

GUMBOOT FRIDAY

FAQ's



When is Gumboot Friday?

November 5, 2021

Why Gumboots?

For people struggling with depression, it can feel like walking through mud every day. So on November 5th, we're asking you Gumboot Friday, to show your support. Put your gumboots on, give a gold coin, and take a walk in their shoes for just one day. It's a fun way for kiwis to join in the mental health conversation while raising money to provide free and timely counseling for any young person in need.

How can I get involved?

Wear your gumboots on Gumboot Friday and show your support for those suffering from depression. Make a gold coin donation. Involve your workplace, school, or organization. Purchase one of our branded t-shirts or merch. When you wear it, remember to be open to having vulnerable conversations and talking to friends and family. Post your fundraising ideas on our Gumboot Friday Facebook page - we'd love to hear what you're up to.

Who can access gumboot friday funding ?

Anyone in New Zealand who is 25 years of age or under.

Where does the money go??

100% of your donation that's deposited directly into the Kiwibank Gumboot Friday account goes to counselling for kiwi kids and young people. Kids (with the support of their adult supporters) can make an appointment directly with a counsellor or therapist that meets our criteria. The therapist or counsellor can directly invoice The Key to Life Charitable Trust for the cost of the appointment.

This will ensure 100% of your donation goes directly where it's needed: to kids and young people getting the help and support they need when they need it most.

How many counselling sessions do you fund?

We fund one counselling session a week per client with a cap of TWO sessions per client. The Gumboot Funds are not intended as long term funding solutions. We encourage counsellors to work on their client's urgent needs until their clients can get the district health board services they need.

We do reserve the right to audit any financial records relating to I AM HOPE payments for counselling services, should we feel the need arise or if we see any unusual invoicing patterns. Clinical records will remain confidential between patient and practitioner.

I can't find I AM HOPE on the New Zealand charities register. Are you legit?

Yes. I AM HOPE is a brand owned by The Key To Life Charitable Trust which is a registered charity (registration number CC44260) and overseen by a board of trustees.

I AM HOPE is an initiative by the Key to Life Charitable Trust, a fundraising and advocacy organization that supports young people who are struggling with their mental health. We help connect young people with existing counselors or therapists and provide funding for counseling so that they get help as soon as they need it.

HOW TO DONATE



1. Direct into the Gumboot Friday Kiwibank account

You can make a donation directly through your internet banking.

Log in and either add us as a payee (you'll find us in the "company" list by searching for "Gumboot Friday Appeal" or "I Am Hope") or direct deposit your donation into Gumboot Friday Appeal account number 38 9020 0336055 01. PLEASE NOTE, we don't accept branded merch payments directly into that account. Visit the online shop for how to get your I AM HOPE merch.

2. Give a little

Head over to our I AM HOPE dedicated Give a Little page. (<https://givealittle.co.nz/org/gumboot-friday>) Don't forget to share that you have donated on your socials!

3. In person at Kiwibank and PostShop branches

Either on the day or in the lead up to Friday May 28, 2021, visit your local Kiwibank and PostShop branch and one of the Kiwibank team members will be able to help you deposit your donation.

4. Scan this QR code or text BOOTS to 469 to donate \$3!

