ups to prove the need for a permanent centre. Think of these as wonderlands of inclusive exercise, play, and social spaces tailored for every ability.
- **Lending Library:** A treasure trove of specialised equipment families can borrow to create accessible exercise and fun development opportunities at home.
- **Online Resource Hub:** Packed with ideas, tips, and guidance for families on various needs – it's like having your own expert cheer squad!

But here's our vision: we're fundraising to open the UK's first-ever fully accessible leisure centre for disabled children and young people. We've secured the building in Aust near Bristol, and with your help, we're raising £8 million to make it the most inclusive, exciting place imaginable. Doors open Spring 2027, so let's do this!

So, grab your fundraising ideas and help us create more unique, life-changing moments for children, young people, and their families. Together, we can #MakeItHappen!



Arthur's favourite place in the world

Arthur is 6, and he is an absolute delight. I am privileged to be his mummy Anna. He's a wheelchair user and is nonverbal. Arthur was born very premature, at 26 weeks, weighing just 2lb 5. As he fought for his life, I held his teeny tiny hand and promised him that if he pulled through, I would be the most loving mum and give him the happiest life.

After 2 weeks, we were told he would develop a type of severe Cerebral palsy where the entire right side of his body has spasticity and paralysis and that it was unlikely he would ever talk. As Arthur grew, I realised how restricted everywhere was for him. Every social invitation filled me with dread. We'd do our best to get him involved. But eventually, he got too big, and started to feel frustrated and excluded, which broke my heart. There was nowhere for him to exercise or socialise.

Struggling to find places to exercise and play, I had to apologise to Arthur for being excluded. Then we found somewhere amazing - Gympanzees. Arthur was 3 on his first visit. I still remember how excited we were. We could not believe our eyes. Every room was more thrilling than the next. From the trampolines to the sensory rooms, behind every door was something fun or educational for Arthur to explore.

On our last visit, we found love for a new room - the gym - and I could not believe Arthur's bravery; a child afraid of playgrounds, who detests his mobility equipment and physio, but with the assurance of the kind staff, Arthur was willing to try every piece of apparatus.

Gympanzees don't just benefit the children! It is hugely beneficial for parents' mental health. Every visit we have made new friends. It has been so rewarding to watch Arthur interact with new children and to meet other parents - hearing their stories is both inspiring and therapeutic.

Gympanzees has dramatically improved our lives, and future too. It's place that enhances our children's social skills and gives them confidence in the outside world. It has given us hope, friendships, and laughter and exceeded our dreams regarding the quality of our lives. To think that so many other children can have this is so exciting and it will change the lives of disabled children and their families everywhere.



Watch Arthur's Story



Powering Potential: Equip Gympanzees For success

£ Our ability to enhance the quality of life for disabled young people depends on the generous support of donations from our community. Your fundraising efforts will contribute to building and maintaining the centre, equipping the activity rooms, and creating a space where isolated families can connect. No matter how much you can raise for Gympanzees, every donation is invaluable.



Here are some examples of how your fundraising can make a difference!



£10

A donation of £10 could help pay for Sensory Stress Balls

Colourful, squeezable stress balls are perfect for calming and focusing. Whether at home, school, or on the go, they're easy to carry and share. Made from safe, durable materials, they are ideal for kids and adults alike, helping reduce anxiety, improve concentration, and support hand exercises. Great for gifts, party favours, or just a fun way to relax and unwind. A popular essential for neurodiverse children attending Gympanzees.



£50

A donation of £50 could fund a Weighted Blanket

Designed to ease stress and anxiety, these blankets support sensory needs through calming inputs like movement and texture. They help users feel connected to their environment while promoting relaxation and self-soothing—especially for those with physical disabilities who may need extra sensory support.

£100

A donation of £100 could help 27 young people use our lending library

Our Lending Library currently consists of 270+ exercise, sensory and therapy items, accessible to over 500 families and delivered to BS postcodes, supporting physical and mental health and sensory needs, benefiting the whole family. Purchasing more equipment, guided by our families, allows more people more access and therefore greater impact.



£500

A donation of £500 could help pay for an Electric Horse Riding Machine

A dynamic fitness device designed for a full-body workout, particularly benefiting individuals with physical disabilities or limited mobility. Its gentle rocking motions mimic horseback riding, engaging the core muscles while providing a low-impact, accessible way to build strength and stability. This trainer supports users with balance challenges, muscle weakness, or coordination difficulties, promoting improved posture and core control. Equipped with a safety switch for peace of mind, it offers a fun, engaging, and inclusive fitness option that is easy to operate, and designed for comfort and security at home.



