

• Dr Bell's
Family Centre •

FUNDRAISING PACK

WE NEED YOUR SUPPORT



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Do Something AMAZING

Supporting Dr Bell's Family Centre through community fundraising is a wonderful way to give back to local children and families. Every pound raised helps provide vital services, activities, and support that make a real difference in people's lives. By taking part in fundraising events or organising your own initiative, you become part of a caring community committed to helping families thrive. Together, we can create opportunities, strengthen connections, and ensure Dr Bell's continues to be a welcoming place for those who need it most.



*"I have felt loved and welcomed since day one at dr bells!
It is a space that I'm heard, accepted and never judged.
You have always been a light to my dark days. Thank you
for being my family"*

Parent supported by Dr Bells Family Centre

**Over the past 20 years we have helped
approximately 8000 children and their
families to have the best start in life.**

*We want to raise £20,000
for our 20th anniversary
to be able to carry on
supporting families in Leith.*

About Us

For the past 20 years, Dr Bell's Family Centre has been a lifeline for families in Leith. Our centre is a safe, inclusive space where parents and children under 5 receive support to overcome the challenges of poverty, isolation, poor mental health and trauma.

We support over 600 parents and their children in Leith, a community in the top 15% most deprived communities in Scotland. Many of the families we meet experience deep-rooted disadvantage, from food insecurity, to the struggles of single parenthood, or poor mental and physical health.

How We Help



Early years groups
for parents
and children



Mental health
and wellbeing
support



Parenting skills
and confidence
building



Family
Support



Peer support
& Volunteering



Community
meals



Free on-site
creche



Free counselling
service

The staff are always considering the needs of their families. Dr Bell's constantly endeavour to improve the services and tailor them to the needs of their users. Which makes us feel special and like we have a place in the community. Being in a society where we often feel insignificant, that's huge"

Parent supported by Dr Bells Family Centre

How can YOU help?



Make a donation



£1000

Will stock our sharing shelves for 4 months

£326

15 Families can attend a Paediatric First Aid course

£96

A child can attend respite creche for 1 term
(8 sessions)

£40

A family can attend a block of baby massage

£35

A parent can attend 1 counselling session
- with childcare

£10

Will buy snacks for Creche for 1 week

£5

Will feed a family at community lunch



Tell your friends
about us



Ask your employer if
they can support us



Scan me!

Fundraising

Ideas to

GET INVOLVED

Personal Challenges

- ☐ Walk, run, cycle or swim
- ☐ Climb a hill or mountain
- ☐ 10,000 steps a day challenge
- ☐ Fitness challenge
- ☐ Bungee jump
- ☐ Abseils
- ☐ Cold water dip challenge
- ☐ Give up a favourite treat for a month

Host an Event

- ☐ Coffee morning
- ☐ Afternoon tea
- ☐ Quiz night
- ☐ Community picnic
- ☐ Bingo night
- ☐ Ceilidh
- ☐ Craft workshop
- ☐ Movie night
- ☐ Golf day
- ☐ Family fun day

Food & Drink

- ☐ Bake sale
- ☐ Community brunch
- ☐ BBQ or picnic fundraiser
- ☐ International food night
- ☐ Sweetie jar guessing game
- ☐ Curry night

Workplace

- ☐ Office bake sale
- ☐ Charity raffle
- ☐ Team challenge
- ☐ Office sweepstakes
- ☐ Dress down day
- ☐ Office tournaments
- ☐ Fundraising competitions

Community Activities

- ☐ Car wash
- ☐ Garden tidy ups
- ☐ Street party
- ☐ Car boot sale
- ☐ Clothes/toy swap
- ☐ Book sales
- ☐ Dog walking
- ☐ Community clean up

Seasonal

- ☐ Holiday gift wrapping
- ☐ New Year's challenge
- ☐ Seasonal workshops
- ☐ Christmas jumper day
- ☐ Halloween party
- ☐ Easter egg hunt
- ☐ Christmas market stall
- ☐ Christmas carol concert

Fundraising

Make it easy

JOIN AN EVENT

Joining an organised fundraising event is a great way to support Dr Bell's Family Centre without the time and effort of planning your own fundraiser.

**Scottish Half
Marathon**

16th August 2026
www.myrunning.uk

Inflatable5K

5th September 2026
[Inflatable 5K - Edinburgh, Midlothian -
Saturday 5th September 2026 | UK
Running Events](#)



**Edinburgh
Kilt Walk**

13th September 2026
[The Kiltwalk | The Edinburgh Kiltwalk.](#)

**Supernova
Forth Road Bridge
Kelpies**

Various Dates Available
[Supernova Run - 7th November 2026,
12th/13th March 2027](#)

**Edinburgh
Marathon Festival**

29th & 30th May 2027
[Edinburgh Marathon Festival - 29th/30th
May 2027](#)



MAKE THE MOST OF IT

If you choose to fundraise for us, here are some simple tips for raising as much money as you can

Set A Target

This will help to give your fundraising a focus

Social Media

Spread the word! The more you talk about it the more people will donate. If you have social media this is a great way to share your fundraiser with family and friends. Make sure to tag Dr Bell's so we can share it for you too!

