



ONE **KIND** ACT CAN CHANGE SOMEONE'S LIFE.
MANY SUCH ACTS CREATE A **MOVEMENT**.

WWW.BEKINDMOVEMENT.CO.UK

AUCTION
& RAFFLE
2022

THANK YOU FOR TAKING PART IN OUR AUCTION!

Your support means we can reach even more children and young people through our Kindness in School Programme™. And the need has never been greater.

In 2018, it was found that in England 1 in 8 children from the ages of 5-19 had a diagnosable mental health disorder - roughly 1 in 3 children in every classroom. Covid-19 has also exacerbated mental health issues due to social isolation and loneliness.

Many children we work with come from low income families, often traumatized, surrounded by drugs, gangs etc. and harbour a negative mindset. Many already have mental health issues. Through kindness workshops, we help to develop their emotional intelligence skills, build their resilience and embed a positive kind attitude so they can grow up to be confident adults, showing empathy, compassion and contributing positively to themselves, their families and communities.



**NOW IS THE TIME FOR US TO
MAKE KINDNESS THE NORM**

HOW TO TAKE PART



AUCTION

1. Read through this booklet and discover our amazing lots!
2. You can bid on as many lots as you like. Each lot has a 'reserve' - this is the lowest bid you can offer
3. Write your name, email address, mobile number and Table number on the bidding sheet. We will collect all of the sheets by 9pm. The winners will be announced at 10.30pm!
4. If we receive multiple bids at the same prize, we will either ask if you'd like to bid a higher prize or we will choose one winner drawn randomly
5. For lots that have e-tickets, you will receive an email by 3rd October with the details of your win. All other prizes need to be collected on the evening (ps: there will be postal charges for any prizes that have to be posted).
6. If you're not attending on the 30th September but would still like to bid, please email the bidding sheet to admin@bekindmovement.co.uk latest by 12pm on 30th September

good luck



AUCTION

WWW.BEKINDMOVEMENT.CO.UK

LOT 1

THREE YOGA CLASSES WITH SEEMA

As a former classical dancer, Seema Banerjee was first introduced to yoga at the Aurobindo Ashram in Delhi. Her understanding of the classical heritage of yoga, infused with contemporary insights and uniquely embracing both the Eastern and Western cultures, has shaped her teaching.

Her classes are designed for total wellness, with an equal emphasis on being physically challenging whilst fostering spiritual growth and mindfulness. She has had extensive press coverage in the UK, having been featured twice on the cover of Yoga and Health Magazine, where she was a regular columnist for over 2 years.

This lot includes three classes!

Location: London

Reserve: £75

www.yogawithseema.co.uk





LOT 2

10 X 02 VIP TICKETS FOR DISNEY ON ICE

Courage leads the way for Disney's most adventurous heroes when Disney On Ice presents Dream Big returns to The O2 from Thursday 22 December 2022 to Saturday 31 December 2022.

Dream Big features favourite Disney friends such as Mickey, Minnie, Miguel, Moana, Elsa, Belle, Genie, and more highlighting all the magic and adventure of Disney's tales through world-class figure skating. Audiences will be transported to exciting worlds where heroes of every kind seek to fulfil their dreams at a live experience families will never forget!

VIP experience!

- Get entry into the AMEX Lounge before and after the show
- Use VIP lanes to get into the arena quickly
- Order all your food and drink directly from the suite (not included in pricing)

Date: Wed 28th December 2022, 9.30am for 10.30am start
Location: O2, London

Reserve: £300

www.neverforgetmarketing.co.uk





LOT 3

6 MILE BLUE SKIES HELICOPTER TOUR WITH BUBBLY FOR TWO

Take to the skies with a loved one during this breathtaking helicopter tour. Your day begins with a safety briefing, then it's time to hop aboard a jet powered helicopter for a ride you'll remember fondly for many years to come. The two of you will be able to marvel the magnificent countryside below as your pilot points out the local landmarks, all from the dizzying height of 1000 feet. There'll be ample opportunities to take some wonderful photos, so don't forget your camera!

Afterwards you can reminisce on your experience and enjoy a glass of bubbly each while you compare who spotted the most landmarks.