£1000

A donation of £1000 could help pay for an Invictus Innovative Treadmill

The Invictus is an innovative treadmill designed for wheelchair users, offering a unique way to enhance physical fitness. It allows users to push their wheelchairs on a flat surface with adjustable resistance, providing a full-body workout that strengthens upper body muscles, particularly the shoulders, arms, and chest. The Invictus helps refine pushing techniques, improving wheelchair control and manoeuvrability while supporting calorie burning and endurance.



Fundraising Faves A-Z

In our fundraising faves you will get plenty of inspiration to help you to plan your Gympanzees event. We have a whole host of ideas to help you, so don't worry if you're unsure where to start!

Our team are happy to help with your event! From guidance on planning to providing merchandise, drop us line.



A



- Abseil
- Auction
- Afternoon tea

B

- Bake Sale
- Bingo
- Bust a move

C



- Coffee morning
- Cinema screening

D

- Dinner party
- Disco
- Darts match

E



- Easter egg hunt
- Easter party

F

- Face painting
- Football match

G



- Games night
- Give it up

H

- Head shave
- Halloween party

I



- Irish night
- International evening/day

J

- Jewellery collection
- Jazz night

K

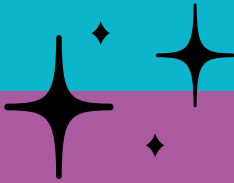


- Karaoke night
- Knitting for Charity

L

- Ladies night
- Luncheon

M



- Murder mystery night
- Magic show
- Mile challenge

N

- Name the...
- New Year's Eve party

O



- Obstacle course
- Open garden day

P

- Pamper day
- Purple day
- Pancake race

Q



- Quiz night
- Quintessentially British event

R

- Raffle
- Running events

S

- Strictly challenge
- Skydiving



T

- Tea party
- Tug of war
- Tuck shop

U

- University challenge
- Uniform free day



V

- Valentine's day event
- Vintage sale

W

- Walkathon
- Wax it
- Wear it

X

- Xbox game night
- X-Factor competition

Y

- Yoga marathon
- Year to remember








Z

- Zumba Class
- Zip line



Setting Up Your Just Giving Page

Gympanzees Just Giving Link - Fundraise for us

-  1 Log into your account and click 'Start Fundraising'.
-  2 When asked 'Are you fundraising for a registered charity?', select 'Yes, continue'.
-  3 Search for the cause you want to support, in this case: **Gympanzees**
-  4 Let us know whether you're taking part in an event, celebrating an occasion, fundraising in memory or doing your own thing.
-  5 If you can't see your event listed, select 'Add your own' at the bottom of the page and tell us a bit more about your activity.
-  6 Choose your web address, this is the link you'll be sharing with friends and family when asking them to donate.
-  7 Tick 'Yes' if you're running a bake sale, or selling tickets to an event, raffle or auction. Donations to your Page won't be eligible for Gift Aid.
-  8 Click 'Create your page'. 

Job done! Your fundraising page is now set up and ready to accept donations.

If you have any issues feel free to get in touch:

hannah.penfold@gympanzees.org 



Maximise Your Fundraising

Ways to maximise your fundraising and exceed your target
These top 10 tips will help you smash your fundraising target and get your friends, family and colleagues digging deep and donating.

1 - Launch Your Just Giving Page

Create a page for easy donations and updates. Share why you're supporting Gympanzees, and include images and details from our website.



2 - Set a Fundraising Target

Aim high targets can boost donations by 45%. Adjust your goal as needed and highlight how funds support Gympanzees.



3 - Kickstart with a Donation

Donate to your own page or invite someone generous to lead. Encourage even small contributions and be sensitive to those who can't give.

4 - Share Widely

Promote your page on social media, emails, texts, and more. Tag Gympanzees and ask others to spread the word.



5 - Team Up

Fundraise with friends, family, or colleagues. Explore match funding opportunities through work or local banks.



Maximising Your Fundraising

6 - Tell a Personal Story

Incorporate your own story and Gympanzees content to make your message relatable and impactful.



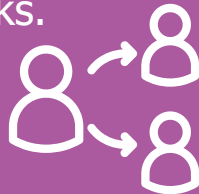
7 - Get Creative

Plan fun activities like bake sales, fancy dress, or bucket collections. Tie fundraising to special occasions and explore local media opportunities.



8 - Keep Sharing

Talk about your campaign in person and online. Ask others to share it further with their networks.



9 - Thank Donors

Show appreciation with messages or videos. Share updates on your progress to keep everyone engaged.



10 - Follow Up After the Event

Remind people to donate, but respect those unable to give.



Celebrate your hard work, knowing that every penny you raise supports disabled children in the Bristol area and beyond!

Contact us at fundraising@gympanzees.org for resources and support.





