



Acceptance

Autism ~~Awareness~~ Week

2-8 April 2024

Fundraising Pack

Your pack contains:

Everything you need to know about the North East Autism Society, what we do, how you can get involved with this year's campaign and ideas for raising funds to help us continue delivering vital frontline services across the region.

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Join us on Our Journey To Acceptance

For 19 years I have been at the helm of the North East Autism Society, and in that time the charity has made great strides in the way we support autistic children, young people and adults.

Every April, in the lead-up to World Autism Awareness Day on April 2nd, we aim to increase understanding and knowledge of autism and other forms of neurodiversity – but, while awareness is great, it isn't enough.

That's why since 2019 we've encouraged schools like yours to join us in our campaign for autism acceptance instead. And, while we've come a long way, this year we're asking you all to join us as we continue our journey to acceptance.

We might still have a way to go before we achieve acceptance, but if we all work together – autistic or not - we can continue to make a big difference to the lives of autistic and neurodiverse children, young people and adults, as well as their families, across the entire North-east.



John Phillipson

About Us

For 44 years we've led the way in providing autism-specific care and education for children, young people, and adults across the North-East of England.

Recognised for our innovation and excellence, everything we do stems from an unswerving belief in providing bespoke, person-centred support. It's at the heart of who we are to recognise and celebrate the uniqueness of every human being, and to understand that no two people, within an understanding of neurodiversity, will have the same needs or wants.

Through the work of our Autism and Neurodiversity Think Tank we remain committed to listening to and being informed by the very people we exist to serve.

This passion for innovation, personalisation and a commitment to empowering those who work for us and for those we work alongside, has allowed us to add to and adapt our services year on year, keeping us right at the fore of autism-specific service provision in the UK.

We're taking part in

Autism ~~Awareness~~ Acceptance Week



By taking part, we will be helping the North East Autism Society raise vital funds to continue the round-the-clock services they provide to hundreds of children, young people and adults across the North-east.

DATE: .....

north east autism society

WALK FOR ACCEPTANCE

Friday 5th April

From 10am at Herrington Country Park, Houghton-le-Spring, DH4 7EL



As Part of Autism ~~Awareness~~ Acceptance Month

£5 per adult and under-18s go free

- 1-mile route is **wheelchair & pushchair friendly**
- **Certificates** from Snowdrop the Spikeshuffler
- **Music, face painting** & **games**

0191 410 9974 **fundraising@ne-as.org.uk** **Register at: ne-as.org.uk/wfa2023**

Registered Charity No. 1028260

8 ways to experience gold
while raising money for North East Autism Society

1. PULL ON YOUR WALKING SHOES



Join us at Herrington Country Park, Sunderland, for our annual Walk for Acceptance on **Friday 14 April 2023**

2. ... OR WALK IN YOUR OWN TIME



Or, if you can't make it on the 14th, why not do your own walk at a time that suits you. Set yourself a route around your local park, or you could even complete it on the treadmill at the gym!

3. GO GOLD FOR THE DAY!



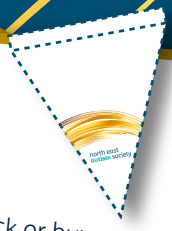
Gold is the colour of autism acceptance... so think gold hairspray, gold jewellery, yellow clothing, gold badges, paper crowns... whatever takes your fancy!

4. GET BAKING



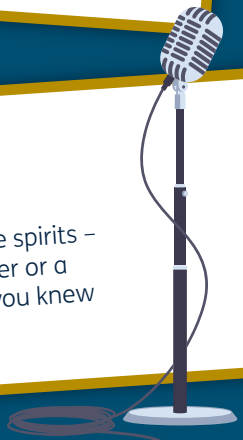
On your marks, get set, bake! Channel your inner Paul Hollywood and involve your family, friends or colleagues in some baking – the finished products could be sold at a bake sale to raise funds.

5. DECORATE YOUR HOME OR WORKPLACE



Use the bunting template in this pack or buy some gold decorations and get your family or colleagues to help you decorate. Workplaces could even make this a friendly competition between departments?

