



**Rising Sun  
team is here  
to help your  
fundraising  
be FUN and  
successful.**

**A helpful guide to fundraising - helping us to support local  
adults and families live a life free from domestic abuse.**

**Thank you for choosing to raise money for Rising Sun.  
We really appreciate your time and effort.**



By giving up a small amount of your time you will not only be raising money, but also raising awareness for Rising Sun. This offers us an even stronger platform to continue our vital work of supporting those who have lived with domestic abuse and to help them rebuild their lives both as individuals and as families.

The money you raise makes a huge difference and we would not be here without you. We are committed to working with those we support, their families, health professionals, police, and other providers to develop an effective and a highly personalised service to suit individual needs.

This guide includes fundraising ideas; how to plan your event; fundraising tips; how to set up an online fundraising page and a little bit of useful legal stuff.

## Claudia

I was 15 when I was referred to Rising Sun. I was in a teen-abusive relationship and I needed help.

I dropped out of school and I remember thinking I had no future. I tried to commit suicide...three times!

Thankfully a teacher recognised the signs and got in contact with Rising Sun.

They came to see me each week. I began to realise they weren't judging me or telling me what to do. They listened. They didn't lay the law down. They worked with me and I began to see for myself what was happening to me. They gave me the confidence to speak out and make decisions for myself.

With their support I gained the confidence to sit my GCSEs. I passed.

Fast forward two years, I am now at college, and I've got a boyfriend. I feel safe and I know what a healthy relationship is.

I no longer see Rising Sun - thankfully I don't need them, but I'll always be so sincerely grateful to them. I honestly dread to think where I would be now.

(names and images have been changed to protect identities)



## Just a few ideas...

**Auction** Have things you no longer want or need? Why not have an auction?

**Bad Habit Box** Everyone has bad habits: drinking too much or swearing or maybe biting your nails. Ask family or friends for sponsorship to quit for a time and use the box to fine yourself.

**Bag Packing** Get in touch with your local supermarket and get bag packing!

**Cake Sale** Wherever you are - at work - at home - at church - organise a cake sale. Mmmmm!

**Dress Down Day** at work or school.

**Ebay** Selling old items? Why not sell them on eBay and you can donate 10 - 100% of the profits to Rising Sun.

**Film Night or Fancy Dress** or maybe both and dress up as a character of the film!

**Garden Party** get the BBQ started and invite your friends and family round.

**Indoor Games Event** - Indoor Olympics or Board Games - whatever you do it will be fun!

**Jogging** if you've been meaning to get fit then now's your chance. Plan your fitness and get people to sponsor you.

**Keepy Uppy Competition** Who will keep the ball going the longest?

**Loose Change** - don't dismiss this one. Have one of our collection tins at home, at work - its surprising how quick this can add up.

**Non Uniform Day** ask for donation to wear the outfit of your choice.

**Office Olympics** Who will be best at throwing up a piece of paper in to the bin.

**Quiz Night** hold a fundraising quiz night.

**Raffle** Ask local businesses to donate prizes or buy a large Easter egg and hold a raffle!

**Unwanted Gifts** Sell your unwanted gifts and donate the proceeds to Rising Sun.

**Walk to Work** for a week, or month. Feel fit and donate your travel expenses.

**Xperience Day** Go wild and try something you wouldn't normally do!

## Sarah

I had been in an abusive relationship for over 8 years. Over this time I had to give up work due to anxiety and depression - things were getting worse at home, and I was left feeling a failure.

The violence was getting worse but I'd stopped reporting it as he convinced me they would take my children away. I remembered a time when I had reported it but I was so scared to say any more as I could see the fear in my daughter's face.

I was totally alone - I'd left my friends and family long ago. I have to admit when I first spoke with Rising Sun, I felt it was just another agency interfering, but I met with Ruth\* regularly, and I remembered thinking she's not telling me what to do.

Instead I did a lot of talking and we ended up working out who I needed information from. She came with me to meetings with the Police and Social Services. She was there for ME - either at the end of a phone or meeting up.

I gradually started to meet with friends again. School improved for my kids. I went on the Freedom programme, which was a big turning point for me. Ruth was just the best - I don't know where I'd have been now if I hadn't found Rising Sun.

