

CAUSE CLUB

EVENT HOST KIT
by ALLKND

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Finding Your Spark



Every Cause Club event starts with a gut feeling of “someone should do something about this”. This is intrinsic motivation – the stuff that comes from inside you, not from rules or rewards. When you tap into what actually fires you up, you’re way more likely to follow through, have fun, and feel proud of what you create.

Grab a pen, your Notes app, or a mate to talk it through:

1. What *fires* you up?

Complete the sentence:

☞ “It makes me roll my eyes/cry/get fired up when _____.”

2. What *lights* you up?

☞ “I feel hopeful when _____.”

3. What could I *actually* do something about?

☞ “If I had one weekend and three mates, I’d love to _____.”

4. My secret weapons (aka skills/quirks):

- ☐ I can organise chaos
- ☐ I’m the hype friend
- ☐ I’m arty / design-y
- ☐ I can cook / bake / DIY
- ☐ I’ve got a car / tools / connections
- ☐ Other: _____

Pick Your Cause

When you choose a cause, you're not just picking a project – you're choosing to live out your values in real life. Research shows that when your actions match your values, you feel more motivated, more fulfilled, and more resilient when challenges pop up.

 **Pro Tip:** This is a great time to check out our [Do Good Directory!](#)


Let's anchor your Cause Club event to what you care about:

Step 1: Circle one that matches you (or write your own):

 Environment

 Animal welfare

 Mental health

 Food security

 Equality & Inclusion

 Health & Wellbeing

 Disaster Relief

 Waste Reduction


 Literacy

 Aged care

 Housing

 Other: _____

Step 2: Connect it to your values.

 This cause matters to me because it connects to my value of _____ (eg. kindness, fairness, creativity, justice, fun, community)

Step 3: Lock it in.

Now write it again here in bold!!!

 The Cause I want to support = _____.





Brainstorm The Event

Alright, legend, you've found your Cause. Epic! Now let's shape it into something real. Remember: it doesn't need to be massive, polished, or world-changing. The best events are often small, simple, and human.

Think of this step like storyboarding – messy ideas first, edit later:


I care about: _____










The vibe I want people to feel is (circle):

 (fun) /  (connection) /  (purpose) /  (action)

A way to help (using my skills/ passions/ connections) could be:

So my event idea could be: _____

 *Examples to get you going:*

- Host a Period Packing Party to stock school bathrooms with free pads/ tampons 
- Run a clothes or book swap – bring 5 things, leave with 5 things, donate the rest 
- Write and deliver kindness letters or care packs to aged care residents 
- Bake or cook together for a local food distribution program 
- Do a beach, park or street clean-up as a crew, then share a picnic to celebrate 
- Paint a buddy bench or create a mural at school to spark connection 
- Start or support a community garden project 
- Collect and sort donations (food, blankets, toiletries, clothes) for a local charity 
- Volunteer together at a community kitchen or food drive 

Bringing your idea into the real world:

Where will it be?

(Location/ neighbourhood centre/ park/ cafe/ partner organisation)



How long will it go for?

(Keep it realistic – most Cause Club events run 1–3 hours)



Who's it for?

(Who do you want involved? Friends, neighbours, work/classmates?)



What do we need to make it happen?

(List materials, resources, or donations. E.g. snacks, signs, music!)











Do I need any permissions, safety or accesibility requirements?


(E.g. Working with Children's/ Police Check, Vaccinations, Council Permit). And don't forget to check our Safety Checklist!



What's our output?

(What tangible thing will your crew hand over, deliver, or create at the end? E.g. 15 bags of rubbish collected from the beach and a group picnic)



 **Pro tip:** The clearer you are here, the easier it will be to rally your crew and explain your project to a charity partner. Specifics = clarity & confidence.

Goal-Setting Game

Big dreams are epic, but impact happens when you break it down into steps. The clearer your goal, the more likely you are to actually be able to follow through (and feel good while doing it).

E.g. 🏹 “By **[date]**, we will **[specific action]** so that **[impact]**.”

SMART goals usually sound corporate... but here's the remix:

- **Specific:** We're going to _____.

(What exactly are you doing? Be crystal clear. Eg. “Make 20 enrichment toys for the animal shelter.”)

- **Measurable:** We'll know it worked because _____.