Location: This experience is available at 43 locations!

Reserve: £50
www.enjoystevie.com





LOT 4

£200 MADHUS FINE DINING VOUCHER FOR TWO AT THE STUNNING GROVE IN HERTFORDSHIRE

Tantalise your taste buds! This dining experience is for two people at the stunning Grove. Set in 300 acres of rolling Hertfordshire countryside, The Grove offers more than your average five-star hotel. Just 18 miles from central London, this private resort is the perfect location for you to enjoy a special meal.

The Grove is joined by the team behind renowned banqueting specialist, Madhu's for an exclusive pop up in the heart of the Mansion. Promising an elevated South Asian dining experience, the creative team will be serving a mouth-watering array of perfectly balanced dishes including zesty chilli and garlic prawns, slow cooked lamb leg, spiced dal and refreshing Alphonso mango sorbet.

And of course you'll enjoy a glass of champagne too!

Location: The Grove

Reserve: £100

www.thegrove.co.uk/dining/madhus



MADHU'S

LOT 5

DERMAPEN SKIN TREATMENT AT AVIKA AESTHETICS LONDON

Dermapen skin treatment will be delivered by Dr Avika at Avika Aesthetics clinic in London.

One technology that has been proven to deliver amazing results time and time again is Dermapen Micro Skin Needling. The treatment is a form of collagen induction therapy where a series of needles penetrate the skin causing thousands of micro injuries at a vertical angle using a specialist medical device, for both faster and more precise needle penetration. The procedure leads to increased collagen production, which effectively repairs scars, reduces discolouration and renews tired looking skin.

For facial treatments, the session usually takes around 15 minutes. As the technology is designed to reduce discomfort, all you need to do is sit back and relax!

Location: 234A high street, London E17 7JH

RRP: £250

Reserve: £125

www.avikaesthetics.co.uk



LOT 6

BOOK LOVERS BUNDLE - SIGNED!

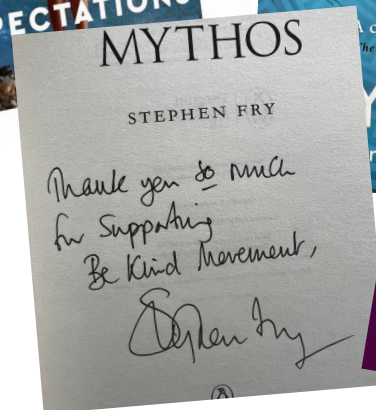
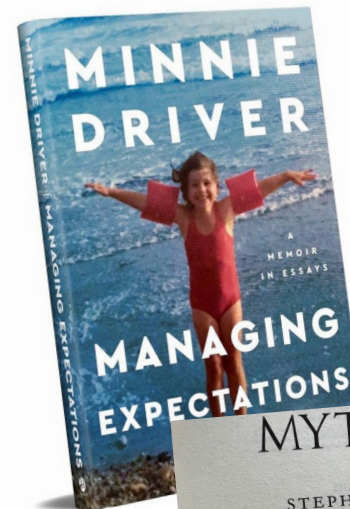
This is a must-bid bundle for any book lover!

The lot includes:

- Mythos by British actor Stephen Fry
- Managing Expectations by Hollywood & British actor Minnie Driver
- The Keys to Kindness by BBC Radio 4 presenter & author Claudia Hammond

Each book has been personally signed by the author so you can treasure them forever!

Reserve: £75





LOT 7

DONATE WORKSHOP(S) & YOUR BUSINESS WILL RECEIVE A BE KIND MOVEMENT MUG, SOCIAL MEDIA SHOUTOUT & THANK YOU CREDIT IN OUR CHARITY VIDEO

Our experiential workshops, inspired by Swedish-based phenomena based learning (PBL), involve children watching high impact short films and engaging in thought-provoking exercises, role playing, creative games and cooperative learning activities, with an action-oriented task at the end.

Your donation will help us to build EQ skills in 50-60 children, help relieve their anxiety and provide them with a creative outlet.

