

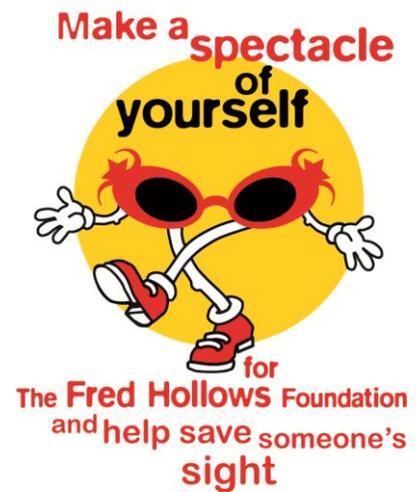


**Welcome, HARAE MAI, Talofa lava, Bula vinaka,
fakaalofa lahi atu, Namaste, MALO NI, Halo oloketā, Mauri,
Malo e laumalie, Halo ola keta, *Fakatalofa atu!***

On behalf of The Fred Hollows Foundation NZ and the many people of the Pacific who need your help, thanks for your interest in FUNdraising for Fred!

This 'How to' kit gives you all the information you need to *Make a Spectacle of Yourself* and help save someone's sight. We've also put together a heap of resources to make it as easy as possible, including information sheets, cataract mask templates, and posters. They are all available to print off our website - just head to www.hollows.org.nz/get-involved/schools.

The Fred Hollows Foundation works in over 29 countries worldwide and has helped restore sight to nearly one million people in the last five years alone. It can cost as little as \$25 to restore sight to someone who is needlessly blind. So be bold, be brave, challenge yourself but, best of all, help restore sight to the thousands of needlessly blind in the Pacific. With your support we can make a real difference so **THANK YOU!**



SPREAD THE WORD! We'd love to share your experience to inspire others, so please let us know how your fundraiser went and remember take lots of photos! We've included details on how to do this, but for more information simply email schools@hollows.org.nz or call us on 0800 227 229.

With best wishes from the team at The Fred Hollows Foundation NZ

Return this form with the money you raise to: **The Fred Hollows Foundation NZ, Freepost Hollows, Private Bag 99909, Newmarket, Auckland 1149.** All cheques should be made payable to The Fred Hollows Foundation NZ. Your school will receive one receipt per donation.

School _____ Coordinator _____

Address _____

City _____ Postcode _____ Phone _____

Email address: _____

Total amount raised \$ _____ (Well Done!)



What is ‘*Make a Spectacle of Yourself*’ day?

‘*Make a Spectacle of Yourself*’ day is an opportunity for schools to get involved in supporting The Fred Hollows Foundation NZ and to remember a great Kiwi – Fred Hollows.

Fred Hollows was known for his kiwi ‘can do’ attitude – this is your chance to do something to help make a real difference! We’re challenging schools to *Make a Spectacle of Yourself*. Ideally we want students and teachers to do something **weird, wild** and **wacky** to get people talking about Fred and The Foundation, and to raise money to restore sight to the over 80,000 people in the Pacific who are currently blind. By *Making a Spectacle of Yourself*, you will change the lives of those who are needlessly blind.

We understand that schools are busy places with teachers and students having a lot of demands on their time, so we leave it in your hands to pick a time that suits you to *Make a Spectacle of Yourself*. To make it easier to get involved we have loads of resources on our website to help you out. If you have problems downloading them, you can contact us on 0800 227 229 or through email on schools@hollows.org.nz. But remember, the most important thing in planning to FUNdraise is to have FUN!

All schools and community groups who get involved will be awarded a special certificate of appreciation from The Fred Hollows Foundation NZ. For schools in the central Auckland area, we will (where possible) organise a representative to come along to your school assembly to personally present the certificate and thank everyone for keeping Fred’s dream alive of a world where no-one is needlessly blind.

The Fred Hollows Foundation

The Fred Hollows Foundation is inspired by the work of the late Kiwi Professor Fred Hollows.

The Fred Hollows Foundation NZ works to restore sight and end avoidable blindness in the Pacific where 4 out of 5 people who are blind don’t have to be. Often their sight can be restored with a simple 20 minute operation costing as little as \$25 in some countries.

We carry on the work of Professor Fred Hollows, a world-renowned Kiwi eye surgeon and humanitarian. Fred believed in giving a hand up, not a hand out, and we train local eye health workers to restore sight in their own communities. Every year Foundation-trained eye health workers perform thousands of sight-restoring surgeries at our clinics and through our surgical outreach program.

How to get involved

Firstly, read through the rest of this ‘How to’ pack for fundraising ideas and tips. Then have a chat to your students, teachers, staff, parents or anyone else who might have some good ideas. Individuals, small groups, classes, sports houses, or even the whole school can take part.

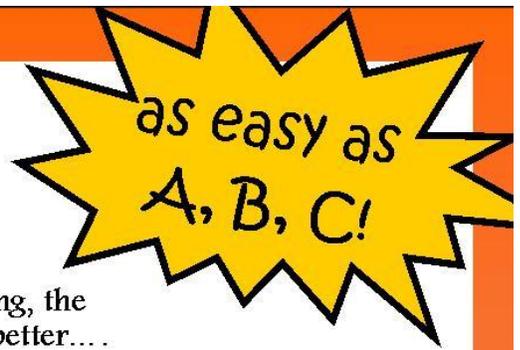
Once you’ve decided what you want to do, share the news! Let us know what you plan to do and if there is anything we can do to help with your event. Make sure you leave plenty of time to organise and plan your event. Don’t forget to make sure you have any permission from anyone that you may need to get permission from.

