

Fundraising kit



gather & graze FOR GOOD

Raising funds for:



RIDE HIGH

Registered Charity
No. 1138260

Sponsored by:

Kate Everal
PHOTOGRAPHY
kateeveralphotography.com



#gatherandgrazeforgood
www.ridehigh.org/gg4g



Thank you for signing-up to take part in our 'Gather & graze for good' campaign.



Participating in our campaign is the perfect excuse to gather friends and neighbours (humans and horses) together this summer and raise vital funds for Ride High – a charity that uses horses to connect with children in need.

Your gathering can be whatever you want it to be – coffee and cake, treats in the tack room, high tea with the horses, prosecco and picnic with the ponies or even a barbeque outside the barn. You may decide to get creative and have a theme or keep it nice and simple – it's entirely up to you.

This fundraising kit (complete with templates to print) is designed to help you plan your gathering, to ensure that you and your guests enjoy taking part

and to help you raise donations. The guide is also here to tell you more about Ride High and how your efforts will make a significant difference to the lives of vulnerable children.

You can hold your gathering any time over the summer but our competitions ('Host who raises the most' and 'Captured on camera') close on Friday 30th August so please ensure that you've collected and sent across all your donations and shared your photo on social media by this date.

Please keep in touch and tell us about your gathering! We can't wait to see what you do. Thank you.

The Ride High fundraising team



Next steps



1. Pick a date

Choose a date and time of day to host your gathering.



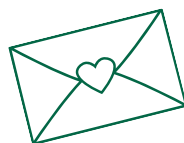
2. Plan your gathering

Decide what kind of gathering you'd like to organise. Use this pack and our templates for help.



3. Build a fundraising page or use ours

Decide whether you'd like to build your own personal online fundraising page on Go fund me or use Ride High's existing page. Read our helpful tips on page 5.



4. Invite your guests

Let your guests know when and where your gathering is taking place.



5. Host your gathering

Have a wonderful time hosting your guests and knowing what a difference you're making to young lives.



6. Collect any final donations

Please ensure that your guests have made their donations to Ride High through either your personal Go fund me page or our charity page.



Amanda Shirtcliffe, Para Dressage Rider and Ride High Patron with horses Kevin and Shrek enjoying grazing on some delicious cake.

Photo by Kate Everall Photography.

Planning your gathering

Remember to check out our template and recipes (including some for the horses)!



Whilst you're deciding when and where to hold your gathering and who you're going to invite, give some thought as to what you want your gathering to look and taste like!

We know that morning cake and coffee is usually a favourite to graze upon on the yard so perhaps you'll get busy baking (see our sample recipes for some inspiration)? The summer months mean longer days and lighter nights - so maybe you'll choose the other end of the day and organise an evening soiree for guests to enjoy. Don't forget to consider your guests of the four-legged variety too!

Whether you're baking, cooking or popping to the shops, recruit some friends to help you. And perhaps they can help you to plan some additional activities to make your gathering extra special.

Other activities you may like to organise at your gathering to help raise donations:

- Raffle
- Quiz
- Scavenger hunt
- Competitions - for example 'Best baker', 'Eating contest', 'Themed fancy dress (horse and human).

Of course you may also like to add some decoration to your gathering - balloons and maybe our 'Gather and graze for good' bunting... so long as the horses are happy. You may also like to print and display the 'Introducing Ride High' leaflet from this pack.

Whatever you plan, remember to make sure your invitations, posters and any other methods you choose to promote your event tell guests exactly what to expect and how they can make a donation to Ride High.

Captured on camera



Remember to capture photos of your gathering to share on social media! This will help us to raise more awareness of Ride High and the vital work we do with children in need.

Competition time!

There is a superb prize for the most creative photo shared on social media. The owner of the chosen photo will win an equine photo shoot (and gift voucher for £150 to spend on their favourite photo) with equestrian photographer Kate Everall. Remember to include #gatherandgrazeforgood to enter.

T&C's: The prize cannot be exchanged for cash. The winner will need to travel to Milton Keynes or surrounding areas for the photo shoot.

The difference you can make

You can share this QR code to Ride High's fundraising page with your guests. If you want to create your own page you can create your own unique code to share.



