



The
GREEN
HOUSE

30th May 2026

North Somerset
Showground, Bristol
BS48 1NF

INFLATABLE
5K

Fundraising Guide

Thank you for fundraising

The Green House exists to support children and young people who have experienced sexual abuse and their families, because **1 in 10 children are sexually abused**. In a classroom of 30 children, statistically it's likely that 3 of those children will experience unthinkable, and **for as long as they need support, The Green House aims to be there to support them.**

Which is why we want to say THANK YOU so much for choosing to fundraise for The Green House.

As a charity, we rely on people's generosity, kindness, and solidarity with survivors to enable us to provide support for children and families.

By taking part in the **Bristol Inflatable 5k** your fundraising, energy, and passion means we can provide specialist support to meet the needs of families in crisis, as soon as possible.

Fundraising for TGH is the perfect way to challenge yourself and raise money for **brighter futures** for children facing the unthinkable.

Just imagine the boost of crossing the finish line on 30th May knowing you've been the difference that puts support in place for a young person so there's help they can reach out for.

For that, we cannot thank you enough!





About The Green House

Based in Bristol, The Green House supports children, young people and families who have experienced child sexual abuse across Avon and Somerset.

Last year we were able to help 362 children and young people, support 244 parents/carers, and work with 1962 professionals to upskill them to support survivors, and we are so proud of this impact. Each year more children and young people come forward for our support, and we are seeing more than four times as many referrals than we did before the pandemic. Your fundraising efforts help us grow to meet this need: thank you so much.

Children come to us struggling with flashbacks, sleep, mental health, and difficulty with friendships and at school. However, with our support, **we see children making huge strides towards happier futures.**

At our therapy centre and 3 outreach sites we provide hope, community and healing through creative arts and nature based therapies, family support work, peer support groups and Voice leadership programmes.

Most Asked Questions!

What is the Inflatable 5k?

The Inflatable 5k is the world's largest and greatest inflatable 5k obstacle run. There are 30 different obstacles in a 2.5k course. Although the event is called the 'Inflatable 5k' you can choose from 2.5k (1 loop / family friendly option), 5k (2 loops), 10k (4 loops), or 15k (6 loops).

Do I have to complete every obstacle?

Not at all! The course is designed to be a mix of different obstacles/styles/heights, if you see one that's not for you, you can jog/walk around it.

Is there an age limit to enter?

You must be aged 16 or over to enter solo. Those age 5-15 can take part, but with a designated adult who has paid for their own place.

What should I wear?

Want to wear fancy dress? Go for it! But in general, we would recommend light running clothing, a long sleeved top and running shoes, and a rain jacket in case of rain.

I'm not sure how to ask people for donations, what do I do?

It can feel daunting, but don't worry! There are lots of fun things you can do to encourage donations. Check out our handy fundraising tips over on the next page for some ideas...



How to Fundraise

Step 1

Set up your fundraising page on JustGiving: go to www.justgiving.com/campaign/tghbristolinflatable5k

Click the orange 'Start Fundraising' button, follow the steps and you'll be added into #TeamTGH. Feel free to make your profile your own – share your 'why', post training updates, and of course photos!

Step 2

Tell your friends and family! Fundraising can feel intimidating, but remember that most people want the chance to support a cause they care about and a cause you care about.

By sharing your fundraising link, you're offering a great opportunity to feel a sense of community, impact, and that warm fuzzy feeling of doing good. Remember:

- Even small donations make a real difference
- Sharing why you care is more powerful than making it "perfect"
- You're not asking for yourself, you're making a difference for local children's futures
- Donations often also come in AFTER the event – so keep sharing!

Step 3

Think about where you can share. The best options are

- In person! Could you share at your work's team meeting, your book club, your boxing class, or your family get together?
- Individual messages! WhatsApp or text is great, or email can work well.
- On social media! Lots of people won't see one post, so don't forget to re-share.

Example Messages

If it's helpful to have some wording in your back pocket, some examples are below. Don't forget to share your own individual JustGiving link wherever you share!

Quick Text or WhatsApp

Hi! I'm running a charity fun run to raise money for The Green House who support children & young people who have experienced sexual abuse. If you'd like to support me, even a small donation would mean a lot. Here's my fundraising page: [add JustGiving link here]

Social Media Post

I'm running a 5k obstacle course to raise money for The Green House who support children and young people who have experienced sexual abuse.

Every obstacle I climb helps young people feel safe, heard and supported in their recovery. 14,540 children and young people are sexually abused in our local area every year, so if together we can help just one of them, then it's definitely worth it!

If you're able to donate or share, I'd really appreciate it. Every donation helps provide specialist support to those who need it most. Thank you ❤️ [add JustGiving link here]

If you've got any questions or would like a few more tips, feel free to drop us a message, we're here to help! Email Holly at holly.hunt@the-green-house.org.uk who's there to support your fundraising and will be there with you on the day too!



Fundraising Ideas

Bake Sale

Go full GBBO and whip up a few cakes/biscuits to sell at work or school.

Charity Dinner Party or Pot Luck

Hold a charity dinner party where people make a donation to attend, and you can fundraise while bringing people together and sharing tasty food!

Spring Clearout

Go through your wardrobe and find any clothes you don't wear anymore. If they're in sellable condition, sell via a stall or online platforms like Vinted (let people know in the description that profits go to charity).

Get Crafting

If you're handy with papercraft, crochet or a sewing machine, you could turn your skills into an excellent fundraising opportunity!

Give something up

Getting sponsored to give up a vice / treat is a great way to raise funds. And you can put the money you save towards your fundraising goal too!

Jumble Sale

Declutter and raise money at the same time by selling any unwanted bits and bobs from your home.

Quiz Night

Get some friends together and test their brainpower with a quiz night.



Frequently Asked Questions

Can I choose where my sponsorship money goes to?

Donations will go to support the entirety of The Green House's work.

This could be:

- Costs of creative arts therapy sessions for children and young people
- Our 12-week Nature-Based Creative Therapy Group for ages 14-18
- Family Support Work
- A parents/carers group
- Our Support Centre and satellite projects
- Day-to-day practical things like hot drinks and squash, toys and teddies for therapy rooms, art resources, keeping therapy rooms feeling warm and safe, tissue boxes, admin, and staff training so we can provide the best care possible to children and families in need.

What support will there be on the day?

You'll be supported in a number of ways at an Inflatable 5K event.

The event organisers provide:

- A clearly marked route (so you don't have to worry about getting lost)
- On-course hydration stations
- Medical assistance
- Music zones
- Finisher's medal / goodies



What support will there be on the day? (cont.)

Members of The Green House team will also be there as a meeting point and also along the course as a check-point and to cheer you on. We'll also give you a quick update about the impact your efforts are having (we receive donations from JustGiving as they come in, so it means you're making a difference in children's lives straight away!)



Want to know more about the **Bristol Inflatable 5k day**?
Parking, bag drop-offs, photos, facilities, assistance dogs, etc?

For all the event info you need, a full list of FAQs, and contact details for event organisers for anything else, visit the [Inflatable 5k Bristol page](#)





Contact Us

If you'd like to be kept up-to-date with news about The Green House, the impact your fundraising is having, and other ways to get involved - sign up to our monthly newsletter at:
the-green-house.org.uk/newsletter

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