\*names have been changed

## Want to plan your own event?

1. Choose your fundraising idea - However big or small, just make it fun to be a part of and it will be a success!
2. Make a plan - check out the fundraising tips on the next page. Work out how much your event is going to cost you initially?
3. Let people know about your event - the more people who know, the more money you will raise. Social media is a powerful tool to spread the word quickly! We can also offer you posters.
4. Collect the money - you can set up an online fundraising page and/or we can send you sponsorship forms.
5. Keep your event safe and legal. See our guide on the back cover about legal, useful information.
6. Keep in touch with the Rising Sun fundraising team.



## Fundraising tips

Ensure that eligible sponsors or donors tick the Gift Aid box - it's worth 25p for every £1 donated.

*giftaid it*

Stay in contact with us and tell us your needs: collection tins, buckets, pens, balloons, leaflets and posters - we'll do everything we possibly can to make sure you have what you need.

Order a Rising Sun supporter tshirt (free to all those who raise over the minimum guaranteed amount).

Get a committee together. Include your family, friends and/or colleagues - you can benefit from their networks.

Make a list of everyone you know and all your contacts in different areas of your life - neighbours, work, clubs, gym, church etc.

Make a plan for your targets. What will you do, when and how?

Carry your sponsorship form wherever you go. Make sure your committee has theirs too. It will soon add up!

Start as early as possible!

## Useful facts and figures about Rising Sun



**Rising Sun is an established charity with over 35 years of protecting adults and children who are living, or have lived with, domestic abuse.**

Over the last year:

We directly supported over 860 children and young people within our community.

We supported over 1,580 families.

Supported 720 adults to free their life from immediate abuse.

Supported 228 women in therapeutic programmes and counselling.

Promoted healthy relationship programmes to 5,700 young people.

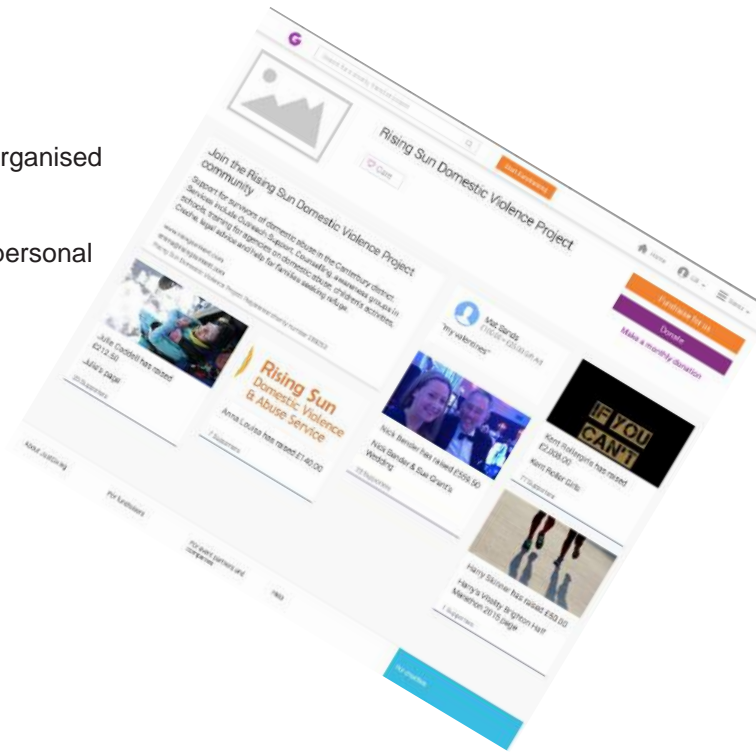


# Setting up an online giving page

Having your own personal web page for online fundraising allows you to concentrate on your event, while the collection of money and Gift Aid declarations is taken care of automatically. There's a few to choose from and we have our own registered with Justgiving.

