

# Ready to plog?

## Tips & tricks



### How? Where? Why?

The benefits of plogging, how to fundraise, and finding the best ways to plog safely.

[redballoonlearner.org/plog](http://redballoonlearner.org/plog)

## Benefits of plogging

### For you

However you're choosing to plog, be it walking, jogging, cycling or more, **getting outside and getting active is great for your health.**

Physical activity has been shown to help in numerous ways, from immediate and long term physical effects to **improving mood and mental wellbeing.**

Getting a dose of fresh air is even better for you, with **outdoor exercise being shown to have a greater effect** than exercising indoors!

Plogging with friends or family (within restrictions) has the added benefit of making it a social activity too!

Add all these physical and mental benefits to the knowledge that you're doing something to improve your local area and the environment as a whole and what's not to love?

### For the environment

**30 million tonnes of litter are collected from the streets of the UK each year**, with cigarette butts and fast food wrappers being the most common types of litter.

Not only is it ugly to look at, this litter can be blown into forests, rivers and lakes where the chemicals they contain can pollute the environment.

An estimated **7 billion tons of debris ends up in the oceans every year**, and the majority is long-lasting plastic which can cause damage to aquatic and bird life alike.

Keeping this litter off the streets helps preserve natural habitats and protects both plant life and wildlife.

**By helping tackle littering you are joining a team of volunteers that is 378,300 strong!**



# Simple steps to launch your plogging fundraiser

## First ... a huge thank you!

Thank you so much for raising money for Red Balloon through plogging. We're delighted to have your support.

First you need to set how long you want to plog for, and how much you want to raise. Will you plog for an hour, a morning or perhaps the whole weekend? Or you could plog for two, five or even ten miles! Will you aim to raise £25, £250 or even £2,500?

You can fundraise for the Red Balloon Centre closest to your heart, or for our new Future Fund appeal. The choice is yours!

Getting sponsorship can feel a bit daunting if you've not done it before, so we've created this step by step guide for you.

## Step 1: Set up an online sponsorship page

Getting sponsorship doesn't have to be awkward! One of the easiest ways to ask your friends, family and colleagues to sponsor you is through an online JustGiving fundraising page. The site does all the hard work for you, sending the donations to us and automatically claiming gift aid on donations - that's an extra 25% at no extra cost to you or your supporters. It's super efficient!

**1** Go to [justgiving.com](https://justgiving.com) and follow the instructions to set up an account (if you don't have one already)

**2** Visit our plogging page: [justgiving.com/campaign/plog](https://justgiving.com/campaign/plog)

**3** Click the 'Start Fundraising' button! Then your fundraising page connects directly with ours.

By linking to our JustGiving pages you can show that you're part of a team, plogging for a common goal. You can also share your progress, and see how other participants are getting on. It's that easy!

Want to join with colleagues, family or friends and enter as a team for your Plog for Red Balloon challenge? You can do that on JustGiving too! [JustGiving.gives you step by step instructions of what to do here.](#)

### Tips on setting up a brilliant JustGiving page

People are much more likely to donate if your fundraising page is personalised, so upload photos and tell people what you're doing and why.

Let them know when you reach key milestones in your challenge. Inspire donors by talking about Red Balloon, our work, and how their donations make all the difference.

### Your first donation is important

Getting a good first donation is really important, as people often decide how much to sponsor you based on the last donation made. Ask a family member or one of your more generous friends to be first and get the ball rolling.

### Prefer to use paper?

If you'd rather use a paper sponsorship form, then contact our Fundraising Team on [fmc@group.rblc.org.uk](mailto:fmc@group.rblc.org.uk) and we'll email you one. Keep good hold of it, as you'll need to use it after your event to contact your friends and family and collect the money they have pledged to donate.

There are two ways you can send in your money once you've collected it:

1) Directly into our CAF bank account:  
CAF Gold Account RBLCG Gold  
40-52-40  
00094644

2) Online via [redballoonlearner.org/donate](https://redballoonlearner.org/donate)

Either way - please drop us an email ([fmc@group.rblc.org.uk](mailto:fmc@group.rblc.org.uk)) so we know to allocate it to you and your plog.

## Step 2: Telling everyone about it

So now you need to tell everyone about your Plog for Red Balloon so they can sponsor you.

You can email your friends and family, linking them through to your JustGiving page. If you need help with at to say, drop us an email at [fmc@group.rblc.org.uk](mailto:fmc@group.rblc.org.uk)

Social media is perfect for fundraising. Do a series of posts giving your followers update on your progress. Tag in your fellow ploggers! Tag in Red Balloon too and we'll raise the profile of your amazing achievements.

