



Gympanzees Partner Welcome Pack

Charity Number 1189375

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Welcome to the Gympanzees Partner Welcome Pack!

We're absolutely thrilled to have you join us in supporting Gympanzees. Your decision to partner with Gympanzees means the world to us, and to the countless children, young adults with disabilities and their families who benefit from Gympanzees' vital work.



By taking part in this initiative, you're showing an incredible commitment to positively impacting the lives of children with disabilities. Together, we can create meaningful change and champion our mission of providing everyone with inclusive play and leisure opportunities.

This partner pack is your guide to success! You'll find a wealth of resources, from creative event ideas to practical tips for spreading awareness. Your passion and imagination will transform these ideas into real-world actions that make a difference.

Thank you for dedicating your time, energy, and heart to this cause. Your organisation's support, no matter the size, plays a critical role in building a more inclusive, supportive, and joyful community for all and we hope you will have a lot of fun in the process.

Here's to making a lasting impact together!

Steph

Stephanie Wheen
CEO & Founder



Why We Exist

Gympanzees was founded with the mission of opening the UK's first fully inclusive exercise and leisure facility. The centre aims to cater to the needs of thousands of children and young people with disabilities within a one-to-two-hour radius of Bristol, providing a wide range of activities tailored to their requirements.

To prove the concept, Gympanzees organised Pop Ups, (smaller versions of the main centre), which received an overwhelming response. These sessions provided invaluable insights and demonstrated the immense benefits of inclusive exercise and play for children with disabilities and their families.

Our Vision

Our vision at Gympanzees is that every disabled child and young person in the UK can enjoy a life filled with exercise, play and friendship and to open the UK's first fully inclusive leisure and exercise facility in Bristol in 2027, which will cater for the play, exercise and social needs of the 90,000 children and young people with disabilities who live within an hour of Bristol and to support their families out of isolation.

Our Mission

Our mission at Gympanzees is to deliver multiple fully inclusive leisure facilities that are easily accessible for disabled children, young people and their families, meeting exercise, play and social needs.

Gympanzees strives to create a supportive and inclusive environment where every child can thrive and enjoy the benefits of physical activity and leisure.



Our Purpose

Our purpose is to improve the health outcomes for disabled children and young people through exercise and sensory integration. Providing a fun atmosphere and space for play for the whole family and connecting isolated families.



Our Goals

- To build the **UK's first** fully accessible and inclusive exercise and play facility by **2027** in Aust just outside of Bristol, catering for children and young people aged between **0 - 25** with any disability
- In the longer term, to open multiple centres across the UK



Our Impact

Since **2018**, we have delivered Pop Up facilities in special schools in the Easter and Summer holidays, welcoming **28,000** visitors over **165** days. Some making a **7-hr** round trip for their hour-and-a-half session! We've had some amazing firsts, including a **6-yr-old** old taking their first steps, a **12-yr-old** sleeping through the night for the first time and a **3-yr-old** having his first laugh, and finally, **33%** of parents who met at the Pop Up met up afterwards. Our feedback and research have informed our Business Plan and design for the permanent centre.

**NPS - Net Promoter
Score = 95**



Why We're Needed

There are over **1.5 million** disabled children and young people from 0-25 years old in the UK, and **90,000** within an hour's drive of Bristol.

- **77%** can't regularly access leisure facilities.
- Our research finds, **69%** say this is a severe to extreme problem in their lives.
- **92%** of parents feel that their child with complex needs does not have the same opportunities to play as their non-disabled peers.
- Their health and well-being suffer, e.g.,
 - *Disabled children are **twice as likely** to be obese than non-disabled and **half as likely** to exercise.
 - ***80%** of those with Cerebral Palsy have chronic pain, with 21 as the mean age of onset, leading to loss of function and independence.
 - ***80%** of Autistic children and young people have coordination problems.
 - *Therapy provision has reduced significantly in the last **15** years, leading to less therapeutic exercise and, thus, further developmental delay and lack of function and independence.
- Whole families are isolated, with **65%** of parents saying they feel isolated some or all of the time and **72%** experiencing mental health problems as a result.



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 a place that enhances our children's social skills and gives them confidence 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 will change the lives of disabled children and their families everywhere.



Watch Arthur's Story



Powering Potential: Equip Gympanzees For success

Our ability to improve the quality of life of disabled young people relies on the generous support of donations from our community. Your fundraising efforts will go towards building and maintaining the centre, kitting out the activity rooms, and helping create a space to connect isolated families. Whether you partner with Gympanzees for one or two years, every donation is invaluable. Here are some examples of where your fundraising can go!



