



Payroll Giving

How you can help

The health and wellbeing of our children and young people in the North East and North Cumbria has never been more complex.

They face physical health issues, social issues such as cyber bullying and recently the alarming increase in cases of issues around mental health has seen the emergence of high numbers of self-harm, anxiety, depression and suicide.

Help us to help them work through and overcome these challenges by donating through your payroll.

The Children's
FOUNDATION

The Children's Foundation tackles the disadvantage, disability and distress that the children and young people of our region are faced with.

Reg. Charity No 1000013

Why support The Children's Foundation through payroll giving?

The Children's Foundation is committed to tackling a range of issues that our children and young people are facing on a daily basis. Unfortunately within our region there are numerous issues that children are currently experiencing and living with:

- **There are approximately 132,000 children living in poverty** this equates to 24% of all children in the region. There are extensive links between poverty and child health in which it is suggested that all aspects of health are worse when children live in poverty.
- **Around 1 in 20 children are disabled** and unfortunately the North East has the highest proportion equating to 22% of the population.
- **It is estimated that 1 in 100 children in the UK have Autism.** It is estimated that over 2,500 children have Autism within Northumberland and Tyne & Wear.
- **In a class of 30 children 3 will suffer from a diagnosable mental health condition.** In Sunderland we have seen a 57% increase on the national average for children and young people admitted into hospital for mental health conditions.
- **It is estimated that around 13% of young people will try to deliberately hurt themselves between the ages of 11 and 16.** In Redcar & Cleveland the number of young people admitted into hospital as a result of self-harm is 78% higher than the national average.



You are vital in helping us to support our children and young people to overcome and recover from their health and wellbeing issues. Without support from generous people like you, children needing help could potentially be missed. Help us to help them by giving a regular donation on payday.

You can help children like Jake



Jake's mum died of cancer when he was eleven. His dad did his best to manage his grief while bringing up the children and holding down a job but the children struggled to come to terms with the sudden loss of their mother and the resulting complete change to their family life.

Jake had recently moved to Secondary School and while he had initially enjoyed this experience, the loss of his mother and his bewilderment and sadness meant that he became more withdrawn and detached from school life. His friends were getting on with their lives whilst he came home to a family that was lost in its grief and sadness.

Jake started to spend more time in his room on his computer. His Dad, busy with work and the practicalities of bringing up four upset children, thought little of this at first. Jake found that communicating with his online friends occupied most of his time. He became more withdrawn and fell behind with his school work.

The social media experience enabled him to vent his anger and before long he was exchanging angry and violent messages. He began to miss school and spent days and nights communicating with a virtual world. His Dad felt helpless, initially trying to rationalise with him and then alternating between coaxing and angrily berating him.

Jake started to look unwell, with dark circles under his eyes, loss of weight and little interest in his personal appearance. Relatives barely recognised the once happy smiling eleven year old. One day his younger sister noticed that Jake had lots of cut marks on his arm.

Many young people engage in self-harm for many reasons, running their anger, upset and hatred of a situation on themselves.

What is payroll giving?

Payroll Giving is a scheme that enables you to make regular donations to The Children's Foundation straight from your salary.

It's simple, easy and tax-efficient.

Giving a little each month can make a real difference to the children and young people of the North East and North Cumbria. As your donation is taken before tax it costs you less to give more.

| Your Pledge | Cost to you at 20% tax rate | Cost to you at 40% tax rate |
|-------------|-----------------------------|-----------------------------|
| £5 | £4 | £3 |
| £10 | £8 | £6 |
| £15 | £12 | £9 |
| £20 | £16 | £12 |



Your donation could help in a number of ways

£5

£5 could give an ill child in hospital something to look forward to with a visit from the Clown Doctors.

£10

£10 could help calm a distressed child undergoing a painful medical procedure by enabling the use of a 3-D pain distraction unit.

£15

£15 could support a family with an autistic child to attend a workshop to learn how to deal with their child's anxiety, sleep and eating issues.



Payroll giving donation form

I would like to support The Children's Foundation through Payroll Giving

I wish to donate the following amount tax free and from my pay:

£5

£10

£20

Other £

I get paid: Monthly

Four Weekly

Monthly

Title: _____ Full name: _____

Home address: _____

Postcode: _____

Home telephone: _____

Home email: _____

Employer's name: _____

Employer's address: _____

Employer's postcode: _____

Work telephone: _____

Work email: _____

NI number: _____ Employee number: _____

Signature: _____ Date: _____

The Children's Foundation would like to keep you informed about how your donation is helping and how you may be able to support us in the future. Please tick if you would rather not be contacted by:

Post Phone email



Please take this form to your payroll department. If they don't have a Payroll Giving scheme in place please direct them to our 'Payroll Giving for Employers' guide at www.thechildrensfoundation.co.uk/payrollgiving

Thank you for supporting the children and young people of the North East and North Cumbria.

The Children's
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The Children's Foundation is a registered charity in England and Wales – no. 1000013