

# WELCOME TO TEAM RESTLESS!



## WELCOME TO TEAM RESTLESS

Firstly, we would like to say a huge thank you for using your Youth Power to take on the challenge of the Knight Frank Schools Triathlon – you are part of a truly special event.

By taking part in the Schools Triathlon Series, you are supporting the charity Restless Development. Restless Development is a charity for young people, across Africa, Asia and the UK. We believe young people can solve the world's greatest challenges and create a better world. We support, train and mentor young people to overcome the problems they face such as access to education, climate change, getting jobs and fighting for gender equality.

## WHAT'S INSIDE

Inside this pack you will discover lots of fun, exciting ways to make real, lasting change by raising money for Restless Development. We have also included a handy worksheet and poster in this pack which you can print out and fill with all your fundraising ideas.

## SHARE YOUR STORY

Let's celebrate your successes together with our online community! Send in photos and stories via email to [schoolstriathlon@restlessdevelopment.org](mailto:schoolstriathlon@restlessdevelopment.org), or post them on Facebook or Instagram. Remember to tag us @schoolstriathlon



# WE ARE RESTLESS

**We support Young Leaders globally to create a better world.**

**We believe in Youth Power.**

**We support, train and mentor young people to overcome the problems they face such as access to education, climate change, getting jobs and fighting for gender equality.**

**“We often hear that young people are the leaders of tomorrow, I believe we are the leaders of tomorrow but our job starts today.”**

Devika, India

Young Leader supported by Restless Development to lead youth action on climate change



**“Restless Development supported me to go back to school.**

**I can now read and write, count numbers, spell my name.**

**Education enables you to be self-reliant and independent”.**

Serah, Sierra Leone.

Enrol in a Restless Development learning programme for out-of-school girls.



**RESTLESS DEVELOPMENT**



# I'm taking on the challenge of the Schools Triathlon 2024. Please sponsor me!



Event name: Parent name:  
 Event date: Address:  
 Participant full name:  
 Participant School: Postcode:  
 Team name:

Please send the completed form to: Schools Triathlon, Fundraising Team, Restless Development, 35 - 41 Lower Marsh, London SE1 7RL. Sponsorship money can be returned to us with this form via cash or cheque (cheque payable to RESTLESS DEVELOPMENT). Alternatively, if you would like to pay in sponsorship via bank transfer please contact us at schoolstriathlon@restlessdevelopment.org.

Sponsor's First Name	Sponsor's Last Name	House Name or No.	Postcode	Gift Aid?*	Donation Amount	Donation Date (dd/mm/yy)
				<input type="checkbox"/>		
				<input type="checkbox"/>		
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\* By ticking "Yes" box, I agree I would like Restless Development to reclaim the tax on all qualifying donations I have made, as well as any future donations, until I notify them otherwise. I understand that if I pay less UK Income Tax and/or UK Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year I may be asked to pay any difference. I understand that Restless Development will reclaim 25p of tax on every £1 that I give.



Reg. Charity Number: 1127488

**Restless Development is a charity for young people, across Africa, Asia and the UK.**

**They believe in Youth Power. They believe young people can solve the world's greatest challenges and create a better world.**

**They support, train and mentor young people to overcome the problems they face such as access to education, climate change, getting jobs and fighting for gender equality.**

**I AM FUNDRAISING FOR...**

**RESTLESS DEVELOPMENT**



**RESTLESS DEVELOPMENT**

# I'M FUNDRAISING FOR...

## RESTLESS DEVELOPMENT

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### WHAT?

### WHEN & WHERE?



# WRITE A LETTER OR AN EMAIL

Here is an example of an email or letter you could write to friends, family and neighbours to ask if they would like to sponsor you!

(TOP TIP – If you email them don't forget to include the link to your JustGiving website!)

New Message



Dear Luisa,

My name is Mirabel. I am a member of the Encanto team and I attend Bruno School. On the 28th April 2024, me and my team are taking part in a huge challenge - the Knight Frank Schools Triathlon! We will each swim, cycle and run to raise vital funds for Restless Development and my school's chosen charity. Restless Development supports young people around the world to be leaders of positive change, and tackle big issues such as access to education, climate change, getting jobs and fighting for gender equality.

I am writing to you to ask you if would be able to sponsor me for taking on this challenge?