Setting one up is simple. To set one up with Justgiving then visit [www.justgiving.com/rsdvp](http://www.justgiving.com/rsdvp) and follow the guidelines

- \* Click on the 'Fundraise for us' button
- \* Complete your details
- \* If you are taking part in a Rising Sun organised event click 'Organised event'
- \* If not, select 'celebrating event', 'remembering someone' or 'personal challenge'
- \* Remember to choose a short and relevant name for your Justgiving website address.
- \* Personalise your page - your donors want to know what inspired you to raise money and why you chose Rising Sun.
- \* Click 'continue'.
- \* You're set to promote your page!





## Setting up textgiving

If you want to set up textgiving then once you've created your page just follow the instructions below:

- \* Log into your account
- \* Click on 'Edit' alongside your active page on the left hand side of your Feed
- \* Click on 'Get started with your unique text code' on the right
- \* Your code is displayed underneath number 1, you can click 'Personalise your code' to change it
- \* Choose a 4 letter, 2 digit code and select 'Save'. You'll be told if this is already taken.
- \* Share your code with your contacts.

## Fiona

While visiting family, I finally confided that for over 30 years I had been physically and emotionally abused by my husband.

My sister, found out about Rising Sun for me. I was scared. I couldn't speak. I couldn't function. He had stripped me of my confidence, my self-worth and even my voice. I barely spoke above a whisper.

I attended counselling - it was a very slow process for me, but over time I began to understand what was happening and the danger I faced if I went back. I was still scared. I began to trust Rising Sun though. I started to function and in fact, counselling became my focus of the week. I started to take pride in myself, self-worth and appearance. My voice returned. More importantly though it gave me back my tears. I had been numb for over 30 years and had stopped crying. I

felt nothing. The first time I cried, I felt such a release.

Recovering, if you can call it that, is a slow, slow process. My faith sustained me. I went on to attend both the **Freedom Programme** and **Family Now**. Seeing, hearing and sharing with other ladies was encouraging - I realised I was not the only one making a journey.

**Family Now** was the final link in the chain of my recovery. It gave me back the strength as a mother, and enabled me to understand and give names to what I had gone through; how this had affected my children, my family, friends, work and overall functioning.

I know I found the strength within me, but Rising Sun listened and believed me. They helped me realise I had that strength. I am free from abuse, I am free from my whisper.

\*names have been changed

## A little bit of useful legal stuff

There are a number of guidelines that you need to follow when fundraising for Rising Sun Domestic Violence & Abuse Service. If you are unsure please call on **01227 452852**.

Some brief rules and regulations for common fundraising activities are listed below. But if you are planning street collections, you must contact us first to gain further guidance and authority.

### Raffles and lotteries

There are three kinds of lottery or raffles and each have different rules and regulations. These are governed by the Lotteries and Amusements Act 1976 (as amended). See the Gambling Commission website for guidance on regulations or contact us.

### Collecting money with tins

Please contact us before you embark on fundraising with collection tins. However if you know a pub, shop or organisation which will hold one for us, please do so but please let us know.

### Food and drink

There are many regulations governing the use of food and even if you are only providing food on a one-off basis, you must still comply with these. For specific advice on food safety legislation, please contact the Environmental Health Services department at your local council.

We recommend that you contact your local authority before your event to discuss your plans with them.

Rising Sun Domestic Violence & Abuse Service is a company limited by guarantee. Registered office: 27 New Dover Road, Canterbury, Kent CT1 3DN. Registered as a company in England No 1794133. Registered charity No: 289253

Every person involved in the preparation and serving of food to the public must have a basic understanding of food hygiene.

### Entertainment

If you are planning to have some form of entertainment (this means two or more people performing or dancing) in a building, which does not already hold a Public Entertainment Licence, you need to get one. This licence is provided by your local authority.

### Finally...

If you are in any doubt about the legal implications of anything you are proposing to do, please just check with us and we will be able to advise you.

Always think about safety, both yours and others. Depending on what you are organising, consider whether you need insurance or a licence. Enjoy yourself while fundraising, but please don't take risks or cause distress to other people.

If you have any questions please do not hesitate to contact the fundraising team.

Call 01227 452852  
email: [gill@risingsunkent.com](mailto:gill@risingsunkent.com)

Keep in contact with us to find out about Rising Sun events and news.



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