

Summer of



This summer, spend a
Sporty hour on
Aberlour



Spend a Sporty hour on Aberlour

Thank you for supporting Aberlour!

This toolkit includes lots of ideas for raising money for Aberlour this Summer. The funds you raise, whether you hold a quiz, a sweepstake, a dress down day, or any other fun fundraising activity, will help us stop children in Scotland suffering, and we are truly grateful. We hope you have lots of fun, and we would love to see your photos on social media (please tag with #SpendAnHour) or by email to hello@aberlour.org.uk.

The difference you will make

The clock is ticking... But you can stop children in Scotland suffering.

Sadly, many of the children Aberlour work with have never felt safe, appreciated or respected. Your fundraising will let us provide vulnerable children with the support they need, when they need it.

The funds you raise will help us reach Scotland's vulnerable children before damage is done, before families reach crisis point, before it's too late.

Aberlour helps over 7,500 children and families across Scotland, however there are many more that need our help and support and we need to get there sooner.

Some children have a bad beginning in life. You can make the difference so they don't have a bad ending too.

Thank you!



Recipe – Protein balls

If you're holding a Summer bake sale or need a healthy energy boost, get creative with these protein balls. Simple to make and delicious to eat!

Ingredients, makes roughly 24 balls

- 1/2 cup of pitted dates
- 1 cup of almonds
- 1 cup desiccated coconut
- 1/4 cup cocoa powder
- 1/4 cup seeds (chia or flax)
- 1/2 cup walnuts or cashews



Method

1. Place all of the nuts into a food processor and blend until combined
2. Add the dates, cocoa powder and seeds to the mixture and blend again
3. The mixture should be ever so slightly sticky. If it won't mould into balls, add a handful more dates and blend again.
4. Take a pinch of the mixture and mould it into a bite sized ball, rolling it in the desiccated coconut before placing on a tray or plate
5. Repeat step four until all of the mixture has been used, you should have 24 similar sized protein balls
6. Chill for a couple of hours in the fridge or in a cool place
7. Sell to colleagues, family and friends to enjoy!
8. These protein balls will keep for around a week when stored in a sealed tin.

Remember, if you're selling these, check whether the premises has rules about food preparation.

Women's World Cup flag answers: A: Chile, B: Jamaica, C: Cameroon, D: Korea Republic, E: France, F: England, G: Norway, H: Japan, I: Canada, J: Brazil, K: China PR, L: Germany, M: USA, N: Argentina, O: Thailand, P: Scotland, Q: New Zealand, R: Sweden, S: Nigeria, T: Italy, U: Spain, V: Australia, W: Netherlands, X: South Africa

Quiz answers: 1. Japan; 2. Basketball, hockey, rugby union, volleyball, gymnastics; 3. football; 4. 2013; 5. four; 6. July; 7. 2013; 8. Allan Wells; 9. Chris Froome; 10. Seven; 11. Brazil; 12. 1990.

Summer of Sports Quiz

Hold your quiz in the way that suits you. You can print out this page to make quiz sheets which you can sell to colleagues and friends; or you can get everyone together in teams, perhaps at lunchtime or as part of a Sports themed party.

Questions

- 1 Which country will host the 2020 Olympic Games?

- 2 Unscramble these sports
leksabbalt; coyehk; ubgyr nuion; llllbaveoy; sangmyitsc

- 3 Which sport features in the film "Escape to Victory"?

- 4 In what year did Andy Murray first win Wimbledon?

- 5 How many players are on an Olympic curling team?

- 6 During which month of the year is the British Open Golf Championship held?

- 7 In what year did Europe last win the Solheim Cup?

- 8 Which Scottish sprinter won gold in the 100m at the 1980 Olympics?

- 9 Who won the 2013 Tour de France?

- 10 The Heptathlon is made up of how many events?

- 11 In which country is the Interlagos Formula One circuit?

- 12 When was the last time Scotland won the Grand Slam in Rugby Union?

Fundraising Ideas

Whatever type of fundraising event you hold, you can include extra ways to raise money. These great fundraising ideas might be **exactly** what you're looking for! Or maybe come up with your own fun activities.

Hold your own "Question of Sport"

Use our questions above or create your own (maybe add a picture round?) Charge teams a small fee to enter and give a trophy or small prize to the winning team.

Rugby World Cup sweepstake

Get some competition going in the office. Using the template provided in this toolkit, colleagues pay £2 to pick a country out of a hat with a prize for the person who picks the winning team.

Get fit!

Set yourself a personal fitness challenge for the summer. For example, why not leave the car at home and organise a sponsored walk or cycle to work and encourage your colleagues to do the same? You can also add an element of competition to see who can log the most miles over a set period.

Have an office sports day

Perhaps a tiddlywinks or rubbish bin basketball competition? Players pay to enter and there's a small prize (or kudos) for the winner.

Women's World Cup flag hunt

Split people into teams and give each team a copy of the "Women's World Cup Country" page and the cut out flags (included in this toolkit). Give the teams a specific amount of time to match the country to the flag and the team with the most correct matches wins!

Paying your funds in

Once you've collected your funds, you can pay them to Aberlour in a number of different ways, depending on what's most convenient for you.

- Visit www.aberlour.org.uk and click on **Donate now!** to pay online by credit or debit card
- Call us on 0800 085 6150 to pay by credit or debit card over the phone
- If you would like to pay the funds directly into our bank account, call us on 0800 085 6150 to request our bank details
- Send a cheque made payable to Aberlour to Aberlour Child Care Trust, 36 Park Terrace, Stirling, FK8 2JR

Rugby World Cup Sweepstake kit

- Print out 2 copies of this sheet. Cut up one copy and charge colleagues £2 to pick a country out of a hat and write the person's name and the country they picked on the other copy so you have a record. Whoever chooses the country who wins the Rugby World Cup wins a prize of your choosing!

Ireland	Scotland	Japan	Russia
Samoa	New Zealand	South Africa	Italy
Namibia	Canada	England	France
Argentina	USA	Tonga	Australia
Wales	Georgia	Fiji	Uruguay

Women's World Cup Country Cards

- Print this page out and give one copy to each team

France	Korea Rep.	Norway	Nigeria
Germany	China PR	Spain	South Africa
Australia	Italy	Brazil	Jamaica
England	Scotland	Argentina	Japan
Canada	Cameroon	N. Zealand	Netherlands
USA	Thailand	Chile	Sweden

Women's World Cup Flags

- Cut the flags out individually to be placed on the Country card above.





Thank You!

Get in touch

We are here to help if you have any questions or would like any suggestions or advice about your fundraising. Contact us by phone on 0800 085 6150 or email hello@aberlour.org.uk.

The clock is ticking. The funds you raise will help Aberlour to stop children suffering, before it's too late.

Thank You!



Aberlour Child Care Trust
Scottish charity no: SC007991
Company reg no: SC312912
Registered Head Office: 36 Park Terrace | Stirling | FK8 2JR
T: 01786 450 335 | E: enquiries@aberlour.org.uk



/AberlourCC



@AberlourCCT

