



welcome to

FLOCKU



- ☎ 1-888-370-8885
- ✉ wishes@3littlebirds4life.com
- 🌐 www.wishwishwish.org
- ★ 3LB4L is a non-profit 501(c)(3).

What is Flock U?

Flock U was created for college/university students to raise awareness and host events that benefit 3 Little Birds 4 Life. We enable students to volunteer for 3 Little Birds 4 Life without even leaving campus.

About 3 Little Birds 4 Life

Since July 2012, 3 Little Birds 4 Life has enhanced the lives of young adults, ages 18-40, currently managing cancer, through its wish-granting work. The organization's mission represents the life-changing impact that a 3 Little Birds 4 Life wish experience has on young adults with cancer, their families, donors, sponsors, support resources, and entire communities.

3 Little Birds 4 Life was founded in 2011 after Tyler was diagnosed with stage IV Melanoma at the age of 28. Tyler was the brother of Founder, Ashley Swip, and it was Ashley's research that came up with no wish granting resources after a patient turned 18. So, before his passing, she was able to grant his wish to have an experience with the St. Louis Cardinals Baseball Team. Since its humble beginnings, the organization has blossomed into a nationwide organization, granting the wishes of more than 150+ young adults with cancer. Although it has hopes of becoming one of the world's most well-known charities, 3 Little Birds 4 Life will maintain a grassroots fulfillment of its mission.

A network of nearly 25 (we always could use more) wish designer volunteers, this enables 3 Little Birds 4 Life to serve young adults with cancer in every U.S. community. Our volunteers serve as wish designers, fundraisers, creative team specialists, special-event assistants and in numerous other capacities.

As 3 Little Birds 4 Life continues to mature, its mission will remain steadfast.

Until there's a Cure...There's a Wish!



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Our Mission

Mission: To enhance the lives of young adult cancer patients, ages 18-40, currently managing cancer, through Wishes, Awareness, and Education.

- Since July 2012 over 140 wishes have been granted in 35 different states for patients with 24 different types of cancer.
- 3 Little Birds 4 Life is the ONLY Wish Granting organization that grants wishes to cancer patients ages 18-40 from diagnosis through 6 months post remission (or active treatment)
- Patients can apply directly on our website in a few short minutes
- We grant a Wish for EVERY Wish Recipient that applies, as long as they fit our criteria of:
 - Age 18-40
 - Currently managing cancer from diagnosis to 6 months post remission
 - Doctor must send in a doctor note to confirm patient status

Purpose

The purpose of 3 Little Birds 4 Life is to grant the wish of young adults, ages 18-40, currently managing any type of cancer at any stage. The day a young adult turns 18 they are eligible for a Wish, and the day the young adult turns 41 they become ineligible.

Volunteerism

Volunteers are an integral part of the organization's success. 3 Little Birds 4 Life volunteers handle many responsibilities within our chapters, from wish granting to fundraising.



Referrals

We do not take Referrals. The patient themselves, or with the help of family or support person, can fill out application.

Wish Ideas

- Family vacations
- Attend concert or sporting event
- Celebrity meet and greets
- Home repairs
- Car repairs
- Computer or Ipad's or other electronics
- Shopping spree
- Makeovers
- Gift cards for groceries, restaurants, etc.
- Smile makeovers

Wishes are not bound by categories, and we rely on the creativity of our wish designers to deliver personal and individually special wishes.

Costs of a Wish

There is no cost to the young adult to fulfill his/her wish. 3 Little Birds 4 Life covers all of the expenses (up to a certain amount based on a per wish budget)



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FLOCK U OPTIONS

1. Start your own Chapter!

- The benefit of having a Chapter, is that you can recruit members to join, which automatically puts people in your Flock to host, volunteer, and attend events or fundraisers.
- Chapters can be started at any university or college. Starting a chapter can be done with a few easy steps:
- Fill out the FLOCK U New Chapter Application form:
https://3littlebirds4life.formstack.com/forms/untitled_form_5
- Find the deadline for registered student organization creation on campus
 - Usually toward the beginning of fall semester
- **Research what you need to be a registered student organization**
 - Usually requires finding a faculty sponsor (See template Faculty Request)
 - Send the letter template to any professor that might be interested in this organization. Make sure to send emails to one person at a time, not as a group.
 - A chapter constitution and by-laws (See template)
 - Finding student members
 - Members must participate in meetings, fundraisers, social events, and volunteer opportunities in FLOCK U.
 - Undergraduate and Graduate/Professional Students are welcome



- **Set a first meeting date & location**

- Choose a date (weekday evenings usually are best)
- Bring some kind of food or drinks (pizza, water, etc)
 - Always helps to liven up mood and bring people to meeting for free food.
- You can easily reserve a classroom or meeting space
- Meeting should last 30-45 min