(How will you see your impact? Eg. “When we drop the toys off and see the tails wag.”)

- **Achievable:** With our time/money/crew, we can pull this off because _____.

(What makes this doable? Eg. “We already have 5 friends, old t-shirts, and an afternoon free.”)

- **Relevant:** This matters to us because _____.

(Tie it back to your values. Eg. “We all love animals and want them to feel cared for.”)

- **Time-bound:** It's happening on _____ (date/time).

(Put it in the calendar or on Humanitix as an event – it becomes real when it has a date.)


Partnering w/ Causes


You don't have to reinvent the wheel. Chances are, there's already a local group, charity or community crew working on the cause you care about. By teaming up with them, you:


- Double your impact – your crew + their know-how = serious impact.
- Save time guessing – they already know what's needed most.
- Keep it authentic – your effort matches real community needs (not just what sounds cool on paper).

How to find a good match:


 **Check out** our Cause Club **Do-Good Directory** if you haven't yet.

 **Search it up:** "Charities [your town]" / "Youth services [your suburb]" / "Homeless shelters in [city]".

 **Go hyper-specific:** "[cause] near me" works better than just "volunteering".

 **Ask around IRL:** check the noticeboard at your local library, school, community centre – or just ask your wellbeing coordinator, coach, or even a neighbour.

 **Pro-tip:** Sometimes the best opportunities aren't online, they're word of mouth.

 **Double check:** Requirements on Working with Children, Police Checks, Vaccinations.

Reaching out to a Cause:

Here's the thing: charities and community groups are often stretched thin. The last thing they need is more admin or hosting duties. So when you reach out, frame your event around what you can *offer*:

- **Start with what you can offer** → Explain what your Cause Club output will be (e.g. X toys, 30kgs pantry items etc.)
- **Clear and self-contained** → "We've planned the activity and will manage it ourselves. We just want to check it would be helpful?"
- **Open to tweaks** → "If what we've planned isn't quite what you need, is there a way we can adjust our output to be more useful?"
- **If you don't have an event idea** → "Do you have any small projects, collections, or one-off tasks that a group of young people could support?"

👉 Most orgs will have a "Volunteer" page on their website – **start there**. If not, check their "Contact" or "Team" pages to find the right email. No reply? Don't sweat it, many orgs are stretched. Try a different contact or another local group and always follow through on promises.

Email Template:

To [Org Email]

Subject **We'd love to support [Org Name] with our one-off project**

Hi [Name],

I'm [Your Name], and I'm part of a small group of young people in [your town] running a Cause Club event. Cause Club is all about young people creating one-off, hands-on projects that give back directly to local causes and organisations like yours.

For our event, our plan is to [briefly describe project, e.g. "host a bake sale and donate proceeds" / "create 20 enrichment toys for your shelter dogs" / "collect 30kg of pantry items for food relief"]. We'll handle all the organising and logistics ourselves, so there's no extra admin on your side.

Before we get started, we wanted to check in to make sure this would actually be useful for your organisation right now. If it's not quite what you need, we'd love to know:

- Is there a project, collection, or one-off task that would be more impactful for you at the moment?
- Is there something small but often overlooked that a group of young people could jump in and cover?

Our goal is to create something tangible and beneficial that backs the work you already do. Thanks so much for your time – and thank you for the incredible impact you're already making in the community.

Warmly, [Your name & crew]

Send



Making it Happen

It's time to tell the world about your event! People are way more likely to show up if they're personally invited (not just scrolling past a story). So mix it up – use your voice, your story, your channels, and your energy.

💡 **Pro tip:** Share it with ALLKND (causeclub@allknd.org) ahead of time so we can promote it in our broadcast channels to rally other Cause Club legends!

Ways to spread the word:

- **1:1 invite = gold** → Text your mates: “Hey! I’m running [event] on [date/time]. Wanna come? Snacks included.”
- **Knock on doors** → Family, neighbours, teammates. Face-to-face invites = high commitment.
- **Flyer it up** → Print a flyer (template on our [site!](#)) and post it at your school, library, local cafe or yoga studio.

- **Socials** → **Post something** (we have templates on our [site!](#)):

👉 **What you're doing**

👉 **When it's happening**

👉 **How people can join** (DM, bring stuff, etc.)