£5k

A donation of £5,000 can support 1,350 young people in accessing 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.

£7k

A donation of £7,000 could help fund a Swing Package

Swinging and climbing can help build core muscles, encourage stretching and active movement, and develop balance and strength for those with physical difficulties. Getting adrenaline and moving in various directions and speeds is often difficult to achieve for wheelchair users, so the opportunity to experience a variety of movements can be thrilling and joyful for children. Swinging, spinning, climbing, and rocking have been shown to improve behaviours, social skills, and concentration and help calm children with sensory processing difficulties and autism. By feeding one's sensory diet more regularly and with the right input, a child can be regulated more of the time, meaning they can be more equipped to learn in an education setting, calmer at home and this contributes to a happier family dynamic.

£20k

A donation of £20,000 could help fund a Bouldering Wall

Disabled children are particularly affected by persistent pain from inactivity. Climbing helps provide stretch and movement which is important for those with tight muscles. The foot and handholds will vary in size and complexity, so they can be used by those with limited movement through to those who have brilliant balance and coordination. Climbing and hanging offers a full body workout - strengthening muscles and joints, improving core stability and balance and coordination, as well as providing 'hard work' to help with calming, mood, and behavior.



£40k

A donation of £40,000 could help fund an Alter-G Neo

This rehabilitation treadmill enables zero-gravity walking, allowing visitors who can't bear weight to move their legs freely and experience walking. The Alter-Geo Neo promotes the restoration and enhancement of muscle strength, range of motion, balance, function, and overall fitness. No other unweighting technology matches its level of precision, accuracy, and comfort.



£80k

A donation of £80,000 could help kit out the kitchen

At the Gympanzees permanent site we will have a kitchen that will support our café providing refreshments, allowing for crucial socialising for our families. The kitchen will be fully adapted for disabled staff, trainees and work-experience students. It will be suitable for cooking basic food—handmade sandwiches, pizza, baked potatoes and paninis. We will be working with other charities to employ disabled kitchen staff and to offer training opportunities for disabled adults. Our kitchen will allow for this to happen, enabling disabled employment.

£100k

A donation of £100,000 could help build our outdoor playground

Our fully inclusive and accessible playground will have a mix of equipment: some for those in wheelchairs, such as a wheelchair swing and wheelchair see-saw, some for reduced mobility and other equipment for more active children so that everyone can play and exercise together. 'Hard work' for the joints and muscles (such as climbing or hanging on monkey bars) has a fantastic calming effect. It improves behaviours, mood, and concentration for those with sensory difficulties especially for those with ADHD or those who are autistic. Spinning, swinging, and rocking can be calming or alerting - depending on the ferocity of movement. Children can get the stimulation they need or the repetitive movements to feel safe and secure, whether they are wheelchair users or are mobile. Activity and exercise on climbing equipment helps with strength, balance, and coordination, as well as all the regular benefits of exercise.



Fundraising Faves A-Z

Our team is happy to help with your event! From guidance on planning to providing merchandise and hands-on support on the day, drop us a line.

Here are some ideas for planning your year ahead.



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

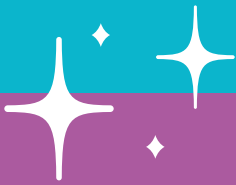


- Karaoke night
- Knitting for Charity

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:

fundraising@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. Donate via bank transfer, a regular donation or via workplace giving.



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.



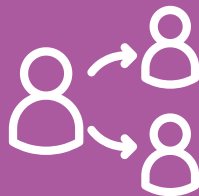
7 - Get Creative

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.



Gympanzees Events



Gympanzees Events Page
Scan the QR Code
or Click here






Seasonal Fundraising Ideas - Welcome to your Year of Giving!





Spring into Fundraising Success



Spring is a season of fresh starts and opportunities to grow, the perfect time to energise your fundraising efforts for Gympanzees.

 **Matching Gift Programmes:** Double the impact by matching employee donations to spring fundraising campaigns.


 **Corporate Bake Sale:** Engage staff and clients with a spring-themed bake sale. Encourage teams to participate and donate to take part, with proceeds supporting Gympanzees.


 **Easter Engagement Events:** Organise a family-friendly Easter egg hunt or raffle to bring communities together and raise funds for a great cause




Summer: Shine a Light on Your Charity of the Year

Make the most of the longer days and warmer weather to create fun and meaningful fundraising initiatives that reflect your company's commitment to Gympanzees.

