

# FOOTSTEPS FOR FUTURE

AN **ON SIDE** YOUTH ZONE



## Fundraising Pack

Footsteps for Future begins on the 1st of October, challenging you to hit your 10,000 steps a day until the 31st of October – that's 310,000 steps in total!

Taking part in Footsteps for Future will help us to raise vital funds to help more young people across East London. Your 10,000 steps a day will ensure that Future can continue to give young people something to do, somewhere to go, and someone to talk to

Future is a fun and safe place for young people to spend their leisure time, inspiring young people to live healthier, happier, more aspirational lives.

In this pack you'll find tips on how to reach your 10,000 steps a day, set up your fundraising page and how your fundraising will support young people.



Registered Charity No. 1172247  
Future Youth Zone, 201-225 Porters Avenue,  
Dagenham, RM9 5YX



*“Solomon began to see positive changes in himself physically and mentally. He showed an incredible amount of perseverance which transferred to young people around him enabling himself and them to work harder.”*

Solomon has been a member at Future Youth Zone since they first opening in May 2019. Solomon joined Future and was dealing with low self-confidence due to his weight and appearance.

Through conversation he built up a relationship with one of the youth workers Sam, who coaches in the boxing gym and fitness suite. Sam encouraged Solomon to give some of his sessions a go and Solomon enjoyed them lots and continued attending them.

Solomon began to see positive changes in himself physically and mentally. He showed an incredible amount of perseverance which transferred to young people around him enabling himself and them to work harder.

During sessions Solomon would motivate and inspire other young people, whether he knew them or not, making everyone believe in themselves and the abilities they have. Solomon consistently displays an incredible amount of talent in all he does. He listens and engages positively with staff members coaching him and upholds Future's values and sets a fantastic example to other Youth Zone members.

# How to Fundraise

Set up a Virgin Money Giving Fundraising page. Follow this link and join the event as an individual or a team. [bit.ly/FootstepsForFutureVMG](https://bit.ly/FootstepsForFutureVMG)



You can also pay your donations in through our fundraising page or through our bank account.

[Download a sponsor form from our website.](#)

## Some top tips for getting those donations in:

### Film a video

Film a video of yourself to show that you're doing Footsteps for Future and share on social media. Use your steps

### Get your friends and family involved

Why not offer to help friends and family? You could walk their dogs or collect their shopping, all for a donation of course.

### Clear out the old

If you're a shopaholic as well as a stepping hero, why not have a clear out and sell off your old clothes? Try auctioning them online on Future's [EbayforCharity](#) page; just select "donate a % to charity" and select Future Youth Zone when selling

### Office baking

If you are back at the office why not bake some treats for your team to share for a donation

### Virtual fundraising

And if you are working from home, why not do some lunch time activities with your team for a donation. You could try a cook-along session or share a skill you have.

### Wrap up event

"I'll donate when you've done it!" The words no stepper wants to hear. Hold doubters to their word with a wrap up event or reminder at the end of October and lap up those last-minute donations!

## Where could your hard earned donations go:

- **£273** could enable a young person to attend Future for a year.
- **£17** could supply our art room with paint, fabric and other supplies for a week, offering hundreds of young people the chance to get creative 7 days a week.
- **£17** could supply UrCare, our Health and Beauty room with toiletries, hair products, nail varnish, and hair tongs for a week, giving young people a safe space to open up with our youth workers whilst getting pampered.
- **£10** could pay for nutritious ingredients for UrChef, our training kitchen for a session, where young people can learn how to make new recipes and then enjoy eating together with their new friends.
- **£9.42** could pay for a young person with additional needs to attend our targeted Futureability session. During these four-hour sessions, young people can take part in a range of Future's activities with a high ratio of staff to young people to ensure all their needs are supported to take part.



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# How to hit your steps

Track your steps with your smart phone, smart watch and add them to your giving page every day/week.



- If you are working from home, why not go for a walk before you start your day.
- Walk a dog, or offer to walk a neighbours
- Get off the bus a few stops early
- Help a family member by picking up thier shopping
- walking part of your journey to work
- walking to the shops
- using the stairs instead of the lift
- leaving the car behind for short journeys
- walking the kids to school
- doing a regular walk with a friend
- going for a stroll with family or friends after dinner
- Listen to your favourite podcast or albums whilst you walk
- Start a competition with friends or family – who can hit their steps target first each day?



**Please remember to follow social distancing guidance whilst taking part in activities**

I HAVE SIGNED UP TO DO 310000

FOOTSTEPS  
FOR FUTURE

ON  
SIDE YOUTH ZONE

DURING THE MONTH OF OCTOBER



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