6. HOST A TALENT SHOW



Talent shows never fail to raise the spirits – perhaps you have a family member or a colleague with a secret skill that you knew nothing about!

7. BAD HAIR DAY



We've all had a bad hair day at some point, but why not rope your family or workmates in and raise money for a good cause at the same time. The wackier the hairstyle, the better!

8. HOST A COMPETITION



Bulk-buy some white t-shirts and challenge your colleagues to design their own Autism Acceptance Week t-shirts, with a small prize (or use the certificate at the back of this pack) up for grabs for the winner.



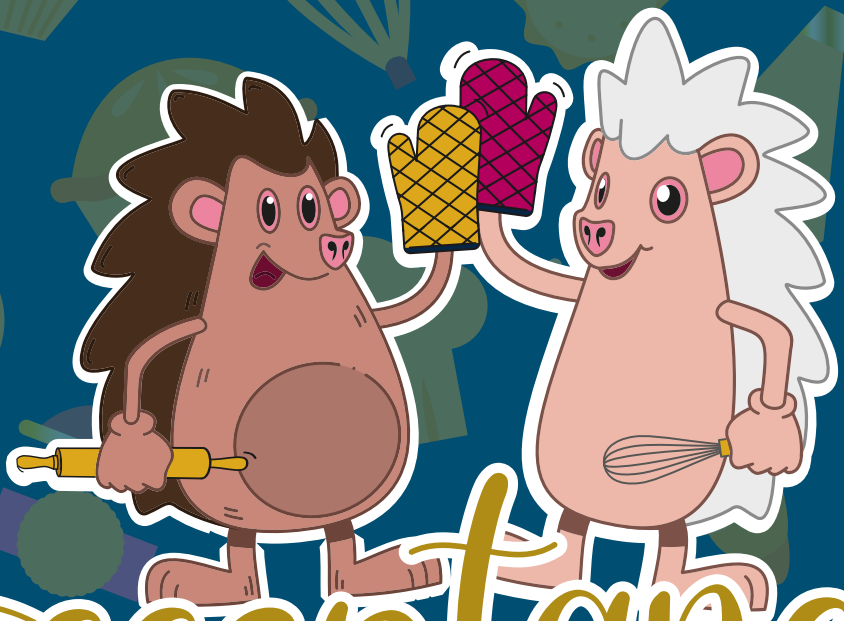
Bad Hair Day

We're taking part in the North East Autism Society's Bad Hair Day. Join us as we celebrate originality and uniqueness and see who has the best BAD hair!

Suggested donation: £

Date:

north east
autism society



Acceptance BAKE OFF!

By taking part, we will be helping the North East Autism Society raise vital funds to continue the round-the-clock services they provide to hundreds of children, young people and adults across the North-east.

DATE: .....

Cake Labels

Always a firm favourite with students and staff alike, is there a tastier way to raise money than a good old-fashioned bake sale?





Decorate your cake stand with these labels so everyone can see you're raising money for the North East Autism Society!

Simply cut out the labels, fold and place them next to your cakes.

Cake Flags

Design your own flags that can be cut out and wrapped around cocktail sticks to be placed into the bakes for decoration

Design 1

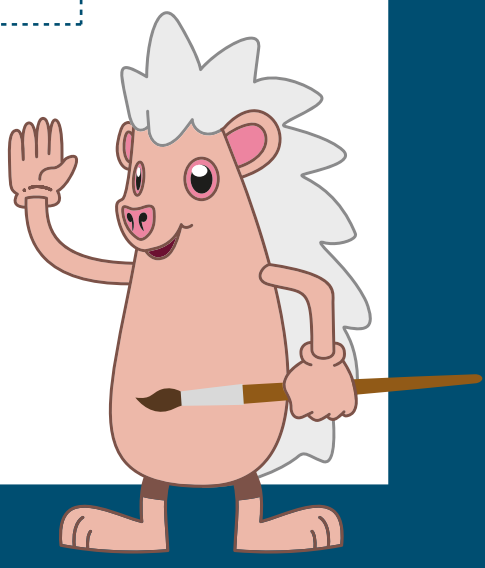
Side B *Side A*

Tooth Pick

Design 2

Side B *Side A*

Tooth Pick



Design your own bunting



This activity sheet will help you design your own bunting for Autism Acceptance Week. Be as creative as possible and celebrate your originality and uniqueness.

