



amos  street child

£5 for 5 days

raising funds and awareness
for street children around
the world.





thank you for joining the £5 for 5 days challenge and raising funds and awareness for street children around the world.

Below are a few tips and recipes to help get you started.

tips for surviving on £5 for 5 days

1. Cook from scratch, preparing your meals will work out much cheaper (you can find lots of budget recipes on line)
2. Get organised – do a meal planner for the 5 days and buy everything at once
3. Keep meals basic, better to have more of something simple and fill up
4. Shop around – different supermarkets will have different offers
5. Avoid waste and embrace the broth and leftovers
6. Persuade your friends to get involved and then bulk buy together
7. Drink lots of water as this will help fill you up (and give you beautiful skin)
8. Buy budget ranges all the way alongside what is in season or on offer and accept that this week you may not be getting as much fresh fruit and veg as you would like
9. Keep busy to take your mind off all the yummy things you are missing
10. Remember it is just 5 days

**tips for raising money and awareness**

1. Calculate what you would normally spend on food in a week and donate this to £5 For 5 Days
2. Use this sponsorship form and get anyone and everyone to sponsor you (at work, school, college, church etc).
3. Set up a Just Giving page and tell people what you are up to by email, Facebook, social media. Invite them to join you or sponsor you – most will choose the latter!
4. Ask, ask and ask again.
If you don't ask you won't get. It is amazing how generous people can be, just keep letting people know what you are up to and why. You could show them one films below about the work of our partners.
5. Get your kids, grandchildren, nieces, nephews etc involved – even if they are not doing it (little people and all that), get them to earn their tea by washing the car, polishing shoes, tidying up etc. or to earn some money by doing odd jobs to donate to your fundraising efforts.

Explain to them that children on the street will do odd jobs like washing wind screens, washing people's cars, polishing shoes to earn pennies. Often they will scavenge in bins for food too. You might like to show them some of these films from our street child partners.



here are a couple of recipes to get you started

Veg & pork noodles in broth by results.org

Ingredients:

Packet of basic noodle,
1/3 carrot
25g value mushrooms
1 value sausage
1/4 small onion
1/2 value vegetable stock cube and seasoning
– salt, pepper, oregano.

Instructions:

For the pork balls, remove sausage meat from the skin, and roll into 8 tiny meatballs. Fry balls in a pan, turning regularly until cooked. Then put to one side.

Vegetable:

Chop onion, mushrooms and grate the carrot. Fry vegetable mix in the fat from the meatballs.

Noodles:

Boil noodles as per instructions on the packet.

Broth:

Boil 100ml of water with stock cube. Finally, mix together then serve.



Fish cakes by Student Beans

Ingredients:

Cheap and healthy brain food:
One small onion – finely chopped
three tablespoon oil
tin tuna – drained
two potatoes – boiled and mashed (leftovers will do)
breadcrumbs from crust of loaf
dried parsley
one egg – whisked and split into two, (half to bind
the mix half to dip the fishcakes in)
salt and pepper to season.

Instructions:

Cook onion in one tablespoon of oil until soft then add to potato.
Add the tuna, half egg mix, parsley and season. Shape cakes into patties with your hands, dip them into the egg mix and then into breadcrumbs. Chill in the fridge. Fry the fishcakes in remaining oil until golden brown.

You can find more recipes like these [here](#)

**fundraising:****Boosting your fundraising for £5 For 5 Days**

1. Get sponsored and create an online fundraising page with Just Giving. If you wish to set up a fundraising page so that people can support you, we recommend that you set up a Just Giving page.

[justgiving.com](https://www.justgiving.com) is a very user-friendly and cost effective way for a small charity like us to process donations. Donors using Just Giving will not be contacted by us unless they ask us to send them more information.

2. Let people know you are taking part in £5 For 5 Days. During the five days, use social media to share your experiences with a link to your Just Giving page so people know what you are doing and why you are doing it.
3. If you are taking part with colleagues at work, see if they will match fund donations.



raising awareness for street children

Do let people know about Amos Trusts work with Street Children. You can use the street child resource pack [available on our website here](#) or [show this film from You Tube](#).

You can order our brochure and Amos Street Child and Get Involved postcards – please email office@amostrust.org and [learn more about Street Children here](#).

making more £5 for 5 days happen

As well as raising funds we would like you to keep up the momentum, so why not challenge your friends and colleagues to join in? You can pool your £5's for the week together and have shared lunches or frugal suppers.

Please contact katie@amostrust.org for promotional flyers and other resources.

legal stuff

Whatever your £5 For 5 Days looks like

Please remember that you are personally responsible for ensuring your health and safety, if you feel unwell at any point during £5 For 5 Days, we recommend you withdraw from taking part and seek medical advice.



donations

Regular giving

Set up a standing order by completing a “Support Amos Trust” card (including the Gift Aid declaration if applicable).

Sending us the donations

1. Send us all cheques and donations to the Amos Trust office. Please write your full name and “£5 For 5 Days” on the back of the cheque and post to:

Amos Trust
St Clement’s
1 St Clement’s Court
London
EC4N 7HB

2. Make a payment to Amos Trust account:

Account name: **Amos Trust**
Account no: **10939419**
Sort Code: **16-20-30**

Please put your name and “£5 For 5 Days” as the reference.

3. Make a one-off donation or sign up to be a committed giver through the Amos website – [just click here](#).



**thank you for supporting £5 for
5 days to help raise awareness
about amos street child and the
issues that millions of children
around the world face every day.**

**if you have any questions, please
email katie@amostrust.org**

**thank you.
amos trust**