Bid for one workshop: £300

Bid for two workshops: £500

Impact of Kindness workshop video





LOT 8

BANK HOLIDAY AUGUST 2023 RETREAT: 5 DAYS IN KALAMATA, GREECE FOR TWO

Enjoy 5 days in the beautiful setting of Kalamata in August 2023 over the Bank Holiday weekend with a loved one at the stunning Love & Wise Retreat.

Using revolutionary, tried, tested, and proven techniques, the retreat will replenish your mind, body and soul.

The techniques are known as Rapid Transformational Therapy® and embrace a combination of the most beneficial principles of Hypnotherapy, Manifestation, Psychotherapy, NLP, and CBT.

This brings about permanent, positive changes to ensure inevitable success.

This retreat includes accommodation for two, food and flights from the UK! for the August bank holiday weekend in 2023!

RRP: £2000

Reserve: £1000

loveandriseretreat.com



HUMAN CONNECTIONS

TRANSFORMING YOUR LIFE THROUGH CONNECTION

LOT 9

CIMONE MARIE ARTWORK

"Title: In motion."

Original Pen drawing on 300g/m pure cotton Arches Aquarelle Watercolour paper.

Size: 26cm x 36cmm (10in x 14in)

My name is Cimone Le Maitre and I am the owner of Cimone Marie metal & art. I am a multi-media Artist and Jeweller and my aim is to create objects of beauty by paying homage to my Caribbean Heritage.

100% Handmade
Unframed.

RRP: £135

Reserve: £60

<https://www.facebook.com/CimoneMarie>





LOT 10

£500 GIFT VOUCHER FOR THE BARGAIN CORNER

Whether you love jewellery or are looking for that perfect new dress, you can find it at The Bargain Corner.

The Bargain Corner is a online store created and based in the UK in London. They firmly believe that fast fashion doesn't need to be synonym of waste.

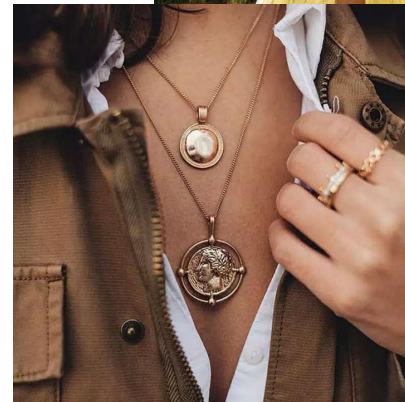
As such they collect your old clothes, recycle them and sell them back.

Welcome to a kinder world, one where sustainability is no longer an option and is as simple as "Hello".

With this £500 gift voucher you can shop until you heart's content just in time for Christmas and know you're spending your money sustainably!

Reserve: £250

<http://www.bargaincorner.store/>



LOT 11

MONICA VINADER FINE CHAIN FRIENDSHIP BRACELET

This stunning 18ct Rose Gold Plated Vermeil bracelet is the perfect gift for yourself or that special someone in your life.

Monica Vinader designs jewellery that empowers, uplifts and endures using only recycled gold vermeil, sterling silver and sustainably sourced natural gemstones, diamonds and pearls.

Corda is inspired by nautical rope chains and Mediterranean sunsets. Delicately twisted gold sits on an adjustable slider for a traditional friendship bracelet aesthetic.

All of the pieces are handcrafted from sustainably-sourced materials. Style it your way and bring joy to your everyday. Go ahead, treat yourself. We all know you deserve it.

RRP: £115

Reserve: £55

www.monicavinader.com





LOT 12 DONATE TO OUR KINDNESS DURING CHRISTMAS CAMPAIGN & WE WILL GIVE YOU/YOUR BUSINESS A SHOUT OUT ON SOCIAL MEDIA

Working with Wandsworth Council, we have identified the most financially vulnerable children from low income families living in the deprived areas of Wandsworth. Since 2020, we have been fundraising and delivering Christmas gift bags to these children during Covid-19 as many from very poor families had to choose between buying food or presents. This year, with the staggering rise in energy prices and cost of living, the need to help support these families is even greater. Your donation will bring a smile to these children's faces and relieve financial pressure on their families

£15 - buys one child a gift bag (toy or item of clothing, kindness xmas journal, chocolates, Christmas card and small knick knacks)