Simply print out your bunting template and get decorating.

If you're doing this activity in school or at your office, have everyone write their names on the back so you can admire each other's work.

Use a hole punch and string to attach the bunting together, hang them up for Autism Acceptance Week!

Bunting



Autism Quiz

This is an active quiz!

Get participants to stand in the middle of the room and choose which side of the room to run to - the side of true or false?

With each question there's an opportunity for the quiz leader to dispel any myths surrounding autism.

1. **Both girls and boys can be autistic?**

2. **Only children are autistic?**

3. **Autistic people can find communicating tricky?**

4. **All autistic people avoid eye contact?**

5. **All autistic people are the same?**

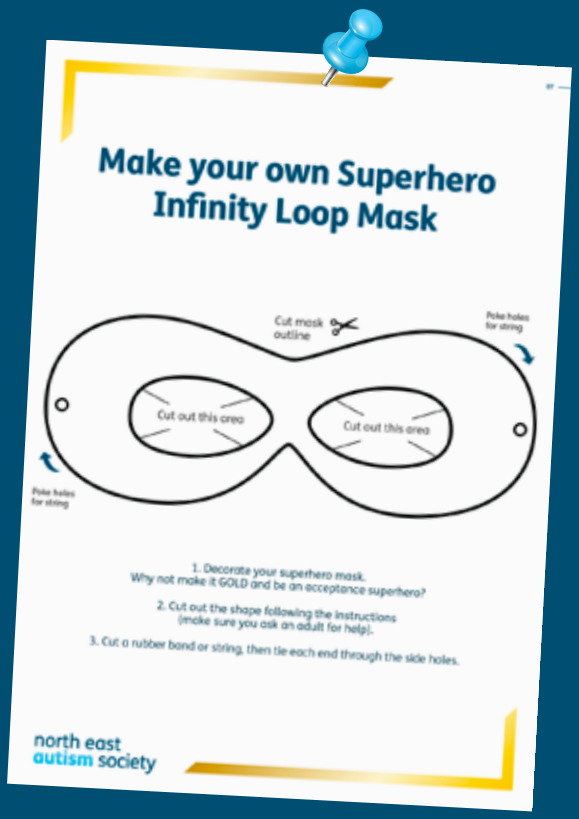
6. **You can tell someone is autistic just by looking at them?**

Answers

A1: True. | A2: False. Autism is a lifelong difference in someone's neurology. | A3: True. Some autistic people may find communicating tricky. However it's important to understand that autistic people can communicate, this may just look different to typical communication. | A4: False. However some autistic people - and some neurotypical people - may find eye contact uncomfortable. | A5: False. Every human being is different. Autistic or not. | A6: False. Autism is a 'hidden condition' so you can't tell someone is autistic just by looking at them.

In this pack, we've included some helpful resources to enable you to celebrate Autism Acceptance Week from your home.





