

Recipe for success

Believe in
children



Barnardo's

Information pack

We invite you to host an event or activities in aid of Barnardo's, showcasing your hospitality skills to raise vital funds to help vulnerable children around the UK.



About Barnardo's

Today Barnardo's is the UK's leading children's charity, working directly with more than 100,000 children, young people and their families. One long-standing service is Dr B's in Harrogate, a service that provides training opportunities for young people with a wide range of learning needs.

Dr B's provides training in catering and clerical skills in a real work environment for young people aged between 16 and 24. Most students are on a two year NVQ Options Scheme, after which it is hoped they will move on to permanent employment.

The restaurant and coffee shop are open to the public every weekday and the restaurant by private booking in the evening. Dr B's also has a thriving outside catering business, which offers the trainees the opportunity to work in different situations and transfer the skills they have learnt to new environments.

Lucy is one of many young people who have attended Dr B's. She was referred from Harrogate Careers having previously attended mainstream school, where she sat some GCSEs, but had poor grades.

An only child, Lucy lived at home on a remote farm, meaning the opportunity for

her to socialise with her peer group didn't develop after leaving school and led to her having a self-induced fear of meeting new people and becoming involved in new situations. Her self-confidence dipped and her social skills became limited.

At Dr B's, she started work on her NVQ Level 1 in Food Preparation and Cooking as part of a large team in a very busy main kitchen. In a matter of weeks Lucy blossomed enough to gain confidence to be caught 'chatting and giggling' among the other trainees during breaks. Being involved in a Social Communication Group at Dr B's helped bring Lucy out of her shell, and having completed her Level 1 she moved on to working towards Level 2.

In addition to her training, she took part in a work placement in the staff canteen of a leading supermarket chain for two days a week. It was a struggle to get Lucy to go on work placements, due to her fear of new situations and lack of self-confidence, but she thoroughly enjoyed this one.

With the help and support of Dr B's, Lucy is now a different young person.



Your event brief

- We invite you to host an event or activities in aid of Barnardo's, showcasing your hospitality skills to raise vital funds to help vulnerable children around the UK. Whether it be as part of your end of year show or as a stand-alone event, all funds raised will be greatly appreciated.
- Deliver a dining experience worthy of a Michelin star by working with your fellow course mates or even take on the culinary challenge as an individual.
- Raise the profile of your event by contacting a chef from your local fine dining restaurant to endorse your products or act as a judge.
- Blag your ingredients! Go along to a local food producer/retailer and ask if they would like to donate any goods or negotiate on costs for food or accessories. We can supply a letter as evidence of your participation in the fundraising activities.
- Consider your expenditure and make ticket prices/costs reflect this.

- Remember who your audience are - will you be promoting to students, family, friends, young, old?
- If you're stuck for ideas then we have plenty! Just get in touch and we can discuss the many options! Events could include a charity dinner, afternoon tea, a farmers market or a themed cuisine night.



With so many options on the menu, it's always difficult to choose, so we have a few suggestions on where to start:

- Theme your event around an upcoming festival or celebratory period such as Easter, Valentine's Day or St Patrick's Day.
- Why not work alongside a local community event? Sell your products at a summer fete or coffee morning.
- What about showing off your talent to the rest of the college and prospective students by holding a cake sale during an open day?
- Be part of Student Volunteering Week and host a meal in celebration of your work for Barnardo's.



Why support us?

Barnardo's vision is that the lives of all children and young people should be free from poverty, abuse and discrimination. We believe in supporting the abused, the vulnerable, the forgotten and the neglected. We will help them, stand up for them and bring out the best in each and every child. We do this because we believe in children.

Whatever the issue, from family drug misuse to disability; from youth crime to mental health; from sexual abuse to domestic violence; we believe we can bring out the best in every child, and that all children deserve the chance to fulfil their potential. Our services include:

- help for young people who are being sexually exploited
- support for young carers (children/young people who have to care for their parents)
- counselling for children who have been abused
- play schemes for children in poverty
- care and community projects for disabled children
- supported housing for young homeless people
- practical help for young people leaving care.

How the money you raise can help:

- **50p** could pay for a young carer to ring home for the first couple of weeks when they are attending a support group to check that their parents are coping
- **£5** could help pay for a child to spend an hour at a Barnardo's crèche or playgroup while their parents are attending drug or alcohol services
- **£7.50** could pay for two educational books to develop early learning skills with children attending a family centre
- **£10** will pay for an emergency wash and personal care kit for a young person who is homeless or has run away from home
- **£25** pays for a bubble tube for a multi-sensory room, enabling play for disabled children
- **£50** pays for a day out for a young carer and their friend

- **£120** could pay for two sessions with a professional counsellor to help rebuild a child's life – so they can look forward to a more positive future
- **£200** would pay for a Christmas party for children
- **£250** covers the weekly cost of running five community youth clubs for children living in deprived areas
- **£450** would pay for a year's supply of emergency toiletries for a project working with homeless young people
- **£1,000** will buy a climbing frame for a family centre to encourage children's motor-skills and coordination.



Hints, tips and promotional materials

Handy hints and tips

Be ambitious – this is your chance to showcase your skills.

Pass the word on – don't scrimp on your invitation list.

See if a local business is willing to get involved.

Don't forget to record your event. You could ask the media department if they would like to offer their filming and photography services free of charge.

Make the most of any contacts you have.

If things don't go exactly to plan, don't worry! You have a great team to back you up.

Have fun! Hold an event that you will enjoy and will give you great new skills and experience.

For your event we will be able to provide you with:

- tins/collection buckets
- balloons
- T-shirts (limited supply)
- *Barnardo's Today* magazine
- generic Barnardo's posters
- Barnardo's stickers

* All materials must be returned after the event.

Press releases

It is our policy that all press releases must come from Barnardo's media managers, so if you would like to send a press release to the local press you will first need to send a draft version via email to the Student Programme Assistant and this will be passed on to the local media manager. It will then be checked and sent on to our contacts. We could even send an invite for a restaurant reviewer from your local media to come along and check out the work of the budding Jamie Olivers and Nigella Lawsons!

**Please note: Even if a press release is sent to a local paper it is not a guarantee that it will be printed; however, this is more likely if it comes from Barnardo's. If you simply want information to appear in your university magazine/paper then you are permitted to do this yourself; however, a copy must be sent to the Student Programme Assistant first for approval.*



Safety for success

Food safety

To avoid any problems concerning the sales of goods or preparation of food, please take into consideration our advice about maintaining a high standard of food safety and hygiene:

- check you have a licence for the provision of food
- keep your workspace clean at all times
- wear appropriate protective clothing
- maintain a high level of personal hygiene by washing your hands, keeping hair tied back and removing jewellery
- food must be accurately labelled and appropriately stored
- label ingredients to avoid problems for people with allergies
- food waste must be correctly disposed of

- remember the 'Four Cs' – Cross contamination, Chilling, Cleaning and Cooking
- consider the necessary paperwork such as insurance forms or risk assessment.

For more advice, contact the Student Programme.



Help is at hand

Your Student Programme Officers (SPO) and Student Programme Assistant are here to support and help you with all aspects of your fundraising activities, from planning at the very beginning right up to the big day. Sadly, we can't promise to come to each of your events but we will endeavour to help you as much as we can. If you have any questions or queries then please do not hesitate to get in touch.



For more information about Barnardo's Student Programme, please visit:

www.barnardos.org.uk/students

Here are our contact details:

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