### Our handles are:

-    @RedBalloonLCG
-  red-balloon-learner-centre

Sweet talk your company's social media managers and see if they'll post news of your plog.

Use your company's internal communication tools. Do you have any internal Facebook groups, or online bulletin boards? If you have an online 'Town Hall' ask the coordinator to plug your plog.

### Stay in touch with us

Join our awesome Plog for Red Balloon online community via our dedicated facebook group. Simply search for Plog for Red Balloon. We'll keep you motivated with hints and tips for your challenge, and you can share your ideas with others.

## Step 3: After your challenge

The challenge is over? That doesn't mean you have to stop collecting sponsorship! Chase up the people you couldn't speak to before and show them some snaps of your achievement to solicit a donation.

Now you can bask in knowing that you've done some good for the environment, while supporting a brilliant cause.

### Thank you!

A heartfelt thank you from everyone at Red Balloon. We appreciate your time, your energy and stamina! Most of all we appreciate your care.

Support like yours makes a world of difference; you help bullied and traumatised children get their lives and learning back on track, so they can go on to thrive and find their place in the world. Thank you for your part in their success.

**Finally, be safe, celebrate your milestones and enjoy your plog.  
You're inspirational!**





# Plogging safely

## Picking up litter

Before you start changing the world one piece of litter at a time, there are some important health and safety considerations. Picking up litter can be potentially hazardous, so there's lots to bear in mind. The most important thing is that you stay safe, so if in doubt, don't pick it up!

### Being prepared

You'll need strong rubber gloves, bags for the litter, and you can even use litter pickers if you like (sometimes local councils offer litter picking supplies to volunteers, so check online to see if they can help). If you can, separate cans and plastic bottle for recycling so not all your litter goes to landfill - remember you'll need extra bags!

### Keeping clean

Before you start, cover any cuts with waterproof plasters to make sure they stay clean. Wash your hands or use hand sanitiser regularly during your litter pick, and don't touch your face with dirty hands or gloves. Take extra care to wash your hands and forearms after finishing, and before eating, drinking or going to the toilet.

### Hazardous materials

You're doing a great thing, but you don't need to pick up everything, particularly if it could be dangerous. Avoid sharp objects, clinical waste (such as needles, syringes and nappies), chemical containers, oil drums, heavy items or anything that looks like it can be harmful - contact your local council to inform them and leave the dangerous things to the experts!

### What do to with your rubbish

Put your collected rubbish into your household bin or recycling. If you're planning to pick up a very large amount then contact your local council in advance for their advice on how to dispose of what you've picked up.

### Weather considerations

Check the weather in advance and make sure you're dressed appropriately - wrap up warm if it's going to be chilly, and protect yourself from the sun if it's going to be nice. Always remember to wear stout footwear so your feet are protected.



# Plogging safely

## Choosing where and how to plog

Chances are if you're thinking of plogging you've already got a location in mind; perhaps it's that path you travel on the school run, or that street on the way to the local shop. Wherever has caught your eye remember that safety comes first.

### Plogging locations

Choose a location that is safe and, if you can, plan out a route in advance so you know how you'll get there and how you'll take the litter away when you're done.

Don't attempt to pick up litter in dangerous areas such as slippery, steep or unstable banks, roadsides, or fast-flowing or deep water.

It's illegal to litter pick on private land without permission, and some areas such as grass verges are actually private even though they look public, so make sure to check the area you plan to plog in advance.

### Plogging as a team

It's better to plog as a pair or more, not only will it be more fun it also means you'll cover a bigger area faster and you have someone to help if you encounter a problem. Remember to stay together so you don't lose anyone, particularly if children are joining in!

### Supervise children

Remember to supervise children when litter picking, and make sure they know in advance what is okay for them to pick up and when they should ask an adult for advice.

### Social distancing

Remember to maintain social distancing in line with government guidelines, check updates for your area ahead of the plog and make sure you aren't putting yourself or others at risk.



## Be proud of your achievements!

Every piece of litter makes a difference, and you should be proud of a good job well done when you've finished your plog.

### Let us celebrate with you

We'd love to hear about how your plog has gone, and help spread the word of your achievements and how much you've raised.

Why not snap some pics of your plogging adventure, a before and after of the area you litter pick, or a picture of you with your haul at the end?

If you mention us on social media, we'll do our bit to get you heard.



@RedBalloonLCC



Red Balloon Learner Centres