We are hoping to raise £5,000 through our 'Gather and graze for good' campaign. This would fund sessions with the horses for 20 children from our waiting list for a whole term – such an opportunity will make a huge difference to their lives.

You already know just how powerful an impact horses can have on our health and wellbeing – please help us to use horses to give hope and happiness and those most in need.

Every single penny you raise at your gathering will help us to reach our target.

How to collect your donations

You can either collect your donations via Ride High's online fundraising page (<https://gofund.me/342f6553>), or create your own personal fundraising page on Go fund me.

After your gathering

Ensure that your guests have made their donations. Celebrate your success with your guests. Print off the Thank you poster in this pack to thank everyone for their support and to tell them what you raised.

Competition time!

'The host who raises the most' will win a £50 voucher for RB Equestrian – the perfect prize for all horse lovers!

To be in with a chance of winning ensure that you have added all your donations to the Ride High online fundraising page (link and QR code above) or to your own personal page Friday 30th August. Donations must be made in your name to be counted towards the competition.

How to build your own personal fundraising page



An online fundraising page makes it easy for your guests to make a donation. If you want to set up your own personal fundraising page visit: www.gofundme.com/sign-up.

If you've not used Go Fund Me before, you'll need to go through a few simple steps to create an account. You'll then be asked some simple questions including: 'Who are you raising funds for?' please select 'Ride High' and 'What is your fundraising target?'

Then add some detail to make your page more attractive and informative – a photo and a memorable title, information about you, what you're doing and why you've chosen to raise money for Ride High. When you've finished you can preview your page and make any final edits. Then click 'Complete'.

Once you're set up it's easy to share your page on social media channels – by copying the URL to your page or by creating a QR code. Remember to include either or both on your invitations and posters so your guests can easily make a donation.

About Ride High

Ride High is a charity using horses to transform the lives of the most disadvantaged and vulnerable children and young people in Milton Keynes. We effect lasting change in their attitude, self-confidence and life prospects so they become happy young people who are positively engaged in the outside world.

Children aged 8–18 years are referred to us on an individual basis by professionals so we can prioritise those most in need of our help. Each of them faces challenges that make everyday life a struggle. Many have suffered neglect, abuse and/or trauma which has led to mental health challenges including anxiety, depression and self-harm.

Up to 120 children come to our home in Milton Keynes every week for 3–12 months. They follow a programme of structured learning which includes riding and caring for the horses and associated educational and creative projects in our clubroom and garden.

The power of horses

It is impossible to overstate the impact that the horses have on the children who attend Ride High.

Riding and caring for the horses provides vulnerable children with a new challenge and something to look forward to each week. They benefit from the satisfaction of learning new skills and develop a sense of pride at their achievements.

Some of our children and young people have no positive relationships when they first come to us, but they can build strong bonds with horses relatively easily.

As they develop their riding skills their confidence and self-esteem increase. By learning how to care for the horses they develop a sense of responsibility and respect for the horses, themselves and others. In the presence of the horses, they learn to express and manage negative feelings and anxieties, to feel calmer, more resilient and happier.



Martina, 16 was referred to Ride High by her social worker. Her first weeks at secondary school coincided with a family breakdown and she had to move house. It was a very challenging time which knocked her confidence. She spent most of her time alone and became severely isolated and depressed.

It took a little while to settle at Ride High but with the support of her Club Leader and in a safe environment she made new friends and started to speak out. Initially Martina was quite intimidated by the horses, but learning to look after them and to ride gave her a huge confidence boost. ***“For the first time I enjoyed learning and being around people and it showed me I can achieve anything in the right environment”.***

Ride High provided Martina with the space to be who she wanted to be. She took great pride in her achievements and extended her efforts to school. Martina completed her GCSE’s and is now happy at college.



"I love to feel the horses next to me. They are huge and powerful animals and I feel safe and protected around them.

I look forward to Ride High every week – it's my place where I can relax, be myself and feel happier and strong".

Templates



Bunting



Poster 1



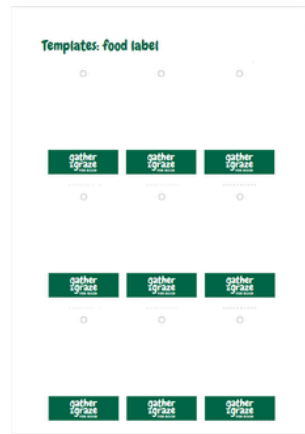
Poster 2



Invitation



Food labels



Recipes for humans



Recipes for horses



Introducing Ride High



Thank you poster



Bunting





RIDE HIGH

It's time to...

gather & graze FOR GOOD

Horses and their humans are invited to...



