

# #CHALLENGEME

TO SAVE SOMEONE'S LIFE

NOT GOOD ENOUGH

*Alone*

I WILL NEVER  
LOOK LIKE THAT

WISH I WAS  
MORE LIKE...

*Ashamed*

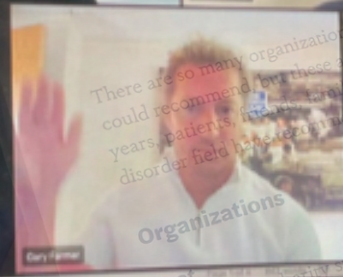
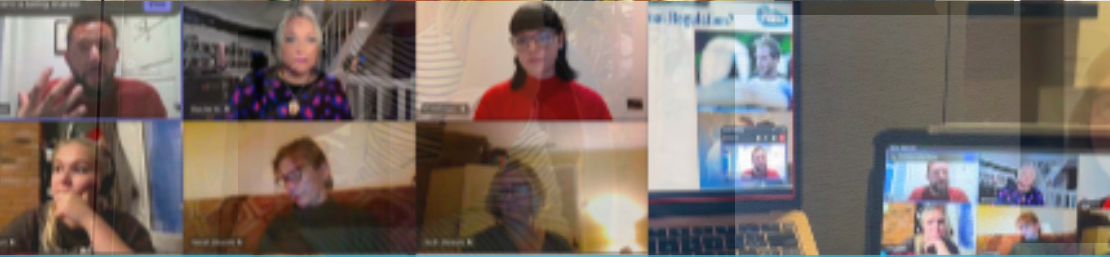




THESE 5 YEARS OF HELL COULD HAVE BEEN PREVENTED IF ONLY I HAD THE RIGHT SUPPORT



#BRINGTHESUPPORT



There are so many organizations, books, podcasts and blogs that could recommend, but these are just a few of the ones that years, patients, friends, families and those who work in the disorder field have been recommended.

UK's leading charity for eating disorders.  
beateatingdisorders.org.uk

Been There  
A charity offering free one-to-one support for body image issues.  
beenthereapp.com

Body Dysmorphic Disorder Foundation  
A charity that aims to increase awareness of body dysmorphic disorder.  
bddfoundation.org

I am here if anyone needs share to let people know

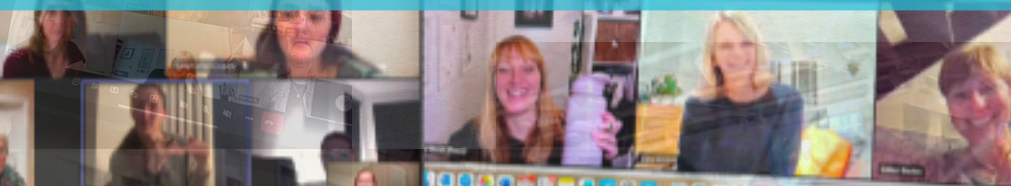
# #CHALLENGEME

can't thank you enough

Been THERE

The healing power of shared experience

Been THERE





We are grateful to you for choosing to take on #ChallengeMe with your company. We are a small charity tackling the pervasive and destructive problem of body image issues and we rely on the generosity of organisations like yours to change and save real lives.

This guide has collected some popular fundraising event ideas for you and your colleagues to get together and make a real difference. Remember the bigger the better! With the help of your community, we can reach hundreds more lives.

“  
HAVING SOMEONE TO  
LISTEN, WHO COMPLETELY  
UNDERSTANDS IS MORE  
HELP THAN YOU WILL  
EVER KNOW  
”





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# A Bit More About Us

We connect individuals who are struggling with their body image with a vetted and trained Mentor who has lived experience of learning to manage and overcome these issues.

**£21 is the cost of 1 session for 1 Mentee.**

**£260 is the cost of supporting 1 Mentee through our 3 month Mentor programme.**

Healing through sharing with a relatable, empathetic and non-judgmental Mentor has proven power to change and save lives.





# Save Another Bella

"MY TIME WITH BEEN THERE HAD INITIALLY BEEN TO HELP ME WITH MY BODY IMAGE, BUT IT HELPED ME WITH SO MUCH MORE. RANGING FROM MY RELATIONSHIP WITH MY PARENTS, FEELING SUICIDAL, HAVING SOMEONE TO SUPPORT ME WHEN I WAS LET DOWN BY MENTAL HEALTH PROFESSIONALS, MY JOB, AND SO MUCH MORE. MY TIME WITH BEEN THERE GENUINELY CHANGED MY LIFE AND PLAYED SUCH A HUGE ROLE IN MY DECISION NOT TO GO THROUGH WITH MY SUICIDE PLAN."





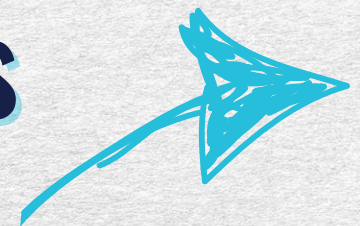
# #challenge and save more lives like Bella's

£260 will save 1 Mentee

£2600 will save 10 Mentees

£5200 will save 20 Mentees

£13000 will save 50 Mentees



HERE'S HOW





# Starting Your FUNdraiser

Click here to access our [Justgiving #ChallengeMe fundraising page\\*](#), and create a fundraising page connected to our charity.

It is important that donors can see exactly why your company has chosen to fundraise for Been There, what impact this will have, and who is involved.

The more employee pictures, the better - if relatives can see their loved one on your company fundraising page, they're much more likely to donate.