💡 **Pro tip:** Pair every “big invite” (a story or flyer) with a “small invite” (a direct text/ tap on the shoulder). That’s where the magic happens!

On the Day

Things to Think About:

- If you're collecting items, where will people drop them off?
- How will you transport donations to the organisation?
- Does everyone know where to meet? (A hand-drawn sign taped up can be the difference between chaos and calm).


Good Mate Communication:

With your crew + partner org:

- Follow through → If you said you'll donate 30kg of food, aim to bring it.
- Communicate clearly → Confirm dates/times, send reminders.
- Say thank you → Gratitude keeps the door open for next time.

Think of this as your game-day checklist:

- ☐ **Pack your materials** (snacks count).
- ☐ **Arrive 30 mins early** to set up.
- ☐ **Create a collection point** (if you're gathering items).
- ☐ **Mark the meeting spot** with a sign so no one gets lost.
- ☐ **Snap photos/videos** (with permission) – they inspire others to host their own Cause Clubs
- ☐ **Celebrate at the end** (group photo, ice cream run, lunch, whatever feels good).
- ☐ **Log your impact** with us on our website so we can share!

 **Psych hack:** Celebration cements the memory in your brain as a "win." That makes people more likely to want to do it again!

Trouble-Shooting ✨

We exist to help you thrive. Chat to us via **causeclub@allknd.org** and connect with other Cause Club members via **@weareallknd** on Instagram.

What if nobody turns up?

Totally normal fear. Here's the reality:

- Have a group chat + send a reminder the day before (people are forgetful, not flaky).
- If it's still just you → you've still done something good. Showing up solo = legendary.
- Remember: this isn't about numbers, it's about action. You cared enough to try – that's huuuuge.

What if I get stuck?

Even pros feel nerves before an event. What matters is action, not perfection. Anxiety → Action = the Cause Club way.

- Safety first. Go through our one-minute checklist to feel prepared
- Reach out to the Cause Club community (we're here for you).
- Chat to a trusted friend, family member or mentor.
- Loop in your partner org – they're on your side and want you to succeed.



60-second safety checklist:

✓ **Before you start (15 sec)**

- ☐ Tell a friend where you'll be and when you'll finish
- ☐ Check weather and local alerts; choose daylight if outdoors
- ☐ Wear closed-in shoes, bring water, SPF 50+, hat, hand sanitiser
- ☐ **Gear check** – gloves/tongs if handling items, charged phone & small first-aid kit

📍 **While you act (30 sec)**

- ☐ Buddy up or stay within sight of others; keep phone volume on
- ☐ **Traffic aware** – stay off roads and edges, high-vis if near cars or bikes
- ☐ **Lift smart** – bend knees, keep loads light, use a trolley/bucket if heavy
- ☐ **Hazards** – do not touch needles, broken glass, chemicals or suspicious items
- ☐ **Mark the spot** and report to council/site staff or 000 if urgent
- ☐ **Wildlife & environment** – don't disturb nests or dunes; watch for snakes/bluebottles and avoid stormwater drains and rough surf
- ☐ **Respect** – get consent before photographing people, never post identifiable minors without guardian consent

🧼 **Wrap-up (10 sec)**

- ☐ Wash/sanitise hands; cover any cuts
- ☐ Dispose of waste correctly (recycling/landfill rules) or leave flagged hazards for authorities
- ☐ Log your action and any incidents; note improvements for next time

🏠 **At-home add-ons (optional)**

- ☐ Clear floors and sharp tools, ensure good ventilation for glues/markers
- ☐ Keep pets and kids away from hot, sharp or choking hazards

🚨 **If something goes wrong**

- Emergency - 000
- Poisons Information Centre - 13 11 26
- Non-urgent health advice - Healthdirect 1800 022 222

🚫 **Quick reminders**

- Keep it small and simple – if it feels unsafe, stop
- Use plain-text signs over image-only, accessibility first!
- Report near-misses so we can make the next action safer

*You don't need to do everything. But you can do something – **safely**.*

**CAUSE
CLUB**

LEGEND

CERTIFICATE

OF IMPACT

This certificate is presented to

in recognition of their leadership, empathy, and action
through hosting a **Cause Club event** that made a real impact.

DATE

A handwritten signature in black ink.

Chief Exec
Milly Bannister
ALLKND