

What would be your greatest challenge? What makes you go wobbly at the knees when you think about it? What adventure would you have to be really brave to take on?

Blue Smile is a children's charity that helps children aged 3 to 13 years who are struggling with big feelings and emotions. Sometimes sadness, worry, fear and anger can be so overwhelming that they stop a child from enjoying life and thriving in school. Blue Smile provides one-to-one expert therapy to help children express what is troubling them and to help them become happier, healthier and free to learn.

Blue Smile works in schools across Cambridgeshire and the surrounding area. We have now helped over 1,000 children, but more and more schools are asking us for help.

Could you face an obstacle, a challenge, a fear or a new adventure to raise money for the little heroes who use our services?



**blue
smile
hero**

I have brightness in me again and I feel happiness. I feel that I can take on any learning challenge, and I never used to feel that.

T aged 11
who was helped by Blue Smile

Blue Smile provided support and kindness, it was like being in a family, I am very grateful.

A parent who's child was helped by Blue Smile

I have been going to school without crying.

E aged 10
who was helped by Blue Smile

You can contact us by phone on **01223 314725**

or by emailing

info@bluesmile.org.uk

visit our website at

www.bluesmile.org.uk



Registered Charity No. 1139279
Registered Company No. 7411348

blue smile 
Happier children - Brighter futures

Become a
Blue Smile Hero



- Are you brave enough to take on the challenge of a lifetime?
- Could you help our little heroes?
- Are you ready to become a Blue Smile Hero?

bluesmile.org.uk

What could my challenge be?

Remember to choose something that is personal to you, but here are some ideas to get you thinking. One of these might be just right!

Face your fears

- do a bungee jump
- perform at a karaoke night
- hold a tarantula
- be a busker for a morning
- go on a fear of flying course and take a flight

A physical challenge

- run a 10K or even a marathon
- take on a mud run or a zombie chase
- do a triathlon
- swim the channel
- take on a trek
- undertake a long-distance cycle ride

A personal challenge

- lose weight and get healthy
- stop smoking – commit to getting NHS support and give it up
- go to adult education classes and get the qualification you missed out on or have always wanted



How could my heroic actions raise money?

Blue Smile Heroes are people who go the extra mile and exhibit courage and commitment to support local children. They are people who raise £500 or even more. Remember, if just 35 of your colleagues, family and friends give £15 each, you will smash the £500 target!

1 You will need to: Recruit supporters

Heroes need sidekicks and friends to help them and cheer them on. Your employer may be able to support you, as well as family and friends.

2 Choose your challenge

Take a look at the list on the left. If you want to do a physical challenge visit www.globaladventurechallenges.com who organise activities that Blue Smile supporters can take part in.

3 Set up a fundraising page

You can set up your own page online at localgiving.org/fundraisers/

Ask a generous person and one of your closest supporters to make the first donation!

4 Prepare

You may need to train, you may need to seek advice (e.g. NHS support to stop smoking), you may need to find out when and where you could take on your challenge.

5 Go for it!

Complete your challenge, feel great and help children get the support they need.



Don't be nervous – I was nervous at first but it turned out OK

A aged 11 who was helped by Blue Smile

How can Blue Smile help?

Raising awareness

Tell us about your plans well in advance so we can help publicise what you are doing. Please take lots of photos when you take on your challenge as we may be able to use them to inspire others to do what you have done.

Making a splash

Contact us for balloons, collecting tins, wrist bands or pop-up displays to use on the day.

Advice and information

We can help you to make the most of your challenge and raise as much money as possible! Contact us if you would like to talk through your ideas or you need other help or advice. Our contact details are on the reverse of this leaflet.

Becoming a Hero

Blue Smile Heroes are recognised with a special T-Shirt that can only be obtained once hero status has been earned and a certificate that confirms that you are indeed a hero. Once you've completed your challenge, get in touch straightaway so that we can celebrate with you!