Activities for Children

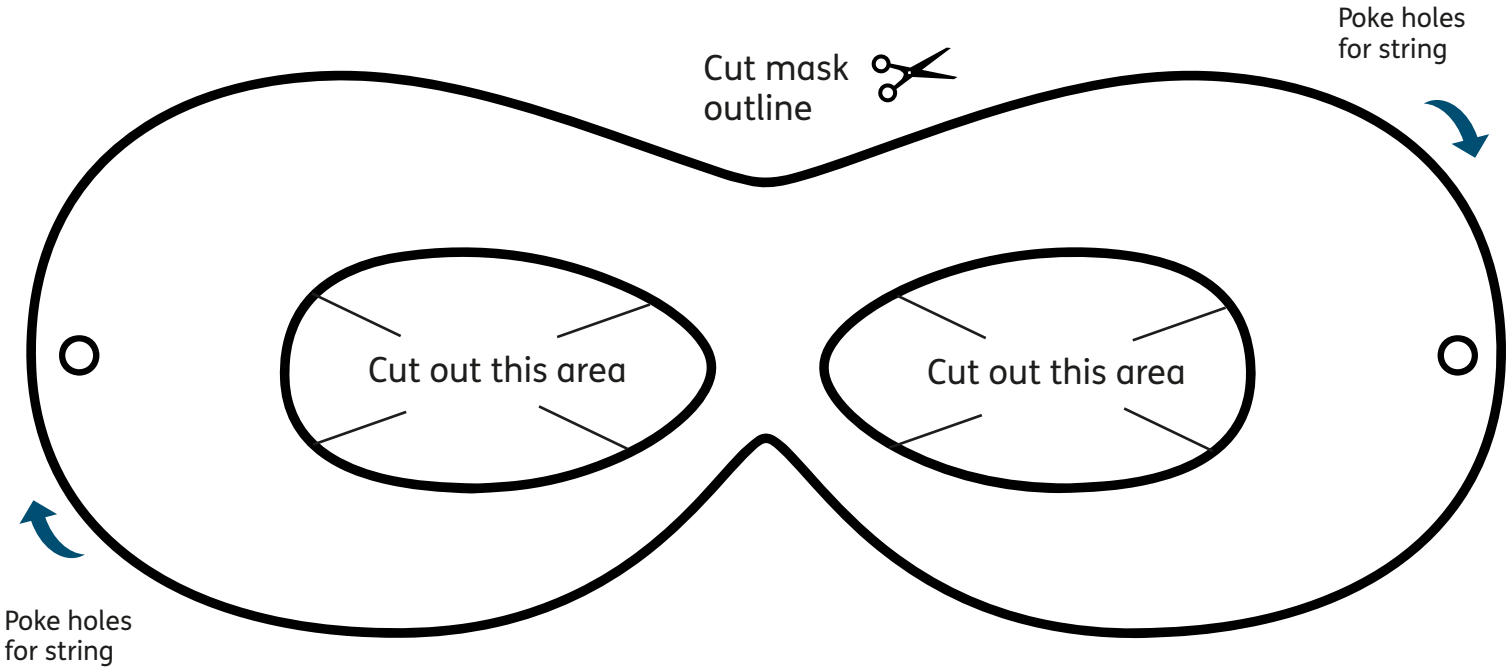
We've got:

- Colouring sheets
- Make your own Superhero Infinity Loop Mask

Snowdrop the Hedgehog colouring competition



Make your own Superhero Infinity Loop Mask



1. Decorate your superhero mask.
Why not make it GOLD and be an acceptance superhero?

2. Cut out the shape following the instructions
(make sure you ask an adult for help).

3. Cut a rubber band or string, then tie each end through the side holes.



WELL DONE!

This certificate is being presented to

for

north east
autism society

My Sponsorship Info

north east **autism** society

Name:

Address:

The person named here has the intent to help us raise funds for the North East Autism Society and the work they do supporting autistic and neurodivergent autistic children, young people and adult.

Thank you for your support.

Name	Your Home Postcode	Your Home Address At least your home No. or Name This must be your home address to claim Gift Aid	Amount Pledged	Amount Given	Date Given dd/mm/yy	Gift Aid? ✓
John Sample	DH2 1AN	1 EXAMPLE LANE	£10	£10	02/03/20	✓

If you have ticked the box headed 'Gift Aid' This confirms that you are a UK Income or Capital Gains taxpayer. You have read this statement and want the charity or Community Amateur Sports Club (CASC named above to reclaim tax on the donation detailed below, given on the date shown. You understand that you must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs donate to and will reclaim on my gifts for that tax year. Please understand that other taxes such as VAT and Council Tax do not qualify. The charity will reclaim 25p of tax on every £1 that has been given.

