



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.


Each year we are seeing more and more children and young people coming 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.

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.

Our hard-working team won't stop there though. In our area, an estimated **14,540** children and young people experience sexual abuse every year, so we won't stop until we bridge the gap between the families we see and the families who need us.

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!



[Sign up to give us a regular donation at www.the-green-house.org.uk/donate](http://www.the-green-house.org.uk/donate)



About The Green House

Based in Bristol, The Green House supports children, young people and families who have experienced child sexual abuse. 15% of girls and 5% of boys experience sexual abuse before the age of 16.

Children come to us struggling with flashbacks (76%), sleep (74%), and thoughts of hurting themselves (37%); for 92% PTSD is likely. Without support, as adults, survivors can face a range of difficulties in the struggle to cope, this can include mental health, physical issues, addiction, unemployment, eating disorders, poverty, homelessness. **But with access to our timely specialist support, we see children making huge strides to changing that story!**

At our therapy centre and 3 hub projects we provide hope, community and healing through art, play, nature and drama/movement and talking therapies alongside CBT, (Children's Accelerated Trauma Technique) CATT, and EMDR. Families can access peer support groups, leadership programmes, 1:1 Family Work and psychoeducation.

Our aim is to provide space where each child, young person and family can be themselves, rather than being defined by what happened to them.

The Green House offers so much more than therapy. It gives children and young people a chance to be creative, build relationships, find a sense of self and recover from the parts of their lives that were stolen. For families, it gives them space to process and grieve, find support, and understand what's going on for their child and how to help, improving outcomes long-term.

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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)

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. The aim of the day is to have fun while raising money for children in crisis - not to get you to do anything you don't want to do! We'll be there cheering you on regardless of how much you complete

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.

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. You may also want to bring a rain jacket in case there are wet conditions on the day.

Wearing layers is always good, then you can adapt to the weather as you go. But fingers crossed, it will be sunny and breezy! (Well, we can hope!)

How do I fundraise?

Fundraising is really simple. You can set up your fundraising page on JustGiving:

<https://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 – everything is editable, so there's space for you to share your story, your 'why', post training updates, and of course lots of space for photos!

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...

Whether this is your first fundraising event or you've been doing them for years, sometimes asking for donations can sometimes feel uncomfortable or you can feel uncertain where to begin - that's completely normal!

Many people worry about being pushy or putting friends under pressure. But in reality, **most people want the chance** to support a cause they care about and a cause you care about.

By sharing your run, you're simply giving them that opportunity!

Remember:

- **People can always say no**
- **Even small donations make a real difference**
- **Sharing why you care is more powerful than making it "perfect"**

And if asking directly feels difficult, here are some examples of simple messages you can use / the team have used in the past to get you started:

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]

No pressure at all - have a great week!



Social Media Post Idea 1

I've signed up for a challenge run to fundraise for The Green House, a charity supporting children, young people & families affected by child sexual abuse.

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]

Social Media Post Idea 2

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 supports children who are facing the unthinkable.

If you're able to donate, even a few pounds helps.

Thanks so much for supporting me!

[add JustGiving link here]

If Someone Asks Why You're Running the Inflatable 5k for TGH

"I'm running to support The Green House because they provide specialist support for children and young people who have experienced sexual abuse.

The work they do helps young people feel safe, heard and supported in their recovery. There's a stat that says that 14,540 children and young people are sexually abused / assaulted in our local area every year, so if together we can help just one of them, then it's definitely worth it!

Helpful Reminders for Fundraisers

- You're not asking for yourself - you're supporting an important cause
- People often donate because someone they know asked them
- Small donations add up quickly
- Sharing your story is more powerful than asking perfectly
- What you're doing is making a difference for local children's futures
- Donations often also come in AFTER the event when you share how it went, so don't be disheartened if you've not hit your target on the day. And the people who have already supported you would love to see how you got on – so keep sharing!

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

With fundraising, the sky's the limit! You can reach out to family, friends, colleagues and neighbours with your JustGiving page. But if you want to get creative, you can do other fundraising alongside too. For example...

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

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

Phone

0117 935 1707

Email

info@the-green-house.org.uk

Website

the-green-house.org.uk

Visit

St Agnes Lodge, 45 Thomas Street
Bristol BS2 9LJ

