

Sunshine People

THE 'KIND'RAISING PACK!



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ABOUT US

Founded by Nahla Summers after the sudden death of her partner on a charity cycle ride, she set up Sunshine People in 2014.

Nahla wanted his memory to be reflected through acts of kindness as an alternative for not only her, but for others who might want to do something different other than ask for money.

Sunshine People is a charity with a unique difference. There is no money involved. Instead of asking for monetary donations in support of sponsored events, it's ask is to show support by doing an act of kindness for a stranger.



OUR MISSION

"Spreading kindness and sharing it with the world. Kindness breeds kindness."

The aim of Sunshine People is to encourage people to pledge and carry out acts of kindness rather than ask for traditional monetary donations for sponsored events. Simply support an event a friend or loved one is taking part in and 'donate' your act of kindness. Pledge it and share it. Making life less about 'things' and more about connections.

Be the change you want to see in the world. Pledge your act today.

#spreadkindness

WHAT NEXT?

*It's as
easy as
1,2,3*

Now you know you want to be involved, it is as simple as 1,2,3

1. Want to organise your own event? No problem! Email your event details to sponsorkindness@gmail.com to be added to our website and encourage people to support
2. Find an event on our website and simply #sponsorkindness to that event. They will love it and so will you!
3. Spread the kindness! If you love the Sunshine People idea, why not shout about it! Share what you are doing via social media and encourage friends and family to join in! Follow us on Instagram, Facebook, Twitter, Snapchat, you can also subscribe to our YouTube channel and watch some sponsored kindness events.

Whatever you choose to do, have fun. Kindness breeds kindness.

1 - The event - chose an existing event or why not start a new one

2 - Make a list - if starting a new event, be organised! Things to think about; date and time/what is your role/who else is involved/what things do you need etc

3 - Shout about it - tell people what you are doing through social media and your kindness giving page, email sponsorkindness@gmail.com with what you are planning on doing and we will send you a link to your kindness page!

4 - Media - we have created a press release you can send to your local newspaper/radio and local TV station, a great way to generate more kindness! You can also download and print posters from our website and display within your community!

TOP TIPS FOR YOUR EVENT

It's as easy
as 1,2,3,4!

IDEAS FOR EVENTS

Bouncathon

Fun Run

Volunteer in the community

Cycle ride

Charity Chores

Sponsored walk

24 indoor relay cycle

Stop using social media for a week

Set a 30 day challenge

Volunteer for a local charity

Talent

competition - entry is them doing an act of kindness

A flash mob

Go on a litter pick

Swimming relay over 24 hours

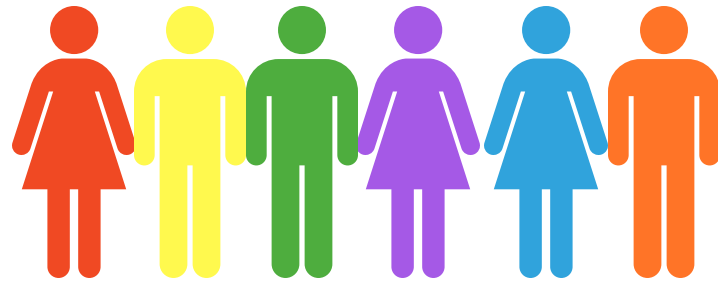
Sponsored silence

Do any of the above in fancy dress



BE KIND

TELL THE
WORLD



SHOW SUPPORT TO OUR SPONSORED EVENT



FOR MORE INFO, PLEASE VISIT
WWW.SUNSHINEPEOPLE.ORG.UK





**Sunshine
People**

www.sunshinepeople.org.uk

It's the kindness movement

#sponsorkindness

Instagram: @sponsorkindness

Facebook: /sponsorkindness

E: sponsorkindness@gmail.com

How to #sponsorkindness:

1. Complete an act of kindness
2. Visit our website, go to the event which you want to sponsor
3. On the event page, comment about your act of kindness, easy!

A cool little business card to give out to people, the back of this is on the next page.

10 ways to #sponsorkindness:

- Hold a door open
- Give up your seat for someone
- Give a compliment to a stranger
- Make time for someone in need
- Write a letter to someone to say thank you
- Participate in a fundraiser
- Volunteer for your favourite charity
- Do something for a neighbour you don't know
- Take someone who is homeless for a meal
- Ask someone about their day and listen



shine
People

Press Release ideas

Press Release



DATE –

(EVENT)

This is not your usual sponsored challenge where you are asked for money, (person/people doing event) is/are asking the world to show their support in a very different way. The challenge itself is

However, as said this is being done with a difference, instead of the usual sponsorship for money he/she/they is looking for people to show their support by simply doing an act of kindness for a stranger and sharing it on the website. It costs someone nothing to sponsor but it is hoped to start a pattern of behaviour that inspires change throughout communities, town, cities and countries.

The Sunshine People movement was started by Nahla Summers, after her partner died suddenly of a heart attack on a charity cycle ride. She has raised lots of money in the past for charities but she wanted the memory of her partner to be something that money could not buy. Kindness saved her in her grief and she wants to share the power of kindness with the world. She wanted others to also have the opportunity to take part in fun events and also raise more kindness in the world.

The idea is that by sharing our kindness it spreads goodness into social media. We all want to start a kindness movement and the see the ripples.

You can contact through EMAIL if you would like to talk with about Sunshine People and the challenge.

Website – sunshinepeople.org.uk

You will find blogs and a pledge page where people will post their acts of kindness.

Facebook page - [sunshinepeople@sponsorkindness](https://www.facebook.com/sunshinepeople@sponsorkindness)

Twitter - [#sponsorkindness](https://twitter.com/sunshine_people)

5 REASONS TO COMPLETE AN ACT OF KINDNESS



SHOW THE WORLD YOU CARE

The world can be a sad place sometimes, however the good news is we each have the power to change negative situations by sharing with the world positive actions. What act of kindness might you share with the world today?



KINDNESS SHINES BRIGHTLY

Kindness shines brightly and causes the most beautiful ripples. When you do something lovely for someone they will in turn want to do something too for someone else. It will likely come right back around to where it started with you. Sounds wonderful right?



HELPS YOUR OWN HEALTH

Being kind produces loads of good hormones in to your body. This helps combat sadness and other mental health illness. Due to the positive hormones it produces, it is known to help with all elements of physical health too; namely heart health.



MOTIVATION AND IDEAS

Doing an act of kindness opens you up to new ideas and sometimes if you are lucky; speaking to new, interesting and lovely people. How lovely; seems like a win win so far.



HELPS EARN RESPECT

Helping people out is a way to make new friends, be respected by others and allows you to better understand other peoples lives in your community.

Heres the BIG thank you

Thank you soooooo much.

Your support and kindness are important to us. Out of tragedy has come kindness. We can't do this without you and keep up the positive work!