£10 - buys £10 amazon gift card for the child's sibling

£50 - buys 2 gift bags and 2 gift cards for 4 children & siblings

£100 - buys 4 gift bags and 4 gift cards for 8 children & siblings

[Kindness during Christmas campaign 2020 video](#)



LOT 13

CHRISTOPHER HASKEW ARTWORK

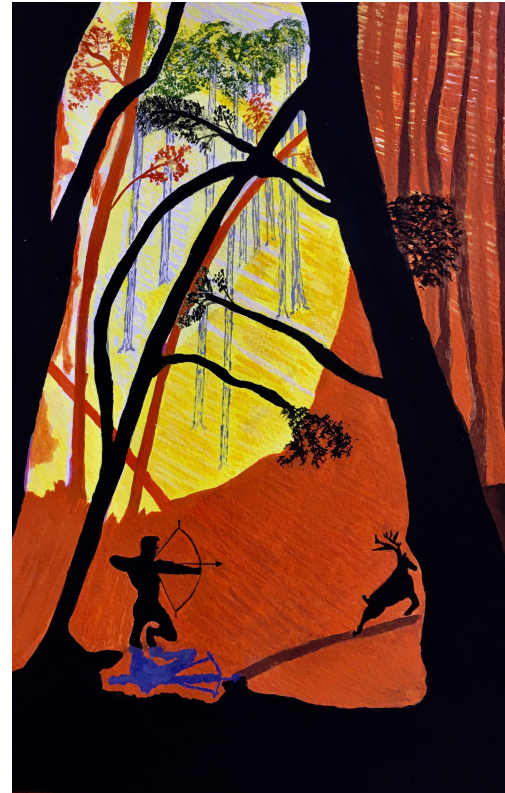
Title: "A Narrow Escape".

This stunning piece of artwork measures 30cm x 20cm and is painted with gouache on paper.

Signed & donated by the artist. Unframed

RRP: £95

Reserve: £45



LOT 14

BOMBSHELL LONDON

SILVER SWING SEQUIN GOWN

This is a simply exquisite gown, made in London with love.

Length and fabric details

Main fabric - 93% Polyester / 7% Elastane. Lining - 95% Polyester / 5% Spandex

you'll feel fully confident in this swing gown. Just slipping it on a twirling is a whole lot of fun!

The skirt leaves the bodice at just the right point, to conceal the tummy and the full length skirt skims the floor. Crafted using the finest stretch sequins. The lining is plush and stretchy making this gown shockingly comfortable to wear, and will flatter your curves beautifully both lifting and sculpting.

RRP: £389

Reserve: £200

www.bombshellhq.com



LOT 14

BOMBSHELL LONDON CHELTENHAM COAT IN MIDNIGHT WOOL AND CASHMERE

This Bombshell Cheltenham Coat in Midnight Wool and Cashmere epitomizes timeless glamour. There's just something utterly striking about matching coats and dresses. Making a dress an outfit. You'll feel like you've stepped out of a movie.

This coat has been designed to flatter your curves with gentle sculpting through the bodice. Finishing just below the dress as all good dress coats should.

- Bracelets length sleeve with a turn back cuff
- Side pockets
- Fully lined
- 115 cm length
- Made in the UK

RRP: £449

Reserve: £250

www.bombshellhq.com



RAFFLE



THE BE KIND MOVEMENT TEAM WILL BE SELLING RAFFLE TICKETS BETWEEN 6PM-7PM.

EACH STRIP IS £10 EACH, OR TWO STRIPS FOR £15. WE WILL PROVIDE DIGITAL PAYMENT SYSTEM.

THE WINNERS WILL BE ANNOUNCED AT 10.30PM!

WWW.BEKINDMOVEMENT.CO.UK

ST PAUL'S CATHEDRAL TOUR FOR FOUR PEOPLE

Get to know the fascinating figures in our history and enjoy a day in London with three friends by visiting this iconic landmark. Take a tour of St Paul's Cathedral with this gift voucher.