 **Employee Fitness Challenges:** Encourage staff to compete in activities like office bike challenges (rent bikes for free) or "Take on Your Boss" competitions to promote health and raise funds.


 **Client BBQ Fundraisers:** Host a summer BBQ for employees and clients, with ticket sales and raffles contributing to your charity of the year.

 **Sports Tournaments:** Organise charity matches like football, volleyball, or cricket to raise funds and bring people together.




Fall into Fundraising

Autumn is the season of transformation, making it the perfect time to support Gympanzees through creative initiatives.

 **Team Challenges:** Launch a company-wide challenge (like a steps or productivity competition) with a charitable donation incentive for the winning team.

 **Seasonal Donation Drives:** Encourage your team to make a direct impact by dedicating a Volunteer Day to support Gympanzees.

 **Halloween Fundraising Party:** Get into the spooky spirit by hosting themed events like costume contests, auctions, or charity networking nights with a Halloween twist.



Winter Wonders of Giving ❄️

The festive season is synonymous with giving, making it the perfect time to highlight your commitment to your charity of the year, Gympanzees.


❄️ **Holiday Fundraising Events:** Host a winter gala with engaging activities like raffles or auctions, bringing together employees and clients to celebrate the season while supporting Gympanzees.


❄️ **Charitable Gifting:** Replace traditional corporate gifts with donations to Gympanzees on behalf of your employees or clients, spreading the spirit of giving.


❄️ **Dress Down Friday:** Create a festive tradition where employees donate to dress casually on Fridays throughout the winter season.

Giving All Year Round

If you're unsure where to begin, consider these simple yet effective fundraising initiatives:

 **Monthly Giving Clubs:** Become a Gympanzees supporter through a regular monthly donation.

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

 **Social Media Engagement:** Create a challenge (e.g., "Donate if I reach 10,000 steps today") and encourage sponsorship from your network.



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**



Other Ways To Support Gympanzees

Making a "Gift in Kind" donation is a meaningful way to support us without contributing cash. This type of donation includes gifts of goods, services, time, or expertise, which can be crucial for our work. In-kind donations may consist of professional services, volunteering your time, or providing rent-free spaces for our fundraising events.

If you'd like to discuss ideas of how you can support with "Gifts in Kind" please email us at fundraising@gympanzees.org

Click here or scan below





“I've loved working with Gympanzees. It's just so rewarding having a safe space for children to come in and really not worry and exercise freely. It's also so good for the parents just to be able to bring their children here. The best part about it is the smiles on their faces. I'm very lucky to be able to support Gympanzees. It's an awesome charity.”

- Socially Responsible Recruitment ”

“Milsted Langdon recently visited the Gympanzees Pop Up at Venturers' Academy in Bristol. This was a great opportunity to see all of the hard work that the charity put in to make sure young people with disabilities have a place to experience physical and sensory environments.”

- Milsted Langdon

“Irwin Mitchell is proud to be a project home founding partner for Gympanzees.

We've been fortunate enough to witness Gympanzees' impact firsthand through our volunteer work at the Pop Ups, which have welcomed over 28,000 visitors to their centre over the past four years. Working with the charity has enhanced our own understanding of the challenges faced by disabled children and their families, empowering us to make strides towards a world where every child can enjoy a life filled with exercise, play, and friendship.”

- Irwin Mitchell

What support is available?

A partnership with us will engage, develop and support your staff while transforming lives. Depending on the type of partnership, there is varying engagement opportunities available. This will be outlined in the gift agreement we will share and agree on before the start of the partnership.

A partnership with Gympanzees includes:

- A dedicated account manager
- Challenge event places
- Support with fundraising events
- Social media promotion and collaboration
- Opportunities to raise awareness
- Presence at your events



Follow and share our socials
@GympanzeesUK



Thank you for your support!

'At Gympanzees, we're thrilled to have you as a partner. Together, we can make a lasting impact on the lives of children and families with disabilities. If you ever need support or have questions about fundraising, don't hesitate to reach out, we're here to help and excited to work alongside you!'



Jack Lewis
Director of
Fundraising



Alastair Lee
Business and
Development
Manager



Jenny Davies
Fundraising
Officer



Hannah Penfold
Fundraising
Assistant

Keep in touch:

Every partnership has a dedicated account manager who will be in touch with your team. But here are our general contact details, just in case.

Charity details:

Telephone: 07773553112

General email: fundraising@gympanzees.org



Click here or scan below
to get in touch:

