



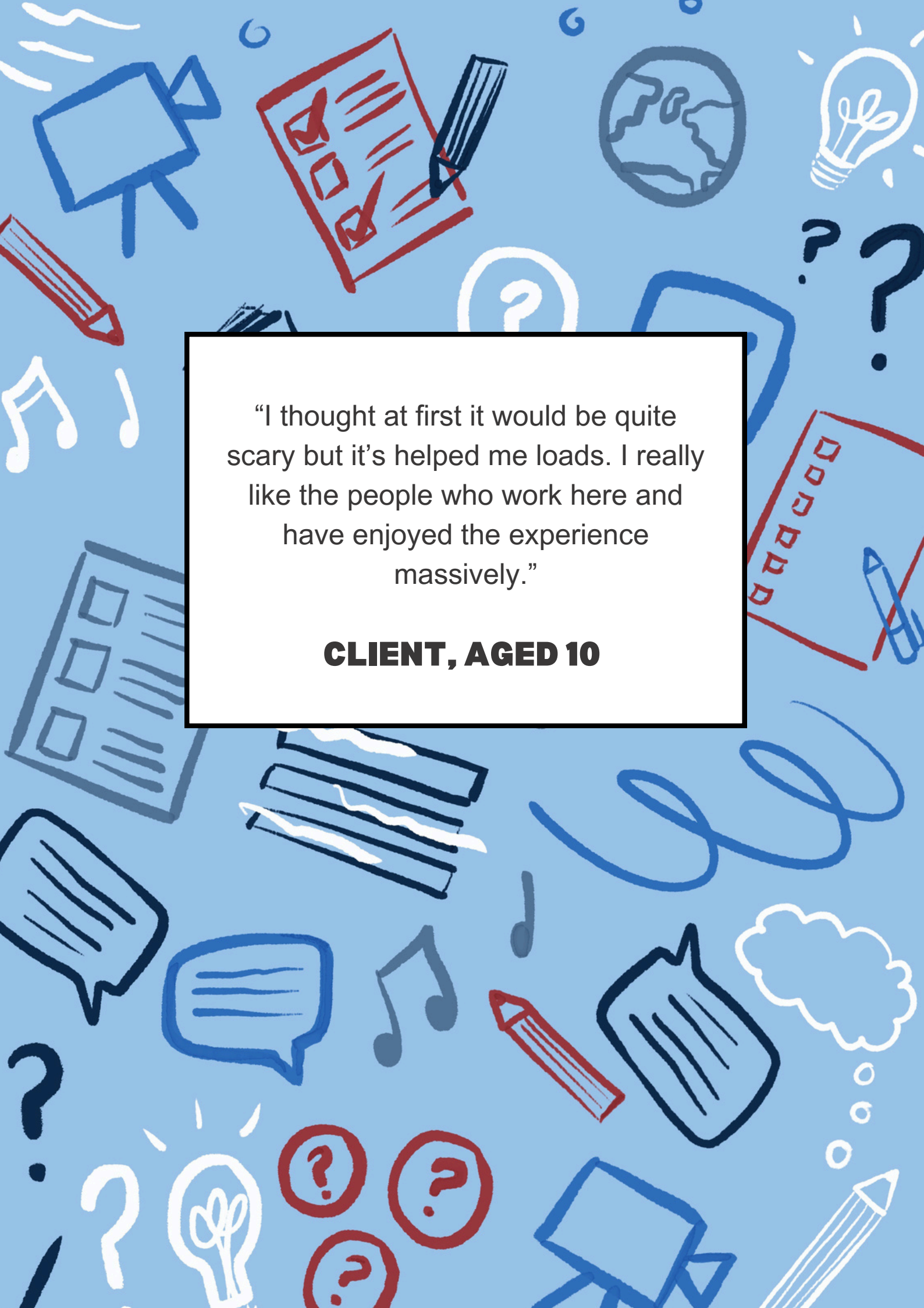
Trauma
Recovery
UK

The logo is a dark blue circle containing the text 'Trauma Recovery UK' in white. Below the text are four small white icons: a heart with a red dot, a tree, a flower, and a leaf.



**HOSTING A
QUIZ NIGHT**

The graphic is a white rounded rectangle with the text 'HOSTING A QUIZ NIGHT' in bold, dark blue capital letters.



“I thought at first it would be quite scary but it’s helped me loads. I really like the people who work here and have enjoyed the experience massively.”

CLIENT, AGED 10



ABOUT TRAUMA RECOVERY UK

Traumatic experiences cause children & young people to feel terrified, powerless and overwhelmed (de Thierry, 2014) and hinders the child's safety and security. We facilitate recovery for children, young people and their families as they process trauma and support them as they piece their lives back together until a wholeness can be found.

For children aged 3-25, we provide 1:1 trauma recovery support to children, youth and young adults through specialist creative therapies such as art therapy, music therapy, play therapy and creative counselling.

For parents/carers of young people aged 16 years and under, we also provide specialist parent support groups in conjunction with therapy sessions.

Our Trauma Recovery Centres see a reduction in trauma symptoms, an increase in positive engagement with education and the parents or carers of under 16's feel supported, have learnt how to support their child and have felt relieved by the lack of judgement, shame and simplistic approaches that our parenting teams offer.

We commit to providing long term trauma support, working with the whole family, to see lasting change and our highly specialist team work to see people recover from trauma, rather than just manage symptoms.

WE BELIEVE RECOVERY FROM TRAUMA IS POSSIBLE.

Mental Health problems now affect 1 in every 4 people and 1 in 10 young people are not able to cope with everyday life. But with the right intervention, children and young people can overcome trauma. We want to change the narrative for children's mental health, one child at a time.

We have specialist Therapy Centres across the UK and the Channel Islands and in total we provide around 4000 hours each year of direct support to families in need of our help.

Choose the TRC as your Charity and help us fundraise - there are so many fun ways you can raise money! With your support we can help EVEN MORE children recover from trauma!

To find out more please visit: www.trc-uk.org

YOU CAN MAKE A DIFFERENCE!

By choosing the Trauma Recovery Centre as your chosen charity you will be directly supporting us to help children recover.

There are so many creative ways you can raise money!

We have lots of ideas to help you facilitate your activities!
Which idea will you choose?

STEP BY STEP GUIDE TO HOSTING QUIZ

1. **Find your venue** – Find a suitable venue, potentially a village hall/community centre, scout hut, pub or church. Remember to check they are happy with what you're doing and have the correct licenses if you decide to sell food or play music etc.
2. **Set a date and time** - Leaving time to fundraise and for people to put it in their diaries.
3. **Promote** – Invite people via word of mouth, print posters for local notice boards, post on social media, post in local Facebook groups.
4. **Design your quiz** – We have included some ideas to help make it a memorial occasion!
5. **Find some helpers** – Find people who are willing to help you. You might want to host the quiz yourself or delegate to someone else. You might like to have someone on the door as people arrive to take payment and maybe some help to set up and set down.
6. **Team sign ups** – To help predict numbers you might decide to take pre-booking's asking people to sign up in teams of a maximum 8 or smaller depending on your venue and design of quiz.
7. **Fundraise** – Asking each team or individual to pay an entry fee. Deciding on whether to have a prize for the winning team
8. **Extras** - Could you have a raffle, cake sale, other food (remembering to clearly state any allergens), a tombola or Guess the Name of Brave Bear competition?
9. **Enjoy!** – Have a great time!

Thank you and your supporters for raising money for the Trauma Recovery Centre. We really appreciate it!

DESIGNING YOUR QUIZ

You might be organising a quiz for a group of strangers or a group of your own loved ones, but thinking about what they have in common when devising quiz rounds could help make the event enjoyable for everyone!

Here are some ideas for rounds you could include:

1. **Your local area** – Interesting facts about the local area, covering local history, local language, events, famous residents, sports teams, etc
2. **Sports** – your favourite sport, famous sportspersons, memorable matches, olympic knowledge, local sports clubs etc.
3. **Back to School** – Featuring favourite school subjects: Geography – which flag is this? Which country is this? (showing a picture of the shape of the country), History – which year did this happen?, Music – spot the intro, English – famous quotes (who said this?) etc.
4. **Music and the Performing Arts** – Lyrics from songs, pictures of famous artists, lines from musicals, logos from productions or album artwork, guess the tune etc
5. **Guinness World Records** - unusual facts, local record breakers etc

These were some of our ideas, feel free to use your creativity or take some ideas from those attending!

TOP FUNDRAISING TIPS

- Make it as easy as possible for people to give! You can setup a Just Giving Page here... www.justgiving.com/trc-uk
- Use social media to raise awareness and tag us! *Remember you'll need consent of anyone in a photo.*
- Involve your local community as much as you can and have fun!
- Use eye catching posters in places where lots of people can see. Remember to use our logo and charity number so people know who they are giving to.
- We have lots of promotional materials for you to use such as teddies, & collection tubs. Let us know what you're organising, and we can arrange for it to be delivered to you at school!
- Collecting Gift Aid is an easy way to raise even more money. It can add 25p for every £1 raised! This can easily be facilitated through a Just Giving page.
- Finally, *remember that you are supporting the TRC, not representing the TRC*, but we can help with anything you need!

For any help please do email admin@trc-uk.org or visit www.trc-uk.org



Trauma Recovery UK

THANK YOU!

We are so grateful for all those who do what they can to raise money for such vital work!
Together we can help children and young people recover from trauma.

**Trauma Recovery Centre is a Registered
Charity 1141659 and Registered Company
7526611.**

Trauma Recovery UK



DONATE TO THE TRC

If you would like to donate to the TRC, simply scan the QR code and donate via Just Giving.

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7526611.**

TRC Bunting

Simply cut out the triangles and attach to a piece of string or ribbon.

