



Rising Sun
Domestic Violence
& Abuse Service

FUNDRAISING GUIDE

Thank you for
choosing to
fundraise for
Rising Sun.

We really
appreciate your
support



**FUND
DRIVE
FOR
CHARITY**



By raising both money and awareness for Rising Sun we can continue our vital work of supporting those who have lived with domestic abuse and help them rebuild their lives 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.



Who you are helping: Emma

(names and images have been changed to protect identities)

I was 15 when I was referred to Rising Sun. I was in a relationship with my boyfriend and I knew what he was doing was wrong - but I just didn't know how to get out of it and who to turn to. Now I know, he was sexually abusing me.

Thankfully a teacher recognised some signs and knew something wasn't right - and she got in contact with Rising Sun.

They came to see me each week. I remember nothing was pressured. They didn't lay the law down. They worked with me and I began to see for myself what was happening to me. They never told me what to do – but somehow got me to see and, as importantly, gave me the confidence to make decisions for myself.

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

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.

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

Bad habit box: everyone has bad habits, ask family or friends for sponsorship to quit.

Garden Party: get the BBQ started and have a socially distant family gathering in the sunshine (or, lets be honest, rain).

Coffee morning: have you missed your daily coffee during lockdown? Why not hold a virtual coffee morning and donate the money you've saved.



Get crafting: embroidery, painting or homemade candles. Go online for inspiration, get creative, then sell your creations to friends and family.



Ebay: selling old items? Why not sell on eBay and donate 10-100% of profits to Rising Sun.

Something outrageous: people will pay good money to see you do something silly: lockdown head shave, a mile on a spacehopper, skydiving. What silliness can you get sponsored to do?

Quiz night: test your trivia and hold a fundraising quiz either online on Zoom or from a safe distance.



Fitness: if you've been meaning to get fit then now is your chance! Use apps like Strava to track your goals and encourage sponsors.



FUNDRAISE ONLINE

Once you have decided how you would like to fundraise. An online fundraising page is a straightforward way for your supporters to track your progress and securely donate.

Setting a fundraising page up is simple:

visit www.justgiving.com/rsdvp

Click on the fundraise button to enter your details.

SHOUT OUT ON SOCIAL MEDIA

Let people know about your fundraising - the more people who know, the more money you will raise. Social media is a powerful tool to spread the word quickly! (JustGiving pages shared on social media raise on average 5 times more donations) Tag us in your posts so we can promote your hard work with our supporters too.....

facebook.com/risingsunkent

instagram.com/risingsunkent

twitter.com/RisingSunKent



BE OLD SCHOOL

Just because so much can be achieved online doesn't mean it has to be. If you want paper sponsorship forms, collection tins, buckets, balloons, leaflets and posters just let us know and we will send them to you.

THANK YOUR DONORS

Let your supporters know how grateful you are for their help. Keep them up to date on your fundraising and what their donations can achieve.

LET US KNOW YOUR PLANS

We love hearing what you are up to and seeing photos so be sure to get in touch with us.

Call us on 01227 452852 or

Email support@risingsunkent.com



Who you are helping: HERstay

'HERstay', an innovative service providing accommodation for 16 to 24 year old girls from Kent who are pregnant, with no family support, and a history of domestic abuse.

Their chaotic family situations can result in homelessness and increased vulnerability to abuse. As well as a safe and secure home, HERstay helps young women develop the skills they need to lead independent lives and find long term homes for themselves and their children. Renovations for HERstay are scheduled to start in October 2020.

"It is great to come in to talk but eventually you have got to go home and you have got to find a place for your baby. To have a safe place, but also have the support to know that one day you will be able to go and do that on your own... it will be incredible."



Helpful tips

Personalise your fundraising -
your donors want to know what inspired you to raise money and why you chose Rising Sun.

Don't be shy -
Make a list of all your contacts in different areas of your life – neighbours, work, clubs, church etc. And ask people to get involved.

Matched giving -
Many companies have matched giving schemes for their employees fundraising so ask your employer if they'd be interested.

Gift Aid your donations –
If your donors Gift Aid their donation we can claim 25p for every £1 donated. Make sure they tick the Gift Aid box on your sponsorship form or Just Giving page.

Start your planning as early as possible!

Thanks to your donations, last year we:

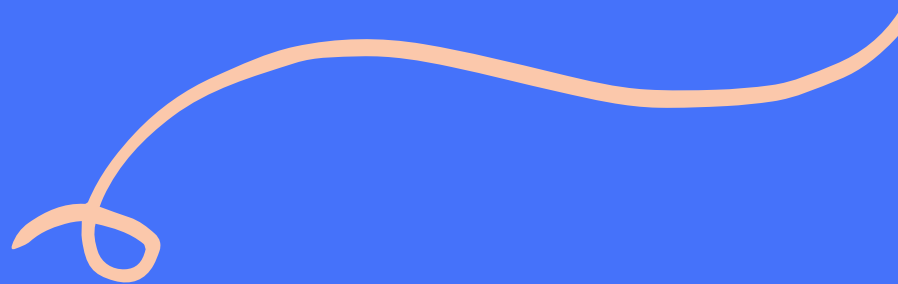
- Facilitated over **130** group sessions
- Ran **225** advice drop ins
- Ran **300** 1 to 1 sessions with children and young people
- Provided life-saving and life-changing support to **5,052** adults, children and young people

How your money helps

£15 - an hour's counselling to help a survivor recover from the trauma they've experienced.

£30 - a session of our Love Shouldn't Hurt work being delivered to young people, helping them to recognise the signs of a healthy/unhealthy relationship.

£100 - pay for art and crafts needed for our children's recovery programmes.



There are a number of ways to donate the money you raise:

1. Money you raise through JustGiving will be sent to us automatically.
2. Cheque made payable to Rising Sun Domestic Violence and Abuse Service posted to Judith Collins, Rising Sun, 23a Military Road, Canterbury, CT1 1YX
3. BACS transfer to Rising Sun,
Sort code 40-52-40
Account number: 00025585
Payment reference: yourname



Let us help you!

Remember we are here to help.

Our fundraising team can provide practical, tips and support. We can also provide collection tins, sponsorship forms, buckets, posters and banners.

If you need any advice or guidance, feel free to get in touch. Call Gill or Judith on 01227 452852 or support@risingsunkent.com

Thank you so much for all your time and support

"I have been so emotional over last few day struggling with kids at home and now I am emotional in a very happy way. Thank you Thank everyone " Mum with 3 kids

A little bit of 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.

If you are planning street collections, you must contact us first to gain further guidance.

Raffles and lotteries

There are three kinds of lottery or raffles with different rules and regulations. See the Gambling Commission website for guidance or contact us.

Collecting money with tins

If you know a pub, shop or organisation where you can hold a collection please let us know!

Food and drink

There are many regulations governing the provision of food, even on a one off basis. For specific advice on food safety legislation please contact the Environmental Health Services Department at your local council.

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 some form of entertainment (this means two or more people performing or dancing) in a building which does not hold a Public Entertainment License you need to get one. This 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 check with us.

If you have any questions please contact our Fundraising Team

CALL: 01227452852
EMAIL: SUPPORT
@RISINGSUNKENT.COM

THANKYOU



Rising Sun
Domestic Violence
& Abuse Service

Rising Sun, 23a Military Road,
Canterbury, CT1 1YX
Registered Charity Number: 289253