Best wishes,  
**Mirabel**

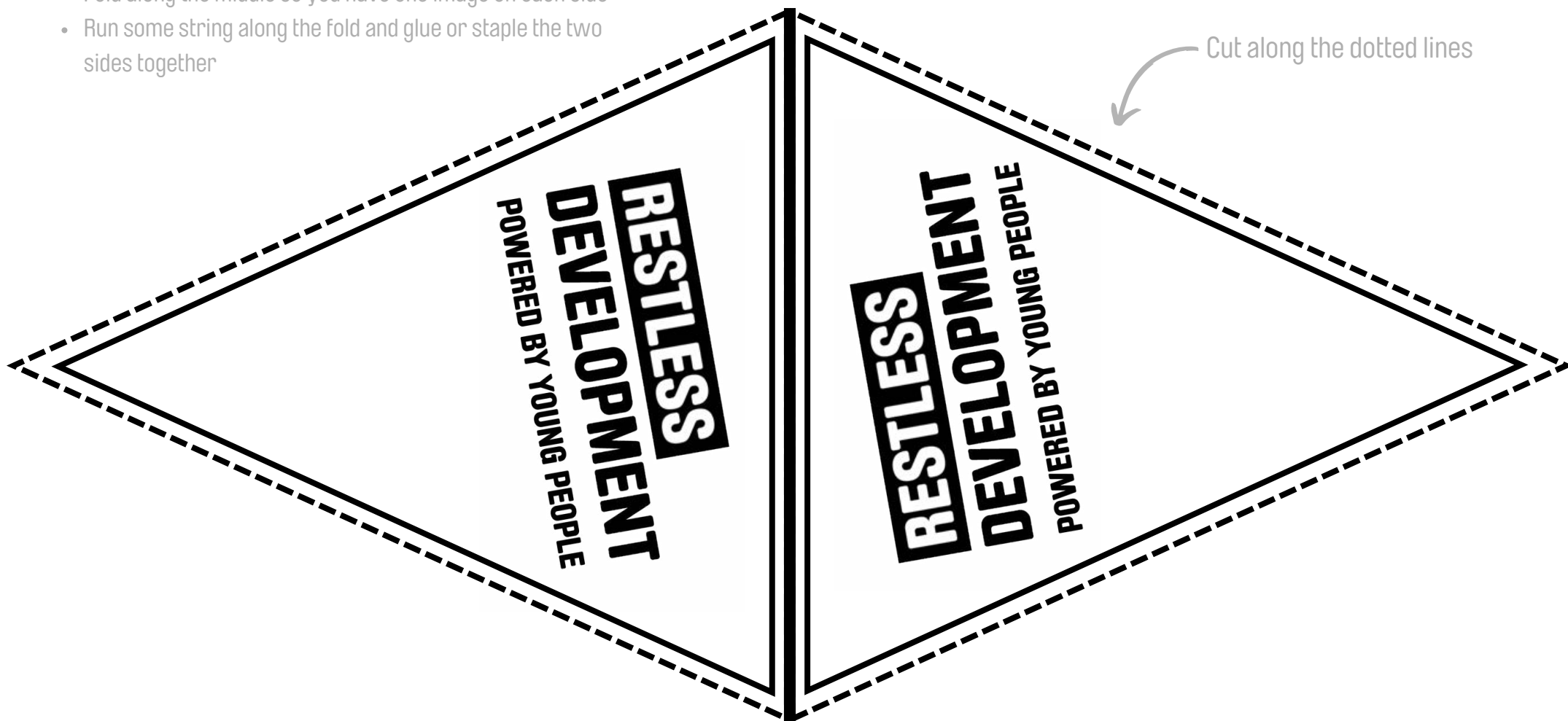
Send

**RESTLESS  
DEVELOPMENT**



**MAKE YOUR OWN BUNTING TO USE AT FUNDRAISING  
EVENTS!**

- Print off and cut out as many as you need,
- Fold along the middle so you have one image on each side
- Run some string along the fold and glue or staple the two sides together



Cut along the dotted lines

Fold along this line



**RESTLESS  
DEVELOPMENT**

£100

.....  
£75

.....  
£50

.....  
£25

COLOUR THIS IN  
AS YOU REACH  
YOUR GOALS



# MY FUNDRAISING IDEAS

What skills or hobbies do you have that you can use to fundraise?

RESTLESS  
DEVELOPMENT





**Who will be the target of my fundraising activity?**

**Where will I fundraise?**

**MY  
FUNDRAISING  
ACTION PLAN**

**What things do I need?**

**When will I fundraise?**

**What skills or hobbies  
do you have that you can use to fundraise?**

**Who can I fundraise with?**

**RESTLESS  
DEVELOPMENT**



# Restless Developments Fundraising Ideas

Here are some hints and ideas in case you get a bit stuck!

School (e.g. in the hall or by the gates)\*

**Where can I run my fundraising activity?**

Home/Team Mates' Homes\*

Near shops in the local community\*

Sports Clubs or other clubs (e.g. Scouts)\*

Local Market\*

\*make sure you have permission first!

Doing fundraising activities as part of a team is always easier and more fun!  
And remember you can ask us or your adults at home if you get stuck!

**What skills, hobbies or interests do you have?  
How can I use these to raise money!**

Reading  
Fashion  
Films  
Dance  
Sport  
Poetry  
Baking/Cooking  
Quizzing  
Crafts  
Drawing or Painting  
Games  
Animals/Pets  
(e.g. chess, video games, jewellery making)

Parent/guardian's work colleagues

**Who can I ask to sponsor me?  
How could I contact them?**

Family  
Friends  
Neighbours  
Local businesses