... to help raise funds to transform the lives of children in need.

Date:

Place:

Time:

Your host:

SCAN ME



Sponsored by:



Kate Everal
PHOTOGRAPHY
kateeverallphotography.com



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Date:

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SCAN ME



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Invitation



RIDE HIGH

I am inviting you and your horse to...

gather & graze

FOR GOOD

...to help raise awareness and vital funds for Ride High, a charity that uses horses to transform the lives of children in need.

Details:

Where:

When:

Please RSVP:

Details:

SCAN ME

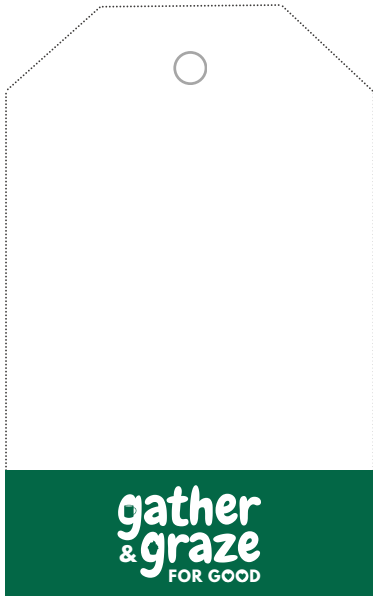
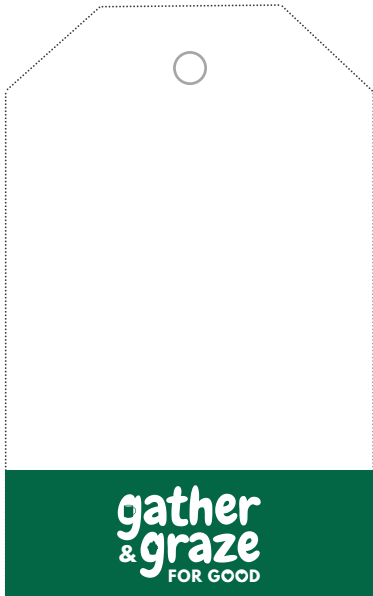
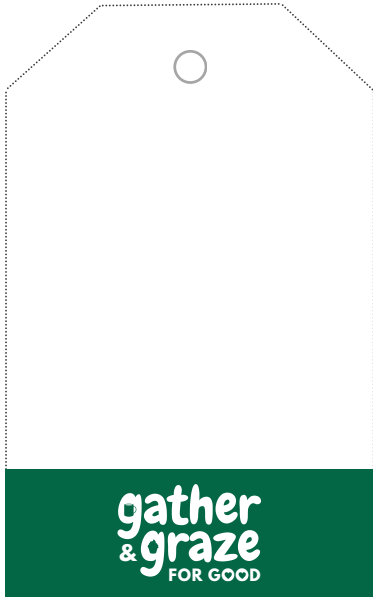
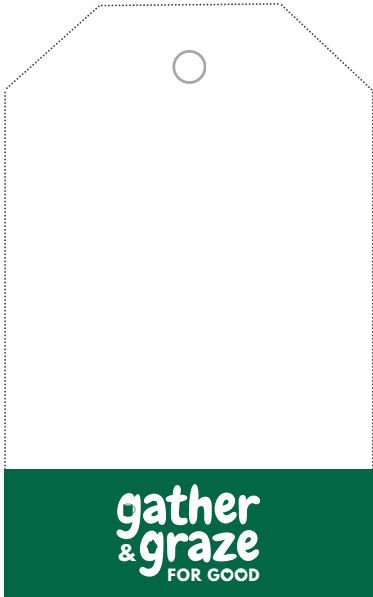
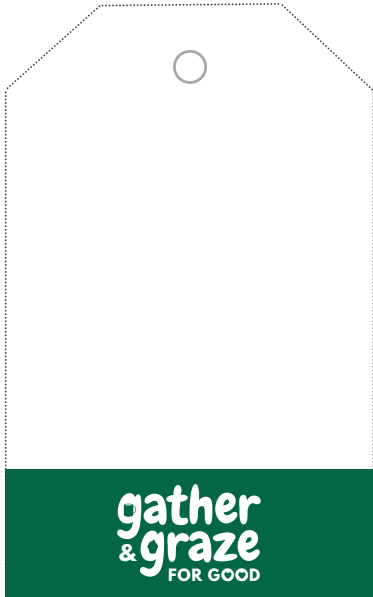
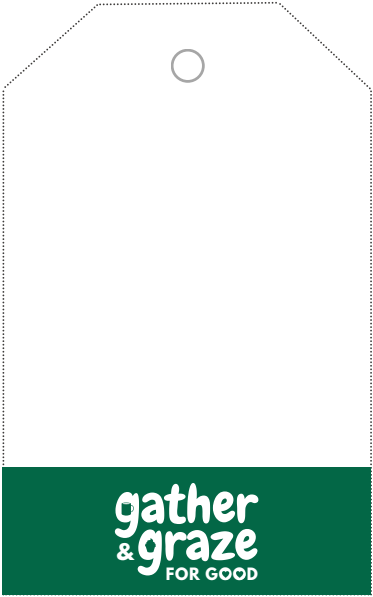
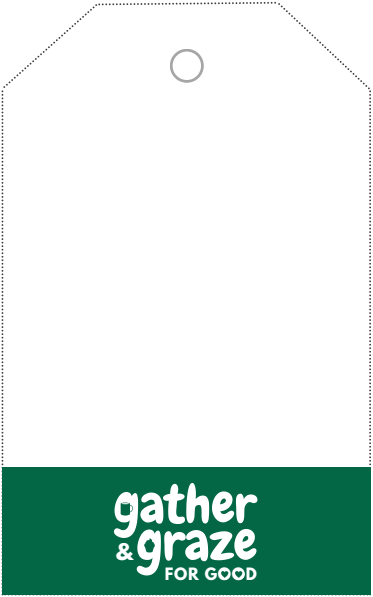
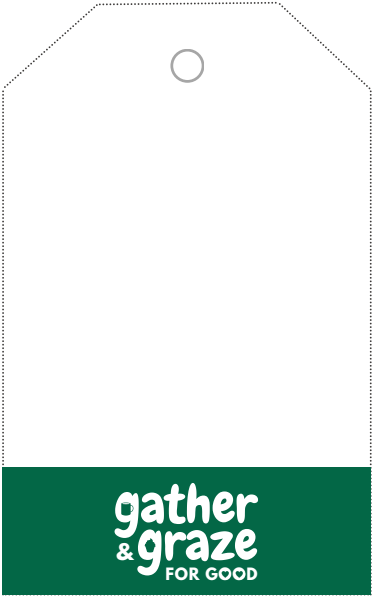
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Gather and graze for good is raising money for Ride High Ltd.
Registered Charity No. 1138260