Kindly donated by St Pauls Cathedral



COTSWOLD WILDLIFE PARK TICKETS FOR TWO PEOPLE

Every visit to Cotswold Wildlife Park and Gardens is a unique and exciting experience! Whether you fancy the fabulous Giraffe Walkway or want to take a walk on the wild side by spotting some lions, this is a memory-making day out for two.

Kindly donated by Cotswold Wildlife Park



SURPRISE HAMPER

This special treat will be a surprise! A lovely hamper packed full of goodies could be all yours, just in time for the festive period!

Kindly donated by **Debbie Gilbert**
bestbusinesswomenawards.com



FOOD LOVERS BUNDLE!

Treat yourselves to a meal out for two at Zizzi, ASK Italian or Café Rouge. Enjoy a classic croque monsieur or slow-cooked beef bourguignon, served in stylish, Parisian-themed surroundings at Café Rouge, or tuck into a delicious pasta dish, with a glass of wine and at Zizzi or ASK Italian. Head to your choice of over 200 restaurants for lunch or dinner and take £49 off the bill at the end with this flexible voucher. Delicious!

Kindly donated by **Enjoy Stevie**
www.enjoustevie.com





BESPOKE HANDMADE LUXURY BATH BOMBS

Enjoy a peaceful night by creating a tranquil bedtime routine to unwind. Indulge in our popular scents including: peppermint, lavender and sweet orange to tailor towards the thoughts of serenity. Get ready to treat yourself or someone special to a relaxing night with our vegan hand pressed and hand painted geode bath bombs, pink Himalayan salt and sugar scrub set.

Kindly donated by Blue Opal Beauty

www.chailam.wixsite.com/blueopalbeauty

www.etsy.com/uk/shop/BlueOpalBeauty

Instagram: [@blueopalbeauty](https://www.instagram.com/blueopalbeauty)





TETBURY PROSECCO HAMPER

The Tetbury Prosecco Hamper contains a sophisticated Sant'Orsola Prosecco that will add fizz to any celebration as this Italian wine has gained a great reputation for sparkling sophistication.

Inside the attractive willow picnic hamper you'll also find Mondovino Porcini Mushroom Crackers together with Cottage Delight's Caramelised Onion Chutney. Further savoury items include 'Perfectly Scrumptious' Spicy Peanuts from The Dormen and a pack of Pipers Lye Cross Cheddar & Onion Crisps.

Kindly donated by Parmjot Bansoodeb
www.surrealty.co.uk

PROFESSIONAL AND SUPPORTIVE DOG & PUPPY TRAINING

Get to grips with dog training with a session at Albany Pet Services!

The polite puppy course can be accessed day or night. It is a comprehensive guide of life skills for your puppy to help them build emotional resilience and keep them safe.

Kindly donated by Albany Pet Services
www.albanypetservices.co.uk





NICE WINE TREAT

The perfect way to try them all!

NICE's mixed case includes a combination of Sauvignon Blanc, Pale Rosé & Argentinian Malbec 250ml cans.

Pair with a tempting sofa, or host the dream dinner party. NICE's Wine in a Can range just became the must have wine selection. Each can = 250ml (that's the same as a large glass).

Kindly donated by NICE

<https://nice-drinks.co.uk/>

RUBRIK'S CRUET SALT AND PEPPER SHAKER

A pop culture phenomenon turned kitchen gadget, these Rubik's Cube salt and pepper mills only need a little twist at the top to get some S & P.

Kindly donated by Premila Puri



THANK YOU



MONICA VINADER



THIS AUCTION AND RAFFLE WOULD NOT HAVE BEEN POSSIBLE WITHOUT THE GENEROSITY OF OUR DONORS.



www.bekindmovement.co.uk



www.facebook.com/bekindmovement



twitter.com/bekindmovement1



www.instagram.com/bekindmovementuk



www.linkedin.com/company/be-kind-movement



FINALIST - THE NATIONAL DIVERSITY AWARDS 2022
FINALIST - WOMEN'S ENTERPRISE AWARD 2022
NOMINEE - POSITIVITY AWARDS, SMALL BUSINESS AWARDS
WINNER - CHARITY CHAMPION AWARD - BEST BRITISH BUSINESS AWARDS 2021