

# Thursday 31<sup>st</sup> October



# bring a pound to work

Help for Kids is Dundee's only children's Charitable Trust where every penny that's raised in Dundee, stays in Dundee. In partnership with Wave 102 and Overgate, Help for kids actively fundraises through the year to make the lives of Dundee's disadvantaged and vulnerable children better, safer and happier. Throughout the last 12 months, Help for Kids have supported over 3000 Children, with your help we aim to double this in 2014.

## How you can help:

- **Register Now for Bring a Pound To Work Day:** [www.helpforkids.org](http://www.helpforkids.org) or contact Angie Foreman – 01382 314236 or 07718317174 or e-mail [angieforeman@overgate.co.uk](mailto:angieforeman@overgate.co.uk)
- **Be creative:** make the most out of this opportunity, whether you work in a small office or large company - find the fun in FUNdraising.  
**Ideas** – fancy dress, mad hair day, quizzes, bake off, raffle, tombola, prize bingo, team challenge, dooking for apples, treasure hunt, guess who etc.
- **Get competitive:** Challenge your work colleagues, departments or neighbours. See who comes out on top!!
- **Wave 102:** Get your business, department, ward, surgery, practice, university, school, nursery, college..... mentioned to over 33,000 weekly Wave 102 listeners.
- **Tell Us:** what you and your team are planning to do along with who will be your nominated person responsible for the collection.
- **Show us:** email your pictures to [angie.foreman@overgate.co.uk](mailto:angie.foreman@overgate.co.uk) or pop them on our Facebook page.
- **Invite us:** choose a collection time on the 31st of October between 10am-5pm and one of our Wave 102 team or Help for Kids volunteer will pop in.
- **Donate:** on line by going to [www.helpforkids.org.uk](http://www.helpforkids.org.uk)

Help for Kids is a registered Scottish charity, SC 042369.

Bring a pound to work day 2013 is proudly sponsored by NCR



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