



spoons  
neonatal family support

# FUNDRAISING GUIDE

Supporting families with  
experience of neonatal care

 [spoons.org.uk](https://spoons.org.uk)

# THANK YOU

## A message from our Founder

Thank you so much for choosing to fundraise for Spoons Neonatal Family Support Charity. Your fundraising will make a real difference to the lives of families with experience of neonatal care across Greater Manchester.

I founded Spoons back in 2015, following the premature birth of my son.

There was a lack of support available for parents of neonatal babies, and I initially set up a small, local support group. The charity has since grown to now offer numerous support services for hundreds of families, both on the neonatal units and within the community. We couldn't continue to offer our vital services without the generous support of fundraisers like you. So I want to say a big THANK YOU, on behalf of everyone at Spoons and the families we help. We are so grateful for your kindness.

We're here to support with your fundraising, so don't hesitate to get in touch.

Thanks again, you're making a real difference.

*Kirsten x*

**Kirsten Mitchell, Founder and Operations Manager**



[care@spoons.org.uk](mailto:care@spoons.org.uk)



0300 365 0363



# YOUR IMPACT

Your support is helping Spoons to provide the following vital services:



## Peer support on neonatal units across Greater Manchester:

- Delivered by trained staff and volunteers with lived experience of neonatal care
- Relieving feelings of stress and isolation for families
- Signposting to specialist support
- Listening and validating feelings of worry and anxiety
- In partnership with NHS teams

## Family support at home and in the community:

- Home play sessions
- Newborn Behavioural Observations (NBO)
- Free community support groups and play sessions
- Support navigating finances and benefits
- One to one peer support
- Specialist trauma therapy
- Sleep support
- Sibling support



# OUR VISION & VALUES

**OUR VISION** is that all families in Greater Manchester who experience neonatal care are supported throughout their whole journey.

## OUR VALUES



### **Neonatal lived experience**

Neonatal lived experience informs and guides everything we say and do, at every level



### **Empathy**

We support each other with the empathy and knowledge that comes from having had personal neonatal experience, with awareness of the unique experience of each neonatal family



### **Community**

We connect families with neonatal experiences to create a wider neonatal community



### **Collaboration**

We collaborate with neonatal families and healthcare colleagues to enable everyone's unique skills, knowledge and experiences to enhance neonatal care

# HOW YOUR FUNDRAISING WILL HELP

Every year, over 3,500 babies are admitted to neonatal units in Greater Manchester and will require specialist care.

Spoons' team of staff and volunteers alleviate the stress and isolation many parents feel when their premature or sick baby is admitted to neonatal care. Your support is helping us to continue to provide this specialist support for families...

**£15**

could fund a Spoons neonatal pack, providing families with resources to support them from the start

**£50**

could fund a community group session, providing families with a safe space to access support

**£70**

could fund a trauma therapy session, helping parents recover from the trauma of neonatal care



# FUNDRAISING IDEAS

## WORKPLACE FUN

Gather colleagues for a bake sale, fancy dress day or quiz



## SPORTY CHALLENGE

Take on a personal sporting challenge and raise sponsorship



## COUNT THE DAYS

Take on a challenge, start something or give something up, for the number of days your baby (or baby of someone you know) spent in NICU



# OUR TOP TIPS



**Keep it simple and do something you enjoy.** Take part as a team to make it more fun.



**Fundraise online safely and securely by setting up a personalised online fundraising page.** This saves the charity time and money spent processing cash and cheques. The funds and Gift Aid come directly to the charity, so you don't have to do anything. We recommend using [justgiving.com/spoonscharity](https://www.justgiving.com/spoonscharity).



**Gift Aid it.** Gift Aid allows us to make your donation go even further. All personal donations qualify, be it large or small, one off or regular. If you are a UK tax payer we can claim back the tax you have already paid on your donations. The extra income comes straight from the government, so you can increase your donations at no cost to yourself.



**Share and promote your fundraising.** Shout about what you're doing so you can maximise the funds raised and celebrate your efforts. Social media can be a great tool to share your fundraising, and by tagging us as a charity, we can help amplify your reach by sharing too. You could contact your local press to let them know what you're up to.



**Matched funding.** Check if your employer offers matched funding, you could double the amount you raise.



**Keep it legal, open, safe, respectful and honest.** See the Fundraising Regulator's [guidance for volunteer fundraisers here](#).

# BECKI'S STORY

I came into contact with Spoons during the time our little boy, Isaac, spent on the neonatal unit at Wythenshawe Hospital. Isaac was born by emergency c-section on 28th September 2021, at 30 weeks and 2 days. I had gone into hospital the day before with reduced movements and was placed under monitoring. Initially everything seemed to be fine, but after a while Isaac's heart rate dropped dramatically and we were kept in overnight.



We spent nearly 9 weeks in total on NICU; the first couple of days at St Mary's before being transferred to Wythenshawe. I met Cat and Hayley, peer support volunteers from Spoons.

Their visits to the unit were invaluable for me. It is very difficult to communicate what you experience on a neonatal unit to someone who has never been through it. As a result, talking to people who had been there and knew exactly what we were going through was so important. I remember in particular a day when Isaac was particularly unwell and we'd been told that he would need a blood transfusion.

The very idea of our tiny baby needing to go through this was terrifying, but Hayley was in the unit that day and had experience of her children going through the same. Talking to her made us feel so much better and helped us through a very tough day.

Spoons continued to be really important to us after discharge, particularly for me. I found re-adjusting to the outside world very difficult, and was incredibly nervous about taking Isaac out and about. I realised that I needed some help one day a few weeks after we'd been discharged. I spoke to Spoons and within days had a counselling appointment with the lovely Janine, who helped me to start building up to something that resembled normality! Spoons messy play classes were the first baby groups I took Isaac to, as I had the confidence of knowing that people would understand if I was a little bit nervous about close contact and so on.

Find more parent stories at  
[spoons.org.uk](https://spoons.org.uk)

“ Spoons means a huge amount to me and my family. The charity has been there for us at every stage of our neonatal journey, and I'm not sure where we'd be without the support that we've received! ”



# WE'RE HERE TO HELP

Our friendly team are on hand to help, so please get in touch and let us know how we can support you. We can provide you with:

- Spoons branded t-shirts and promotional resources
- Hints and tips
- Support to share your activity
- Ideas on how to make the most of your fundraising
- Help to set up your online fundraising page



Thank you so much for your support, you are helping us to continue to be there for families when they need us most.

## GET IN TOUCH



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