



family
lives



Family Lives Fundraising Pack

Get involved in raising money to help us provide vital support for families.



Help us support families

We want to show you how our work supports young people and families and how the money you can raise will help.

In this pack, we've included ideas for how you can raise money to support anyone who is experiencing issues in family life. There's something in here for everyone, but you can always use your own great ideas too.

Thank you for supporting Family Lives

Thank you for choosing to support Family Lives. Fundraising for us helps us to support people who really need our help with issues such as bullying, mental health, or dealing with the many other pressures of everyday family life.

For decades, Family Lives has provided a free helpline to advise and support families across the UK. We need your support to ensure we can maintain this free service. For many families, our helpline is a lifeline. Our website is full of advice and support for families; whether you're a child being bullied, or a parent worried their teenager is struggling with their mental health, we're here for you.

Help us to keep being there, on the phone, online, and in person.

This pack has some great ideas to help you to raise money for Family Lives. Fundraisers, like you, mean that we can continue our vital work supporting families who need us.

Thank you and good luck!

Fundraising Team
Family Lives

£10 helps a parent support their child who is self-harming to talk to our trained advisors

£20 funds individual support sessions for ten families in distress each year

£25 helps train a volunteer call taker so they can be there for a parent who is facing aggression and violence from their child on a daily basis.

Fundraise for us

1. Run for us

Get your running shoes on and raise money for Family Lives. Sign up to one of the nationwide runs via our fundraising page www.familylives.org.uk/get-involved/fundraise/run-for-us and help us support families.



2. Yummy bake off

Get creative with the flour and eggs! Have a bake-off competition and then sell the goodies you've made. Just find a place to have your bake sale such as a classroom, workplace or even your garden, get some posters up and you're away.

3. Come dine with me

Get a group together and hold a dinner party over consecutive nights, with lots of fantastic food and great conversation for the perfect night in. A fantastic way of raising money and having fun!

4. Sponsor me!

Sponsored events are great fun and a good way to get motivated to do something different for a good cause. You could hop, run, be silent, dance, walk, hike or sing; the choices are endless. Find out more by visiting www.familylives.org.uk/get-involved/fundraise/run-an-event-in-your-area/

5. Fashion show

Why not get creative with some old clothes and a sewing machine? Or you could see what you can make out of recyclable materials to add an extra twist to your own anti-bullying fashion show. Get your friends and family involved and make it as big or as small as you want.



6. Hidden talents

You could organise your own talent contest, play or concert in aid of Family Lives. It could be great fun and an excellent way of raising money, as well as getting some media coverage.



7. Bring and buy

Have a rummage in that cupboard full of things you no longer use and unwanted Christmas gifts.

You can turn this into treasure by running your very own jumble sale. All you need is a space to hold the sale, a few tables, and some good salespeople!

8. Quiz

Why not arrange a quiz? You can get teams together, choose team names and each person pays £1 to enter. You can ask people or local businesses to donate a prize for the winning team.

9. Dance the night away

Everyone likes to dance, so why not organise a dance for Family Lives? You can make some posters, charge a small entry fee and even give prizes to those with the smoothest moves.

10. Poster or Vlog competition

Get creative- hold your own poster or poetry competition to raise money. Alternatively, you can make your own vlog with messages of help and support for those affected by issues within family life such as mental health. We'd love to showcase them on our social media, so don't forget to send them to us too!



Your event

Sponsorship form

There is a sponsorship form on pages 9 and 10 which you can use to collect donations from your friends and family. Just photocopy it or print out again if you need more.

Fundraising online

It's easy to fundraise online using www.justgiving.com, **BT My Donate** and uk.virginmoneygiving.com which are websites that allow you to set up your personal fundraising page to collect donations for your fundraising activity to give to Family Lives. They're simple to set up and you can add your own story, pictures and videos to your page to make it your own. Once it's set up, your friends and family can donate their money without you having to collect it later. It's also easy for people to add Gift Aid this way.

Gift Aid

Gift Aid provides donors with the opportunity to increase the value of their donations if they're a UK Taxpayer and live in the UK. Gift Aid allows us to claim an extra 25 pence for every pound which is raised with no extra cost to either the sponsor or the fundraiser. So for example, if you raise £1, with Gift Aid this is worth around £1.25 to Family Lives. People can sign up for us to claim Gift Aid on their donations by ticking the box on the sponsorship form and including their full name and address. If they are donating at your JustGiving or Virgin Money page they will collect any Gift Aid for Family Lives. If you have any questions about Gift Aid, please get in touch.

Make your event stand out

Try to make your event stand out, whether it's in an email or on your online fundraising page. Use photos and give lots

of information about your event, such as location and time. Tell the story of why you're raising money for Family Lives and explain who we are. You can find information on our website www.familylives.org.uk. Design some promotional materials such as flyers, leaflets and posters to advertise your event. You can use our posters at the end of this pack or make your own.

Contact your local media

Your local media is a great place to contact about your fundraising event. Local newspapers, radio stations and TV are always looking for stories about local people. Have a look in your local newspapers for examples of other fundraisers. Here are a few tips about what they might be looking for:

- Local media will like a story which is original and interesting so think how you can make your event stand out.
- If you have an interesting or compelling story about why you've chosen to raise money for Family Lives, they will be more likely to feature it. Do remember that you may be asked to talk about your personal background when discussing your event. If you, or the people you're close to aren't comfortable with this and you're having concerns, you can always talk to our team about what to expect.
- Pictures - local media like a good photo.

The best way to inform your local media about your fundraising event is to send them a press release. We recommend doing this at least seven days before it takes place. Include information such as what the event is, how much you're trying to raise for Family Lives, where and when it will take place and who is doing it and why. If you have a personal story behind the event, or any of

the participants do, include them. Alternatively you can simply pick up the phone and ask to speak to the relevant person. It's never too late to talk to the press, and remember that you can still contact them again afterwards with photographs and to tell them how it went.

How to collect money

If you took part in a sponsored event, some people prefer to sponsor you once you've completed it, so make sure you let everyone know all about how well you did! Don't be afraid to give those who promised to sponsor you a gentle reminder.

Remember to say thank you to everyone who sponsored you, or who helped you organise your fundraising event, and let people know how much money you raised.

Sending us your money

Anything you've raised online through Just Giving will automatically be transferred to us at www.justgiving.com/familylives so you won't need to do anything there.

- If you've collected offline funds please try and send these in no later than two months after your fundraising event.



Please remember to send in any sponsorship forms with the donations so we can claim the Gift Aid.

- Make sure you let us know your name and the event you took part in when sending in your funds so we know who to thank. If you'd like us to thank a group by name then please let us know.
- Please make cheques out to Family Lives and send to this address:
Family Lives,
15-17 The Broadway, Hatfield,
Hertfordshire, AL9 5HZ
- Please do not send cash.
- You can also make a donation over the phone by credit or debit card if you need to. Please call us on 020 7553 3086.

Share your story

If you'd like to share your story and help inspire other fundraisers, please send your stories, quotes and photos to TallulahC@familylives.org.uk. We'd love to use these in our future newsletters, social media channels and on our website.

You could also add your story to your school's website, post it on your blog and share on social media.

Bake sale to raise money for



**family
lives**

When:

Where:



£10 helps a bullied child too scared to go to school to talk to our trained advisors

£20 funds individual support sessions for ten families in distress each year

**Helpline 0808 800 2222
www.familylives.org.uk**

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*To get in touch for more information,
email supportus@familylives.org.uk*

www.familylives.org.uk