





**On average, one in five Queensland children will experience some form of persistent pain. Luckily SKIP is here to help!**

Support Kids in Pain (SKiP) is Australia's first not-for-profit organisation dedicated to improving the lives of children and adolescents with chronic pain.

We provide a free multidisciplinary group pain management program for children and adolescents under 14. Our program teaches active self-management skills to help children meet the personal, social and emotional challenges of living with chronic pain.

We liaise with carers and families, counsellors, GPs and other service providers to ensure self-management is supported at home, by schools and in the general community.

SKIP is also dedicated to improving public awareness and understanding of paediatric chronic pain. We offer information through our website and education via community talks and professional education sessions.

# FUNDRAISING OPPORTUNITIES 2016



## National Pain Week, 25-31 July 2016

Led by Chronic Pain Australia, National Pain Week aims to raise awareness of chronic pain conditions and reduce the isolation and suffering of people in pain.



During the course of this week, SKiP will host a series of fundraisers to promote knowledge and understanding of paediatric pain conditions and generate much needed funds for SKiP's services.

You can host your own fundraising event in your school or community group. All funds raised during this promotion will support delivery of SKiP's vital pain management programs.

We've helped dozens of Queensland children. Join us on the journey and help kids kick pain!

# SCHOOL FUNDRAISING IDEAS

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## *SKIP-IT CAMPAIGN*

Students pledge to “skip” a favourite item or activity for a period of time designated by the school. Children are sponsored by family and friends for their involvement.

This is a great way to fundraise, as children can use their own creativity to come up with an idea. Examples of things to skip include: a TV show, screen time, chocolate, dessert, soft drink.

A member of the SKiP team will come to your school to discuss the way chronic pain can impact on children’s lives, forcing them to “skip” activities kids often take for granted. Participants will be in the running to win individual prizes, with bonus prizes awarded for the most creative “skip-it” ideas.

Prizes include: movie tickets, gift vouchers.

1<sup>st</sup> Prize: Season pass to Wet n Wild, Movie World and Sea World

2<sup>nd</sup> Prize: BlueAnt Ozone Portable Bluetooth Speaker

Schools will be presented with a certificate of appreciation and feature on



## *SKIP-IT DAY*

Students pledge to “skip” a treat item (such as a chocolate bar, soft drink, packet of chips) and instead donate the money to SKiP.

A member of the SKiP team will come to your school to discuss the way chronic pain can impact on children’s lives, forcing them to “skip” activities kids often take for granted. Participants will be in the running to win randomly drawn prizes, including movie tickets, gift vouchers.

Schools will be presented with a certificate of appreciation and feature on our marketing material.



## *JUMP FOR JOY*

The jump for joy is a school or class event organised by the school with help from the SKiP team. It is a great way to get children involved and is particularly fun for primary schools.

Pupils participate in skipping activities (for example, a skip-a-thon, where students see how many skips they can complete in a period of time, or group skipping games, or skipping competitions to see who can skip the longest). Older grades can have seeing how many students can fit on one of our group skipping ropes or face off in a group challenge using one of the many game ideas we provide.

For younger primary students, you can make the event extra fun by introducing other jumping activities, like leap frogs, space hoppers, or hurdles. This is a great idea for schools wanting to involve a large group of children and host a fun, exciting event.

We have had great success with this social media campaign and look forward to introducing the concept to Queensland schools in 2016.

Students will be asked to make a donation for their involvement (amount to be determined by the school). Schools will be presented with a certificate of appreciation and feature on our marketing material.



# ORDER YOUR RESOURCES NOW!



Your name: \_\_\_\_\_ Job title: \_\_\_\_\_

School name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

I would like our school to do some fundraising for SKiP and am particularly interested in having more information about:

- Skip It Campaign
- Skip It Day
- Jump for Joy
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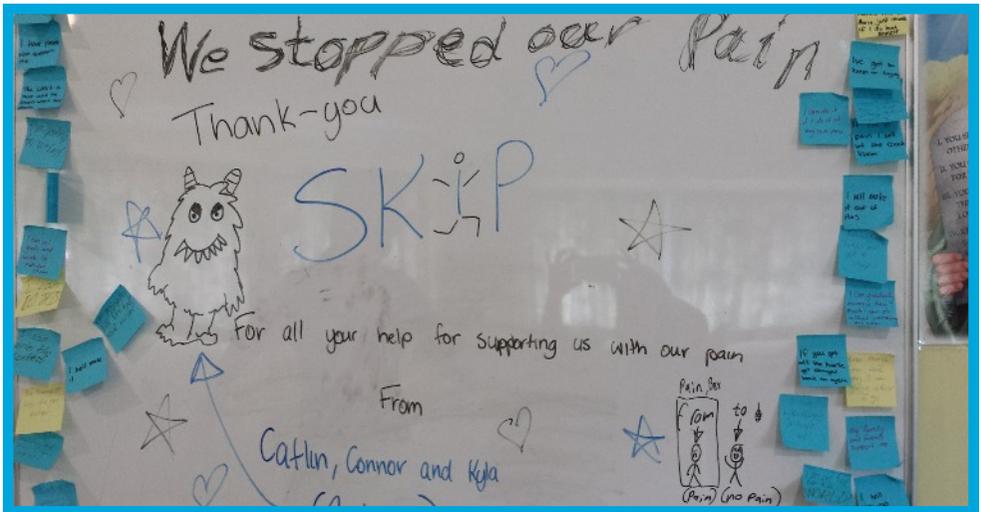
I would like to order the following items to help our fundraising:

Item	Size	Price per unit	Quantity	Total cost
Skip-It Pledge kit	N/A	FREE		
Collection boxes	One size	FREE		
Skipping rope	Individual	\$3.50		
Skipping rope	Group	\$6.50		
Space hopper	Child (<30kg)	\$6.00		
			I have enclosed payment for:	

We would like to keep you informed about our latest news and fundraising activities. We will not disclose your details to any other organisations. Please tick this box if you would not like to receive this information

Please complete and return to the SKiP Fundraising Team:  
PO Box 3045 West End QLD 4101

THANK YOU



If you have any questions, contact our fundraising team...

0458 355 171  
info@skip.org.au

**SKIP**  
SUPPORT KIDS IN PAIN

Head Office: PO Box 3045 West End QLD 4101  
Winston's Wish is a registered charity (DGR) ABN 152888358