FOR NEAS USE	Date processed	Total Gift Aid Donations
Total Income Tax to be reclaimed	Total Donations	Our Ref. No.

North East Autism Society, transforming the lives of autistic individuals 0191 410 974 | Registered Charity No. 1028260

Money return form

Please complete and return this form to: **North East Autism Society, Unit 15, Lumley Court, Drum Industrial Estate, Chester-le-Street, DH2 1AN**

Title:	**First Name:**	**Surname:**
Organisation/Club/School/Company:		
Address:		
	Postcode:	
Email:	**Phone:**	
Reason for donating/Name of Event/Collection:		
Amount Raised:		

Here are four easy ways to pay in your fundraising:

1. Head to our website at **www.ne-as.org.uk/donate/payinfundraising** to pay via online card payment.
2. Call our Fundraising Team on **0191 410 9974** and make a card payment over the phone.
3. Complete this form and return it, together with your cheques (made payable to North East Autism Society) and any completed sponsorship forms, to the address at the top of the page.
4. Visit your local Barclays branch and pay your money directly into our bank account – **Sort Code 20-85-59, Account Number 70714674**. Please tell us, either by returning this form or by email to fundraising@ne-as.org.uk, when you made the deposit and at which branch so that we can track your donation.

North East Autism Society would love to keep you informed about our work and different opportunities to support autistic people and their families. If you ever want to change the way we keep in touch, just let us know by emailing fundraising@ne-as.org.uk or calling our team on 0191 410 9974.

I am happy to hear from the North East Autism Society by: Email ☐ **Whatsapp** ☐ **Telephone** ☐

We know that your information and data needs to be kept safe, and we never give or sell your data or information to other charities or companies. For more information on how we use your date see our Privacy Policy on our website.

north east autism society

Downloads

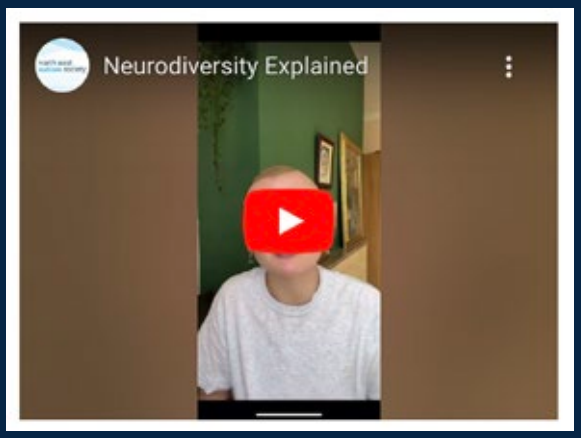
What is Autism?





Poster

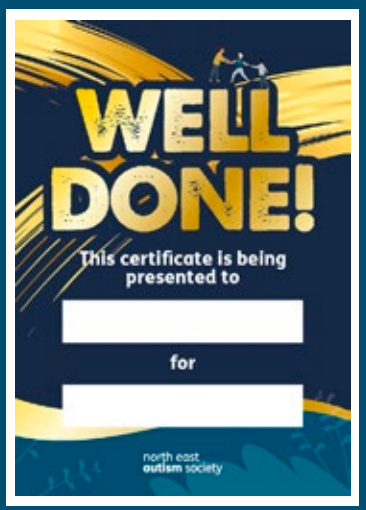
Neurodiversity explained





Poster

Additional certificates



Additional sponsorship forms



By taking part in our campaign and raising money for the North East Autism Society, you are doing something incredible to support thousands of autistic individuals and their families across our region.

Much of the work we do simply wouldn't be possible without your support, and together we are helping to change lives.

If you require any support with planning or hosting your events, please don't hesitate to reach out to our Fundraising Team by:

emailing **fundraising@ne-as.org.uk** or calling **0191 410 9974.**

We host a range of events throughout the year.
Keep in touch by joining our **mailing list** or visit our **events page**.

www.ne-as.org.uk

Registered Charity No. 1028260
Company Limited by Guarantee No. 2859620

north east
autism society

We're social

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