Share Your Experience

Let everyone know what you are doing! If you have a personal story to share too, this can really encourage people to get behind you. Document your progress, or share as you go to let people see how you're getting on.

Gift Aid

If your event is sponsored, you can gain 25p on every £1 you raise. If your sponsors are tax payers ask them to tick the Gift Aid box to make their donation go that bit further



EVERY PENNY COUNTS

HOW WE CAN SUPPORT YOU

Fundraising Materials

Taking part in a marathon, walk, or challenge event? We can provide branded t-shirts and other fundraising materials where available.



Cheering You On

If staff or volunteers are available, we'd love to come along and support you on the day of your event.

Behind-the-scenes Support

Organising an event can be a lot of work. We'll do what we can to help answer questions, provide resources, and support your efforts along the way.

Recognition and Celebration

We are incredibly grateful for your support and want to celebrate your achievements. With your permission, we may share your fundraising story and success through our website and social media to recognise your contribution and inspire others.



COLLECTING DONATIONS

There are a number of easy ways to collect donations for your fundraiser.

Online Fundraising

Setting up an online fundraising page is a simple and secure way to collect donations. Platforms such as JustGiving allow friends, family, and colleagues to donate quickly, track your progress, and share your fundraiser with others.

If you need help to set up your account contact Just Giving Support.

Sponsorship Forms

If you prefer to collect donations in person, we can provide sponsorship forms for your fundraising activity. These are a great way to gather support from friends, family, neighbours, and colleagues.



“Dr Bells has provided a true sense of community, the staff are caring, compassionate and genuinely responsive to the needs of parents. I've always felt listened to and supported. There's a real feeling of connection and belonging. It's a place where relationships are built, confidence is nurtured, and no one feels alone in their journey”.

Parent supported by Dr Bell's Family Centre

Paying In Your Donations

Once your fundraiser is complete, donations can be paid directly to Dr Bell's Family Centre. If you have collected cash donations or completed sponsorship forms, please get in touch and we will be happy to arrange collection or provide details on how to submit the funds.



Share
with
your
employer!

HOW CAN BUSINESSES support us

When local businesses support Dr Bell's Family Centre, they help invest directly in the wellbeing of children and families in our community. Whether through sponsorship, fundraising, donations, or volunteering, your support enables us to continue providing welcoming spaces, valuable programmes, and practical support where it matters most.

Partnering with us also demonstrates your commitment to social responsibility, helping build positive connections with customers, employees, and the wider community. Together, we can build a stronger, more connected community, create lasting impact and create positive change for local families.

Ideas of how you can support us

Partner with
us as your
charity of
the year

Sponsor
events

Match
funding

Encourage
team challenges
and fundraising
efforts

Round up
your bill
campaign

Donate goods
and services
(such as
raffle prizes)

Attend
fundraising
events

Restaurant
donation
nights

Do's



Inform a member of staff of your fundraising plans and stay in touch to let us know how you're getting on.



Promote your fundraiser through friends, family, colleagues, and social media.



Promote Dr Bell's! Whilst fundraising for us you are also helping to spread the word - thank you!



Be clear about funds that Dr Bell's will receive - is a percentage going to cover event costs?



Obtain permission before using venues, public spaces, or collecting donations.



Contact Dr Bell's Family Centre if you need fundraising materials, advice, or support.



HAVE FUN AND CELEBRATE YOUR ACHIEVEMENTS!



Don't's



Don't use Dr Bell's logo without permission



Don't collect donations in public spaces without any permissions or licences that may be required.



Don't undertake activities that could put yourself or others at risk.



Don't use fundraising methods that may cause offence or exclude members of the community.



Don't pressure people into donating—support should always be voluntary.



Don't forget to thank everyone who supports your fundraising efforts.

Thank You For Your Support

Your support, commitment, and contribution to Dr Bell's Family Centre are greatly appreciated. As charities face increasing challenges in securing funding, the generosity of our supporters is more important than ever. Every fundraiser, donation, and act of support helps us continue providing vital services and opportunities for local children and families. Your efforts will have a lasting impact on families across Leith, helping us build a stronger, more connected community for years to come.

Sign up today
& make a difference

GET IN TOUCH:

- ✉ info@dbfc.org.uk
- 📍 15 Junction Place, EH6 5JA
- ☎ 0131 553 0100
- 🌐 <https://drbells.co.uk/>