Seasonal Fundraising Ideas - Welcome to your Year of Giving!



Spring into Action 🌸



As flowers bloom and the world comes alive, spring is the perfect time to start fresh and make a difference.

- 🌸 Spring Clean for a Cause: Host a car boot sale or online auction and donate proceeds.
- 🌸 Charity Walks or Runs: Organise a springtime 5K or fun run in your community.
- 🌸 Gardening for Good: Sell flowers, seeds, or potted plants to support your cause.



Summer of Giving ☀️

Longer days and sunshine bring opportunities for outdoor fundraising and fun!

- ☀️ BBQ for a Cause: Host a BBQ and charge a small entry fee.
- ☀️ Car Wash Fundraiser: Perfect for teens or local community groups to raise funds.
- ☀️ Sports Tournaments: Organise a charity football, volleyball, or cricket match.



Fall into Fundraising 🍂

Celebrate the season of change by rallying your community to give back.

- 🍂 Harvest Festival: Sell homemade goods like jams, pies, or crafts.
- 🍂 Pumpkin Carving Contest: Charge entry fees and showcase the spooky creations.
- 🍂 Halloween Fundraising Party: Host a spooky-themed party at home or a local venue. Charge an entry fee, hold costume contests, and include fundraising games like a pumpkin raffle or "trick-or-treat" donations.





Winter Wonders of Giving ❄️


'Tis the season to spread joy and raise funds! Winter is all about festive fun, and giving back in meaningful ways.


- ❄️ Holiday Bake Sales: Sell festive biscuits, cakes, and other treats.
- ❄️ Winter Wonderland Raffles: Partner with local businesses to offer seasonal prizes.
- ❄️ Jumper Days: Organise an "Ugly Jumper" day where participants donate to wear theirs.

Giving All Year Round

Not sure where to start? Try these anytime ideas for effortless fundraising:

 **17** Monthly Giving Clubs: become a gympanzees friend with a monthly donation - gympanzees.org/donate/monthly-donations 

 Online Challenges: Host a virtual trivia night, gaming tournament, or live-streamed talent show.

 Social Media Fun: Create a challenge (e.g., "donate if I hit 10,000 steps today") Get your friends and family involved.



Awareness Days

Use our handy calendar to help plan your fundraising and awareness events for the year.

January

Blue Monday
National Hug Day

February

Children's Mental Health Week
International Epilepsy Day
Ramadan

March

International Wheelchair Day
World Hearing Day
Neurodiversity Celebration Week
World Down Syndrome Day

April

World Autism Day
Good Friday
Easter Sunday
Jewish Passover

May

Deaf Awareness Week
Mental Health Awareness Week
National Children's Day
National Epilepsy Week

June

Volunteers' Week
Carer's Week
Father's Day
Learning Disability Week
Deafblind Awareness Week



Awareness Days Continued

July

Pride Day Bristol

August

International
Makaton
Awareness Day

September

Youth Mental
Health Day

October

World Cerebral
Palsy Day
ADHD Awareness Month
National Braille Week
World Mental
Health Day

November

Trustees Week
Bonfire Night
World Kindness Day

December

International Day of
Persons with Disabilities
International
Volunteers Day
Christmas Day
New Years Eve



What Our Community Says

We provide reward recognition, volunteer opportunities, and support through an account manager who will assist you with fundraising, impact info, shopping lists, and merchandise. You can also join our events calendar, including major challenges like the Bristol Half Marathon or 10k, Dragon Boat Race, and Golf Day.

This is a snapshot showcasing the impressive attendance of our supporters at our events!

Don't just take our word for it! See what our Gympanzees Community says about us!



“We had the most wonderful time with the Gympanzees team. Such an amazing and welcoming environment. M felt so chilled and happy he was merrily chatting to the staff- this is a boy who is silent at school!” - Parent at Pop Up



‘Gympanzees is literally one of the only places I can comfortably go to and not worry about S fitting in or not. The staff are phenomenal, I always know I can have a chat, in this lonely world of being a single mother raising children with additional needs that is very much needed and it's always a good day!’ Parent at Pop Up

Celebrate your success!

We can support you to celebrate your success through social media. We have very active Facebook, Instagram, LinkedIn and Tiktok accounts and can provide you with hashtags, and equally, we can tag, share and comment on your content. We also work with radio, newspaper, digital, PR and beyond to share your successes!

THANK YOU!



Hannah Penfold
Fundraising
Assistant

Next steps:

Once you have chosen your fundraising activity, please contact us for further information:

Hannah Penfold for community and events at

hannah.penfold@gympanzees.org



Charity details:

Telephone – 07773553112

General email – **fundraising@gympanzees.org**

