



What's your 30?

The Honey Pot Children's Charity

Fundraising Pack



1 million
young carers
in the UK

1 in 3
struggle with
mental health
issues

9 GCSE
grades below
average compared
to peers

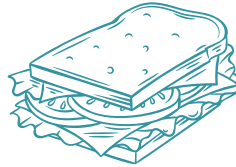
over
3,300
support places
offered to young
carers across the
UK every year

Have your impact



£10

could pay for birthday cards
for five young carers



£100

could fund all the food and
treats for six young carers
on a Respite Break



£490

could fund a three day
Respite Break for a young
carer

“

We as a school have been attending Honeypot SEAL Breaks for a couple of years now and have always found them beneficial for the children. Having time away with their friends and classmates can help children to socialise in a more 'homely' setting and to complete a range of activities in a safe and structured environment. As a result we find that the children attending SEAL Breaks often grow in confidence and seem more comfortable with different settings and activities.

”

Sarah Corbett, Headteacher
Caersws Community Primary School





What's your 30? Join the celebration



This year, as The Honey Pot Children's Charity celebrates 30 years of supporting young carers, we're inviting everyone to get involved in our special birthday campaign: **What's Your 30?**

The idea is simple – in celebration of our 30th birthday, we're asking our supporters to give a little time, creativity, or energy to help make a big difference. It could be 30 minutes, 30 hours, or a challenge lasting 30 days – the choice is yours.

Whether you want to fundraise, volunteer, or simply share a moment of joy, every contribution helps us continue to support thousands of young carers across the UK.

There are many ways to take part. You could host a coffee morning, run a mini-marathon, bake, or create your own challenge. Maybe you'll spend 30 minutes sharing a skill with a young person, or simply spread positivity online by sharing your "30 minutes of joy" ideas to inspire others. Your creativity is the only limit.

All activities – big or small – will help us reach our goal of providing life-changing experiences for young carers, from residential breaks to educational and wellbeing programmes. By taking part, you're not just celebrating our 30th year; you're shaping the future for children who give so much of themselves every day.

Join us in marking three decades of care, fun, and support – and let's see what 30 can mean to you. Share your story, raise a smile, or fundraise for a young carer – together, we can make this milestone unforgettable.



Physical Challenges

Get sponsored to complete...

'30 miles in 30 days' challenge

Whether it is running, cycling, walking, rowing or swimming - solo or in a group
- move your way and support young carers



Other 30 day challenges:

Walk 10,000 steps a day for 30 days

Do 30 pushups/squats a day for 30 days

Do 30 yoga/pilates sessions for 30 days

Creative Challenges

Make and sell 30 handmade items to raise money, whether it is crochet, candles or crafts



Curate a 30-song playlist of uplifting songs and share it with friends. Make sure to ask for a small donation of £3 to access it or nominate a song



30 minute skill share: teach something you know online and ask people to donate to learn

Individual Challenges

Start a **Facebook birthday fundraiser** with a £30 - £300 target

Give up something for 30 days. Make sure to get sponsored by friends and family for your dedication!

Declutter and sell 30 unwanted items. The proceeds go to Honeypot

30 minute sponsored clean: Clean up a local park or beach and get sponsored for every bag of rubbish collected



Community Challenges

Charge to participate in...

'Thirsty for 30': host a 30 minute coffee and cake morning



Host a **Honeypot bakeoff** (go one step further and make it yellow and black themed)



Host a **quiz night** with 30 questions

Host a **30 for £30 dinner party:** ask all dinner guests to donate £1 or 10 people to donate £3 each

Host a **30 item raffle:** Collect 30 small prizes (donated by friends or local businesses) and run a raffle

Host a **World Cup sweepstake** with your friends or colleagues

Fun-Filled Challenges

School Edition

£1 for participation
or get sponsored!

Read 30 books in 30 days



Organise a '30 things
that bring me joy'
show and tell

All come in yellow
for a day!

Hold a clothes
swap: Swap 30
pieces of
clothing



Hat parade:
everyone makes
a hat and wears
it in a parade.



Or come up with your own challenge for pupils! What can they do for a day?

Help us shine a light on young carers

Remember it is not just about raising funds, but also raising awareness!

Not everyone knows the challenges young carers face every day. By raising awareness, you help us reach more people who can support these incredible children. Every share, every conversation and every post helps us build a community that cares.

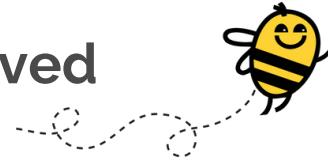
Join the conversation today - What brings you 30 minutes of joy?

1. **Share '30 minutes of joy':** Join our Birthday kudoboard or post on socials to tell us what makes you happy
2. **Read & Share:** Read for 30 minutes a day and share your favourite quote online
3. **Learn & Post:** Spend 30 minutes learning something new and share your progress
4. **Wear Bumble's Colours:** Show off your yellow, gold, or stripey outfits
5. **Joy in 30 Photos:** Take and share 30 photos of things that bring you joy
6. **Write & Inspire:** Share 30 poems, affirmations, or gratitude notes online



Remember to use #WhatsYour30 and tag HoneyPot in your posts to spread the word and the joy!

How to get involved



1

Donate via our [donate button](#)

2

Set up a [Just Giving](#) or [Enthuse](#) page for HoneyPot and get fundraising!

3

Share with your colleagues, friends and family

4

Keep us updated so we can share your fantastic achievements!

Donate
here



Contact us

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e: info@honeypot.org.uk

t: 020 7602 2631

Where to find us

The Honey Pot Children's Charity Head Office
Spaces
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W6 7AP

Registered charity in England and Wales
1184132 Scotland SC052213

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campaign page