- **Over Recruit members to join**

- There is no such thing as too much recruitment. FYI...here is a basic rule to remember...for every 10 student who attend your recruitment meeting, usually 2-3 will remain committed members.
- Here are some recruitment tools that you can use
 - Recruitment table at Welcome Week
 - Place posters around campus
 - Use chalk to write on sidewalks around campus
 - Create a Facebook group and Event page for your meetings
 - Once chapter is approved to the FLOCK U Campus group, you will receive a Twitter Handle and Instagram that you can use
 - Send out a mass email
 - Meet new people out and invite them to meetings
 - Giveaway bracelets or info in the student union or quad

- **Start your NEW FLOCK off on right path**

- Starting with your first chapter meeting, make sure your meetings are run effectively and efficiently.
- It is important to follow the same structure each meeting to keep a good flow.
- Take attendance at each meeting...ask for:
 - ☛ Name
 - ☛ Email
 - ☛ Cell number
 - ☛ Twitter handle
 - ☛ College Major
 - ☛ Are they interested in a leadership position
- Hold a meeting bi-weekly (every other week) or no less than monthly
- Distribute a calendar of dates and/or deadlines for the year
 - ☛ Meeting dates
 - ☛ Event dates
 - ☛ Chapter activities
- Discuss fundraising events your chapter would like to host
- Take a chapter photo to put on social media to continue to draw interest. Post photo after each meeting.
- After meeting, send out a chapter meeting memo (minutes) that recap the meeting, who attended, and what was discussed (See Template)

- **Keep YOUR FLOCK on the right path**

- It is important to not cancel or continue to delay meetings because it gives the opportunity for members to leave or get sidetracked.
- Use a Chapter Calendar to help plan meetings and events.
 - ☛ Google calendar works best, then share to members
- Be sure to continue chapter memos or minutes after each meeting
- Start planning your first fundraiser as soon as possible, and never give up. The more money you raise...the more Wishes we can grant!
- Start planning your first chapter activity (here are some examples)
 - ☛ Tailgate party
 - ☛ BBQ
 - ☛ Other fun activity
- A great way to start the chapter spirit is to establish your chapter brand. All items must be pre-approved by 3 Little Birds 4 Life.
 - ☛ Create T-shirts
 - ☛ Hoodies
 - ☛ Hats
 - ☛ Stickers
 - ☛ Other creative ideas



2. Host Events/Fundraisers!

- At the first Event/Fundraiser or Chapter meeting, you need to decide how many wishes you would like to grant. That number will need to be sent to 3 Little Birds 4 Life.
 - The form to send is on the website. Please email or fax (618-623-0053) before you start planning.
- Each Wish is approx \$3000.00, so use that to decide how many to grant
- As soon as we know your number of Wishes, you will receive a Wish Recipient in your area (maybe in your College/University for you to meet.
- You can raise money a few ways:
 - You can charge a membership fee (think \$20/year or \$10/semester)
 - Sponsorship drives (see template for sponsorship info)
 - Local businesses
 - College/University Alumni (contact Alumni office for list)
 - Send fundraising letters to family, friends, professors, department heads, Dean, etc (See template for letter)
 - Ideas for fundraisers/events
 - Dance marathon
 - Up till Dawn fundraiser
 - 5k Walk or a Workout 4 Wishes event
 - Bachelor/Bachelorette Auction
 - Sports Tournament/game (sand volleyball, soccer, basketball, etc)
 - Bag or Cornhole tournament
 - Crazy Bowl



- Trivia night
 - Host a concert with a local band
 - Plan some kind of theme party (halloween, end of semester, etc.)
 - Dollar Drive (encourage people to donate \$1), get a sign to hang up if they do.
 - Sell finals survival kits (munchies, pens, etc)
 - BBQ/Cook off between clubs on campus
 - Fashion Show
 - Talent show
 - Art/Craft show
 - Restaurant Givebacks
 - Food Truck fundraisers
 - Host a Wish Week (with activities each day)
 - Any other creative idea you have!
- **Let people know about THE FLOCK**
 - Create your own website or social media account as creatively as you want. This will make it easier for others to join your FLOCK.
 - All social media accounts will have to be approved by 3 Little Birds 4 Life directors before created.
 - Use # to keep track of pictures and posts on social media
 - Link up social media, meetings, events, online donations
 - Put up pictures and stories of wishes your FLOCK has granted

Awariness/Advocacy

Wouldn't it be great to spread the word on campus on how to be healthier, learn ways to possibly prevent cancer as a young adult, and know how to become your own health advocate? Here at 3 Little Birds 4 Life we believe in spreading the word about early diagnosis, knowing your body, and becoming your own health advocate. If cancer can be diagnosed and treated early, in the young adult age group, then the rates of death from cancer, will be decreasing. Problem is that your age group rarely goes to the doctor, has poor eating/drinking habits (normal in college), exercise, and sleeping habits. By the time someone realizes that there is a problem due to the things above, the cancer might have spread. Let's try to help each other learn on how to live a healthier life...and knowing when to go to the doctor, and how to advocate for yourself once you are there.

We are here to support YOUR FLOCK in any way possible. If you have any questions or concerns, please do not hesitate to contact:

Ashley Swip

ashley@3littlebirds4life.org

phone: 888-370-8885

fax: 618-623-0053



Thank you for your interest in joining FLOCK U!

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