Templates: food label



Carrot cake

Ingredients

For the carrot cake:

- 4 free-range eggs
- 200ml vegetable or sunflower oil, plus a little extra for the tin
- 250g carrots, coarsely grated
- 100g raisins or sultanas (optional)
- 100g walnut pieces, plus a few extra for decoration
- 1 orange, zest only
- 200g self-raising flour
- 2 tsp mixed spice
- 1 tsp bicarbonate of soda
- ¼ tsp fine salt
- 200g light brown sugar

For the cream cheese frosting:

- 150g unsalted butter, softened
- 3 tbsp caster sugar
- 300g full-fat cream cheese, at room temperature

Method

1. For the carrot cake, preheat the oven to 180C/170C Fan/Gas 4. Grease and line a deep, 20cm/8in round cake tin with baking paper.
2. Break the eggs into a large bowl, and lightly whisk using a fork. Add the vegetable oil and whisk again. Stir in the grated carrots, raisins, walnut pieces and orange zest.
3. In a separate large bowl, sift together the flour, mixed spice, bicarbonate of soda and salt. Stir in the sugar.
4. Add the wet carrot mixture to the dry ingredients and mix well to combine, making sure there are no pockets of flour.
5. Spoon the cake batter into the lined tin and bake on the middle shelf for 1–1¼ hours, until the cake has risen and is golden-brown all over. Remove the cake from the oven and set aside in the tin to cool for 10–15 minutes, then turn the cake out and leave to cool completely on a wire rack.
6. While the carrot cake cools, make the frosting. Place the softened butter in a large bowl with the caster sugar, beat it for 2–3 minutes until light and creamy, then stir in the cream cheese until smooth.
7. Place the cake on a serving plate or cake stand. Use a palette knife, or flat-bladed knife, to spread the frosting over the top and sides of the cake. Scatter more walnuts on the top and serve.