For as little as \$25, just one dollar per person in a class, you can restore sight to someone in the Pacific. So get your friends, classmates or the entire school together and make a difference the world can see!



Fred's Fundraising Ideas:

You can do just about anything, the weird, wild and wackier the better...



Art auction
Art show
Arm wrestling

Break a world record
Bingo
Bike race

Cake stall
Coin trail
Carnivale

Dinner party
Disco/dance
Arts tournament

Easter egg hunt
Egg rolling competition
Exhibition

Fair
Fun run
Fashion show

Golf day
Girls night
Garage sale

Home made gifts sale
Halloween party
Hoop-a-hoop marathon

International food stall
Indoor games day
Ice-cream eating contest

Junk food free day
Jazz night
Jump rope race

Kareoke night
Knitting stall or classes
Kite flying

Lunch party
Left-handed day
Loud-tie day

Mufti day
Masked ball
Movie night

Non-event event
No talent contest
Name that song quiz

Obstacle course
Orange peeling competition
Olympic games

Pet walk
Personal challenge
Pyjama day

Quiz night
Quit something for sponsors
Quilt making

Raffle
Rent-a-???
Rap contest

Sausage sizzle
Sponsored cataract mask wearing
Savenger hunt

Tech-no day
Tea party
Three-legged race

Unwanted gift sale
Underware worn on top day
Used book sale

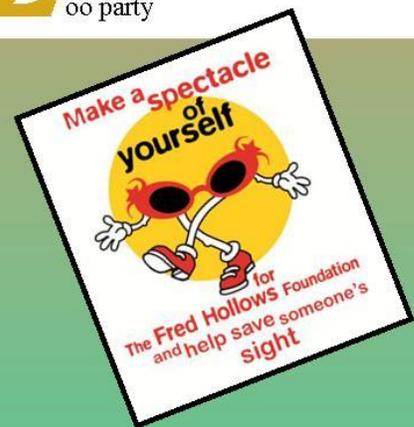
Video party
Valentine's party
Volleyball tournament

Walk-a-thon
Who's that baby? contest
Wacky races

Xmas party
X-factor talent show
Xylophone concert

Yo-yo contest
Yoga marathon
Your own thing!

Zzzzzzz: sleep-a-thon
Zany outfit day
Zoo party



Try doing these with a cataract mask on!



For more information, please contact:

Anastasia Papadakis
The Fred Hollows Foundation
Private Bag 99909
Newmarket
Auckland 1149

Phone: 0800 22 7229
Email: apapadakis@hollows.org.nz



The Fred Hollows Foundation NZ

20 years of restoring sight

Seven simple steps for Fred's FUNdraisers



1. Decide - Plan and PREPARE

Decide on what you want to do and put together a plan of action. Make your fundraiser as big or as small you would like. Set a target of how much you would like to raise – it will make you more determined and others may feel more generous to help you reach it!

Remember to ask yourself lots of 'W' question: **who**, **what**, **when**, **where**, **why** and **how**. For example 'Who will be in charge of collecting the donations?' 'What will we do if it rains?'

2. Spread the word

Download posters from our website; put them up; send out emails to all your friends and family; make an announcement in assembly – TALK, TALK, TALK!

You might try to make contact with the editor of your local newspaper. You never know, they might be interested in running a story. It's a great way to inspire your students and to get Fred's name out there. For tips on getting your local paper involved, together with a sample media release look under the 'Schools' section on our website .

3. It's *Make a Spectacle of Yourself time!*

Enjoy the day... it'll be a HIT! Relax and enjoy *Making a Spectacle of Yourself* – after all it's for a fantastic cause! But remember to be safe while you FUNdraise – make sure you don't risk your own safety or that of others.



4. Bank the money

Tally up your fundraising money and organise a cheque or money order (see 'How to bank the money' below). Send it back with the slip at the bottom of Page One of this pack.

5. Say THANK YOU

Say thank you to everyone who attended and/or helped you out. Tell them how much you appreciated their help and support to change the future of so many people.

6. RELAX & REST UP

Sit down, put your feet up and RELAX! The Fred Hollows Foundation NZ says 'THANKS' for a great effort!

7. Send us your PHOTOS and STORIES

We'd love to hear about your day and to use your pictures and stories on our website.

Photos: Angela Wylie/The Age

How to bank the money

After all your hard work all you need to do is Bank the money. Please fill in the form at the beginning of this document and send a cheque / money order payable to The Fred Hollows Foundation NZ:



Freeport Hollows
Private Bag 99909
Newmarket
Auckland 1149

You can also bank the money straight into our account – just remember to include your school name as a reference and to let us know when you've put it in so we can send through a receipt.

Bank account number: 38-9008-0866758-06
Account name: Fred Hollows Foundation, The

Please ensure that funds raised are returned promptly, ideally within 2 weeks of the conclusion of your fundraising event or activity. One receipt per school will be issued.

You'll also get a **certificate of appreciation** in thanks of your generous support.

Spread the word and inspire others

We know you'll come up with some great ideas to help spread the word, make the day fun, and raise lots of donations to help those who are needlessly blind see again.

Please let us know how your fundraiser went, take photos and share your experiences so we can share your story with others.

Email your information to info@hollows.org.nz (or send to the address above). Make sure you give us your contact name, phone number and address. That way we can promote your school on our website.



More information

If you need any help or have any questions please get in touch with us by email schools@hollows.org.nz, phone 0800 227 229 fax (09) 379 7178 or post: FREEPOST HOLLOWES, Private Bag 99909, Newmarket, Auckland 1149.