



# FUNDRAISING PACK

Your guide to fundraising

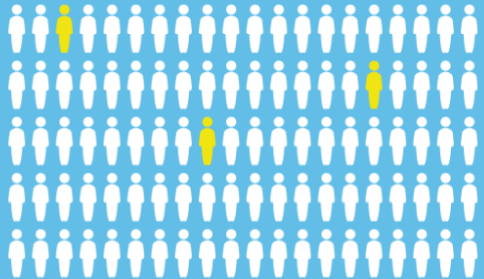
# What do we do?

You probably know someone who experienced sexual abuse or violence last year. Help us, help **them**.

Donate by text:

**Text 'KINERGY' to 70085 to donate £3\***

\* Network rates may apply and you may receive more than one message.



Every year we support **hundreds** of **survivors** of sexual abuse and violence through **1 to 1 counselling** and **group therapy**.

Opened in  
1996

Supporting  
all genders

For those  
age 16+

# What can you do?

Our essential service relies on grant funding, donations and fundraising to continuing supporting survivors across Bristol, South Glos, BANES and North Somerset.

**Help us to support survivors by fundraising today!**

## **In your Community**

Why not host your own event - see our A-Z for ideas

Take on a local running event

Set up a raffle

## **At Work**

Nominate us for your charity of the year

Ask for matched funding

Set up payroll giving

## **At Home**

Set up a birthday fundraiser on Facebook

Take on a step challenge

Hold a jumble sale

Don't forget to set up your online fundraising page or download a sponsorship form from our website.





# Easy Ways to Help



## **Text Donate**

Text 'Kinergy' to 70085 to donate £3



## **Choose us on PayPal**

Find Kinergy on PayPal to donate and fundraise.



## **Have a Birthday Fundraiser**

Head to our Facebook page to set up yours



## **Join Easyfundraising or Give as You Live**

To raise free donations when you shop online



## **Ask for a Collection Box**

To start collecting in your local business



## **Set up a Monthly Donation**

Head to our website to get started



# Other Ways to Support



## Become an Ambassador

To help give survivors a voice



## Follow us on Social Media

Find Kinergy on Facebook, Twitter and Instagram



## Shout about us in your Community

Share a post on social or hold a talk with a local group



## Share your Story

To help us demonstrate impact



## Join our Advisory Panel

To help shape our service



## Ask your Employer

About Charity of the Year programmes

You can find out more about these opportunities on our website or contact our team.

# Fundraising A-Z

- A** Abseil, auction, art show, afternoon tea
- B** Bake sale, bake off, bungee, BBQ, bingo
- C** Carol singing, coffee morning, car boot sale
- D** Dance marathon, dress up day, dog show,
- E** Easter egg hunt, exhibition
- F** Fashion show, festival, football match
- G** Golf tournament, gala dinner, game night
- H** Head shave, halloween party, hiking
- I** Ice skating, international evening
- J** Jumble sale, joke-a-thon, jazz night
- K** Karaoke competition, knit-a-thon
- L** Lucky dip, lottery, lollipop roulette
- M** Marathon, mud run, murder mystery night
- N** Name the bear, new years party
- O** Open mic, office olympics, obstacle race
- P** PJ day, party, poetry night
- Q** Quiz night, quit a bad habit
- R** Run, race, raffle, rugby match
- S** Showcase, skydive, sports day, swim
- T** Trivia, tennis, trek, talent show, talk
- U** Unusual hat day, unwanted gift sale
- V** Vintage clothes sale, variety show
- W** Walk, wine tasting, wig day, wing walk
- X** X-mas jumper day, x-mas party
- Y** Year of loose change, yoga, yes day
- Z** Zumba class, zip line, zorbing

These are just a few ideas to get you started, most importantly choose something you'll enjoy!



# Planning your own Event

## Step 1: Choose your Event

Do you want an intimate event or a public event? Will there be a theme?