Other top tips:

1. Make sure your fundraising target is clear for donors to see
2. Add a link to your fundraising page to company email signatures
3. Set a goal for when you want to raise the funds by

\*If you can't find our charity page, try typing in our charity number (RCN: 1091044)





1. **Download** our **fundraising pack** for information and ideas



2. **Choose** your company's challenge(s)



3. **Email** colleagues and employees with a call to participate



4. **Pledge** your target on our website



5. **Gather** friends, sponsors and supporters to support your fundraiser



6. **Conquer** your FUNdraising challenge



\*If you cannot access the embedded hyperlink, copy this address: <https://beenthereapp.com/com>





# Fundraising Ideas

For every £260 you raise with #ChallengeMe, you will support another Mentee through our complete body image Mentoring programme.

The more people you can get on board, the more your collective impact will grow.

By combining our efforts, we can save hundreds more Mentees.

**This pack collates some popular fundraising ideas but feel free to come up with your own daring fundraising challenge.**

**Remember, the goal is to save another Mentee's life. How you do this is up to you.**

*\*You can download a separate individual fundraising pack for more fundraising ideas tailored to individuals*





# Cause-related Challenges

1. For the [84% rise in eating disorder hospitalisations](#), employees could take on a physical challenge like running, walking, cycling or swimming 84km. This could be done individually or collectively on a particular weekend.
2. For the [1 in 8 experiencing suicidal thoughts because of body image](#) you could do 8 mini fundraisers, for example a bake sale, Dress Down Day, or get 8 employees on board for a skydive
3. For the [millions still struggling in silence](#), you could invite employees to do a day or weekend of silence to commemorate those who feel they couldn't speak up





# Sports Events

- Sponsored walk/run/cycle - get everyone together for a couch to 5k, the three peaks challenge, or 100 laps of your local park
- Tournament - organise a company tournament, this can be anything from soccer, basketball or athletics, to an obstacle course, fun run or treasure hunt . Charge a small participation fee or incorporate a raffle so that players and supporters can donate to your cause
- Extreme sports - get a group of employees together to do a skydive, bungee jump or abseil? Relatives and employees who prefer to keep their feet on the ground can sponsor the company daredevils to take on this daring challenge.





# Social Events

- Talent Show - if your company is bursting with talent, it's time to let their talents shine— this can be as goofy or as serious as you like, from magic tricks, to standup comedy and more. You can sell tickets to the event, encourage discretionary donations and/or hold a raffle so that supporters can donate on the night.
- Quiz Night - host a company quiz evening and get employees to submit three questions. Host your event on a Friday night and charge a small participation fee for getting involved. You could even ask your colleagues to submit their most challenging questions and see whose niche proves hardest to crack!
- BYOB- Bring Your Own Boardgame. Meet up after, work, or at a pub and get everyone to bring a boardgame and pay a small participation fee towards your fundraising cause. Perhaps you could get the local community involved too.





# Crafty Events

- Bake Sale - hold a Been There bake sale and invite your colleagues to bring along their most impressive bakes to sell. You could even do this in conjunction with another community event such as a sport tournament or talent show
- Arts and Crafts - it would be awesome to see just how creative your colleagues are when they're not teetering away at work. Invite your colleagues to bring in their creations to sell at a company craft fare. This could be anything from knitting, painting and carpentry, to jewelery, photography and more





# Services

- Community Clean Up Day - why not get your colleagues together for a community clean up day. You can support two amazing causes at once by cleaning up your neighbourhood and getting locals to sponsor and support your cause
- Individual services - participating colleagues could promise to do a 10 services for others over the course of a week. Rather than charging for these services, invite others to sponsor your goodwill initiative . This could be anything from babysitting, lawn mowing, DIY jobs, car cleaning, helping an elderly resident with tasks around the house, you name it!





# Simple But Effective

- Been There Blue - fundraising doesn't have to be complicated. Why not encourage everybody to wear blue to work for a day or a week. To participate, simply invite colleagues to donate to your Justgiving page
- Social Media Fundraiser - create an inspiring company video explaining why you have chosen to support our cause. Perhaps this is personal to your colleagues or company; sharing your story is an incredibly powerful way to inspire others to support your cause
- Silent week/weekend- dare to not say a word all weekend? A real test and challenge that disgruntled family members will be sure to support!
- Save top ups - get every colleague to change their settings and round up card payments to the nearest pound. If everyone donate's a month of saved top ups to your fundraising page, you could reach your target in no time! Some banks offer this service automatically, for example, Revolut.
- Shave your head/dye your hair - there's nothing like a good old sponsored shave to round up donors to your cause. Now is your opportunity to invest in a company cap!





# A FINAL NOTE

We appreciate your enthusiasm and excitement to partake in our FUNdraising challenge and encourage you to be creative and bold with your challenges and fundraising goals, and to get friends and family involved too.

However, **please remain mindful of the safety, health and wellbeing of yourself and others** throughout your fundraising journey. Should you choose to undertake a more daring challenge, please ensure proper risk management, health and safety measures are in place.





# THANK YOU AND GOOD LUCK!

We'd love to hear what challenge your company has decided to take on. Contact us to let us know what you choose or if you have any questions. And be sure to send us your fundraising page so we can advertise it to our network too. Thank you so much for choosing to support our cause!

Email: [info@beenthereapp.com](mailto:info@beenthereapp.com)

Follow us on Socials:    

[www.beenthereapp.com](http://www.beenthereapp.com)

