

Senior School



**School Fundraising**  
**The Honey Pot Children's Charity**

## Who are we?

The Honeypot Children's Charity supports young carers across the UK, aged 5 to 12 years, who are caring for a loved one at home. The charity, which opened its doors in 1996, provides these incredible children with a well-deserved respite break at one of our Honeypot Houses so they can build friendships, grow in confidence, and reach their full potential.

## Who is a young carer?

A young carer is a child or teenager, like you, except they look after a family member or guardian who is sick, disabled, or has mental health challenges.

A day in their life might include cooking, cleaning, fetching medicine, helping someone to move around, or even cheering them up. Some young carers can spend up to 50 hours a week caring for someone—more than a normal school week! This means they don't always have time to play, go to birthday parties, or see friends. All this responsibility can sometimes make a carer feel lonely and isolated, and it can also be harder for them to keep up at school because they're so busy at home.



**1 million**  
young carers  
in the UK

**30%**  
struggle to  
concentrate  
at school

**27%**  
are bullied by  
their peers

# Meet Elsie

Elsie is a creative, music-loving young carer who lives at home with her mum Becky, dad Ash, little brother Leo, and their cat Monty. She's a young carer who plays a vital role in her family's daily life - especially when it comes to supporting her mum, who lives with Functional Neurological Disorder, Fibromyalgia, and Chronic Migraines.

After Leo was born, mum Becky went through a difficult emotional period. Elsie was the one who helped her through it, lifting her spirits and helping make bottles for her baby brother.



Despite the challenges, Elsie is full of life. She's now been on two respite breaks at Honey Pot House. Nervous at first, she quickly found joy in the freedom, fun, and friendship, from slip n' slides and BBQs to creating a full-table masterpiece in the Art Room. Elsie has made memories for life.

# How we support young carers



**Respite Breaks** - We provide fun and relaxing Respite Breaks at our three countryside houses in England, Wales and Scotland. Children can enjoy activities like zip wires, trampolines, go-karting, swimming, arts and crafts, baking, and movie nights, while making new friends and taking a break from caring.

**Memory Making Days** - We also run Memory Making Days which includes day trips to the zoo, aquarium, a farm, and the theatre so that young carers can have new experiences and feel less lonely.



**Health & Wellbeing Breaks** - Our educational breaks focus on Social & Emotional Active Learning. These breaks help children to build confidence, teamwork, and self-esteem at school.

**Wellbeing Fund** - Our Wellbeing Fund provides small grants so young carers can buy much needed items, like laptops to do their homework, new school uniforms, and musical instruments so they can learn to play.



**We offer over 3,300 support places to young carers across the UK every year. Over 90% feel more confident returning to school and want to come back for another break!**

# How can you help?

## Talent Show

Show off your skills for a good cause!  
Organise a talent show and sell tickets  
to friends and family. Sing, dance, act  
— whatever makes you shine!



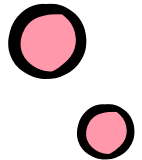
## Challenge Run or Hike

Take on a challenge like the 3 Peaks, a local  
landmark run or even an in-school  
challenge. Get sponsored and raise money  
with every step.



## Themed Non-Uniform Day

Wear yellow or your favourite comfy  
clothes. A simple way to support a  
buzzing cause.



# Make your fête fundraising fabulous!

Raise funds at your summer fête or Christmas play with a collection plus here are some other FUN-draising ideas:



**Pop-Up Café** - Serve hot drinks, cakes, and snacks with student volunteers.



**Photo Booth** - Fun props and backdrops for selfies and group shots.



**Gaming Challenge** - Set up consoles or board games for friendly competitions.



**Arts and Craft Market** - Sell student-made art, jewellery, or upcycled items.



**Open Mic Corner** - Invite students to perform music, poetry, or comedy.



**Raffle or prize draw** - Include donated items like gift cards, hampers, or tech accessories.



**Sports Challenge Station** - Mini football shootout, basketball hoop challenge, or obstacle course.

# Thank you

A Network Partner of  
**CARERS  
TRUST**

Thank you for taking the time to learn all about Honeypot and the difference your support can make!

Registered with  
**FUNDRAISING  
REGULATOR**

For more information check out [www.honeypot.org.uk](http://www.honeypot.org.uk)



Check out this video to take a look at what our young carers get up to at Honeypot:  
[Honeypot Hero Film - YouTube](#)



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