Source: [bbc.co.uk/food/recipes](https://www.bbc.co.uk/food/recipes)



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& graze
FOR GOOD**

Chocolate banana muffins

Makes 12 muffins

Ingredients

- 3 medium – 450 grams (total weight with skin on) – very ripe or overripe bananas
- 125 millilitres vegetable oil
- 2 large eggs
- 100 grams soft light brown sugar
- 225 grams plain flour
- 3 tablespoons best-quality cocoa powder (sifted)
- 1 teaspoon bicarbonate of soda



Method

1. Preheat the oven to 200°C/180°C Fan/400°F/gas mark 6 and line a 12-bun muffin tin with papers. Don't worry about getting special papers: regular muffin cases will do the job.
2. Peel and mash the bananas by hand or with a freestanding mixer. Still beating and mashing, add the oil followed by the eggs and sugar.
3. Mix the flour, cocoa powder and bicarb together and add this mixture, beating gently, to the banana mixture, then spoon it into the prepared papers.
4. Bake in the preheated oven for 15–20 minutes, by which time the muffins should be dark, rounded and peeking proudly out of their cases. Allow to cool slightly in their tin before removing to a wire rack.

Source: Nigella.com

Mini apple and almond cakes

Makes 12 muffins

Ingredients

- 75g butter melted, plus extra for greasing
- 100g self raising flour, plus extra for dusting
- 100g caster sugar
- 1 free-range egg, beaten
- ½ tsp almond extract
- 60g Bramley apples, peeled and thinly sliced
- 15g flaked almonds

Method

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. Grease the inside of the cooking rings with a little butter and dust with flour. Arrange the cooking rings on a baking sheet lined with baking paper.
3. Pour the melted butter into a large bowl. Add the sugar, flour, egg and almond extract and mix together until combined.
4. Spoon a little of the mixture into the base of each ring, arrange some of the apple slices over the batter and spoon the remaining cake mixture on top, levelling with the back of a teaspoon.
5. Scatter each cake with flaked almonds.
6. Bake for 25–30 minutes, or until well risen and golden-brown.

For this recipe you will need six 7cm/2¾in cooking rings.

Source: bbc.co.uk/food/recipes

Peanut butter and banana cookies



Ingredients

- 1 cup rolled oats
- 1 1/2 cups flour
- 2 mashed bananas
- 1 cup peanut butter
- 1 tbsp chia seeds
- 1 tsp cinnamon



Method

1. Preheat your oven to 350°F/ 180°C.
2. Grease or line a large baking pan with wax paper.
3. Beat banana and peanut butter.
4. Mix in all the oats and add the remaining ingredients.
5. Add more flour or more oats if the mixture is too wet.
6. Spoon onto a greased baking sheet and bake for 15 to 20 minutes.
7. Cool on a rack and store in an airtight container.

Most horses love the taste of peanut butter and it is a key ingredient in natural horse treats. However, just like us, some horses may have peanut allergies in which case you should find a nut-free horse treat recipe. Cinnamon in moderation is good for insulin regulation in horses, helping them maintain a healthy weight.

Source: Equestrianmag.com

Carrot, apple and oat crunchies



Ingredients

- 2 cups rolled oats
- 1 cup grated carrot
- 1 cup grated apple
- 1 cup molasses (or honey)
- 2 tbsp virgin coconut oil
- A pinch salt

These crunchy treats contain some of your horse's favorite foods: carrots, apples, and oats. Coconut oil is easier absorbed than other vegetable oil and is a great energy source that supports good digestion and can help prevent and heal ulcers in the mouth.

Method

1. Preheat the oven to 350°F/ 180°C
2. Line a 9×13 inch (33 x 23cm) pan with a greased baking sheet.
3. Combine all of the ingredients in a mixing bowl.
4. Press dough evenly into the greased baking sheet, flatten out with your palms.
5. Bake until golden, about 40 minutes.
6. Allow about 15 minutes for the crunchies to harden before cutting into squares.
7. Gently remove pieces and place them onto a cooling rack to continue drying out
8. Store in a sealed container.