## Step 2: Sort the Logistics

Decide on a date, time and location for your event

**Top Tip:** Ensure it doesn't clash with a major sporting event (unless that's the intention!) or a national day such as Mother's Day

Make sure you set a budget and decide whether you need any help for the event. This could be a fun way to involve family and friends

## Step 3: Set your Fundraising Plan

How are you going to use this event to fundraise? Will there be tickets, fixed prices or will you ask for donations? Don't forget to ask for any fundraising materials you might need like collection boxes, t-shirts or charity information.

**Top Tip:** Games and raffles are great ways to raise a little extra at your event

## Step 4: Get Promoting

Invite all you friends and family to your event, send round a text or email, or create a Facebook event to keep guests up to date.

*'Being part of group therapy helped me realise I am not alone.'* - V



# Fundraising Safely

## Do I need a licence?

If you are holding a music event or serving alcohol you (or the venue) will require to hold a licence.

If you plan on doing a street collection you will need to get a permit from your local authority or Metropolitan Police.

If you are holding a small raffle or draw on the day of your event you do not need a licence and can use cloakroom tickets for this. You must always make it clear who is running the raffle and tickets must all be sold for the same price. For the latest information and advice check:

[www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk)

## Tips for keeping it safe and legal

1. Always follow food hygiene standards. If you have outside catering you must ensure they have the relevant certification. For more information and advice check: [food.gov.uk](http://food.gov.uk)
2. You will need consent from a parent or guardian if you are taking photographs of children at your event.
3. If you are writing to anyone about your event or producing publicity terms remember to include our registered charity number: 1099140
4. We recommend that anyone undertaking events should take out appropriate personal accident and public liability insurance as we cannot accept responsibility for claims, of whatever nature, that may arise from an event outside our control.
5. Any large scale event involving the public should have a risk assessment. For more help and advice if you are thinking of holding a large scale event please check with your local council or get in touch.

*'Future clients can expect life-changing support, care and compassion, the more you can discuss the better the recovery, it changed my life.' - M*





# Gift Aid

**Gift Aid is a great way to give donations a 25% boost absolutely free of charge! For this reason we invite every eligible person to sign up to Gift Aid to boost their fundraising and turn every £1 into £1.25!**

To be eligible you must be a UK tax payer, paying more in tax than you Gift Aid. For more information head to the Gift Aid section of the government website.

If you're using a sponsorship form:

Ask all your eligible supporters to tick the gift aid box and complete the form in full to boost your fundraising.

Don't forget to return your forms with your supporters gift aid details once you have concluded fundraising and we'll do the rest!

Unfortunately you cannot claim gift aid on any fundraising event where you are charging entry or selling an item like a cake in a bake sale.

Do's and Don't of Gift Aid

Do:

Complete your form in full  
Use your home address

Don't:

Use ditto marks(")  
Complete the form on someone's behalf

*'Kinergy has given me back my life and a future to look forward to.' - S*



# When You've Finished

**You can pay in your fundraising in one of the following ways:**

## **Cash or Cheque**

Make sure all cheques are made out to 'Kinergy' and come see us at:

Mary Carpenter House  
Kingswood Foundation Estate  
Britannia Road  
Kingswood  
Bristol  
BS15 8DB  
BS15 8BN (for SatNav)

## **Online or Bank Transfer**

Head to our website's 'Donate' button or contact our team if you'd like our bank details

## **Fundraising Page**

You can set up a fundraising page for us on Local Giving or Gofundme. Head to our website to do this or to their websites and search 'Kinergy'. We suggest you do this if you're doing a sponsored event to easily collect donations.

*'The abuse had a very debilitating effect on my mental and physical well being, encompassing every aspect of life, speaking to someone with a sound understanding of my many faceted problems was invaluable.'* - G



# Thank You!!

**We are so very grateful for your support, helping us to continue to provide this vital service to survivors within our community.**

Don't forget to keep us up to date and if you have any questions about your fundraising please don't hesitate to contact Frankie, our Funding Manager on:  
frankie.burrows@kinergy.org.uk

Don't forget to follow us on social media to keep up to date with our charity:

**Find us on Facebook, Instagram and Twitter**



**@kinergycharity**





Reg Charity: 1099140 [www.kinergy.org.uk](http://www.kinergy.org.uk) 0117 908 7712