Source: Equestrianmag.com



Ride High

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Children aged 8–18 years are referred to us on an individual basis by professionals so we can prioritise those most in need of our help. Each of them faces challenges that make everyday life a struggle. Many have suffered neglect, abuse and/or trauma which has led to mental health challenges including anxiety, depression and self-harm.

Up to 120 children come to our home in Milton Keynes for 2.5 hours every week for 3–12 months. They follow a programme of structured learning which includes riding and caring for the horses and associated educational and creative projects in our clubroom and garden. Our unique programme empowers our members to develop new skills, to increase their confidence and self-esteem and to build greater resilience to change negative mindsets and challenging behaviours.

"Ride High was one of the most important influences in changing my life".

Ride High leaver, aged 14.

"His confidence has improved and coming to Ride High has helped him emotionally and at school. He lights up when he's around the horses and always comes home from Ride High happy and chilled. It's meant the world to us, and it's meant the world to him".

Parent of ex Ride High member.

"Ride High reaches the hearts of young people who are hurt and lost, scared and doubting. With support from the amazing mentors their confidence soars as they build relationships with the horses and learn to care for them. We have watched our young people go from timid, mute and sometimes very angry humans to smiling and communicative students who build lifelong memories and a strong sense of achievement".

Karen Wasway, Head of Year 7, Lord Grey Academy.

We've supported
2000+
children since 2008

98%
make considerable progress

94%
achieve the Ride High
PleM Award



A little more about Ride High

We are...



Free

Ride High is free to attend for children living in Milton Keynes and surrounding areas. We also provide transport to and from Ride High.



Accessible

Professionals can easily refer children to us using our online form.



Available

We aim to place children on our programme as quickly as possible – the average waiting time is 3-6 months.



Unique

We use horses to connect with the most disengaged children in a way other more traditional interventions such as counselling can often fail.



Experienced

Our team has extensive experience of supporting vulnerable children and provide a warm and welcoming environment.



Successful

Consistently strong outcomes reflect the progress that children and young people make during their time at Ride High.

Thank you for supporting:

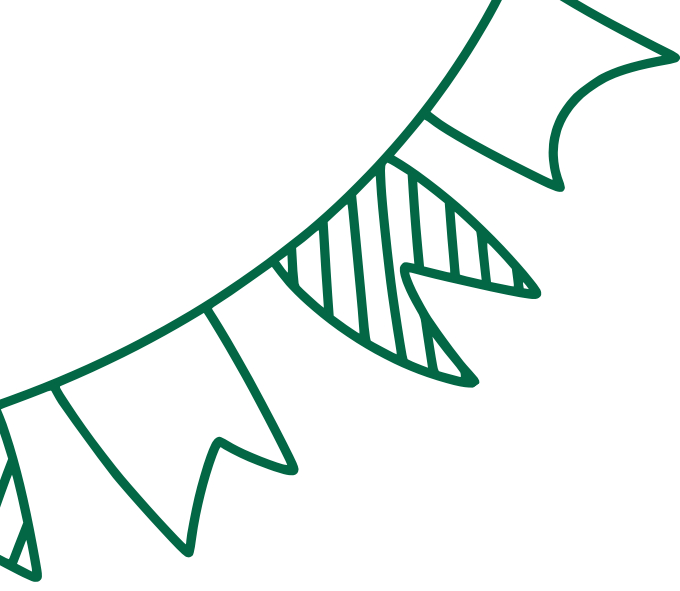
**gather
& graze**
FOR GOOD

For more information about Ride High and how you can get involved:

www.ridehigh.org



RIDE HIGH



gather & graze FOR GOOD

THANK YOU...

for hosting a gathering and raising

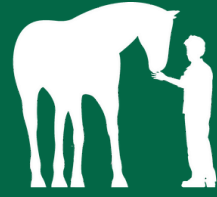
£

to help Ride High use horses to transform
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Registered Charity
No. 1138260



www.ridehigh.org



fundraising@ridehigh.org



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[@RideHighMK](https://www.instagram.com/RideHighMK)

