

Building **Healthy Bodies & Healthy Minds**

FUNDRAISING PACK

What you need to know to get you started

www.thefrankbrunofoundation.co.uk

What does the foundation do?

The Frank Bruno Foundation is currently fundraising to open a centre that will provide a base for structured non-contact boxing sessions and well-being programmes for any one over the age of 10 years old; who are experiencing problems with mental ill health, The Round by Round programme will consist of 12 weekly sessions of wellbeing and non-contact boxing. The centre will be open 5 days a week for different clients to access. To discuss future referrals in the first instance please contact info@thefrankbrunofoundation.co.uk.

The aim is to bring healthy-body and healthy-mind approaches together to provide a holistic and enjoyable approach to supporting all clients with mental ill health.

This will increase:

- self-confidence
- their self-regulation
- develop their self-worth

- develop their social skills
- increase their mental wellbeing

This will help to support social inclusion and physical and emotional strengths and achievements. Our aspiration is that participants will use the skills they learn on the programme to develop a happier, more fulfilling and successful future. We will also offer signposting to any other appropriate agencies should this be requested.



How your support can help...

Without the generosity of donations and the help of our volunteers we would not be able to support people living with mental health issues. The majority of our funding comes from voluntary donations and gifts and so every donation is very important to us.

Money raised by the generosity of our volunteers and benefactors will help us to deliver our services to all ages.

This quick guide is designed with you the fundraiser in mind.

Every person is different and so is the way you might choose to fundraise. This guide contains some ideas to spark your imagination on the type of fundraising you might want to do. It also confirms how to collect and send money in safely and how to keep it all legal.

How to raise funds can sometimes be a challenge in itself.

Step 1

Begin by setting yourself realistic goals and targets and remember all donations are valuable to us no matter the size of your goal.

Step 2

Make it personal - Find something that will inspire you and maybe push you a little out of your normal daily routine.

Step 3

Decide on your challenge or event. Challenges could be as simple as having someone sponsor you to make your bed each day for a month or as challenging as a marathon, the choice is entirely yours.

Why not offer to do your friends ironing for an hour and they make a donation to the charity?

Its your birthday coming up - request that instead of buying you a card people donate to the charity instead?

If you are feeling more athletic then why not choose the Foundation as your chosen charity - let us know what you are doing and ask your friends to sponsor you to complete your event.

Not feeling energetic then hold a bake sale and make some tasty treats to encourage people to donate to the Foundation.

Get the most from your fundraising

You are working hard to raise your funds so we want you to get the most you can out of your fundraising

Set your goal early on

A good way to encourage people to help you is to set a goal that people can help you achieve. Make the goal known to your audience, set up your own personal just giving page so people can easily donate and see how close you are to your target.

Gift Aid

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Don't forget to encourage your fundraisers to gift aid their donations. Gift Aid allows UK charities to claim back the basic rate tax already paid on donations by the donors. This means the Foundation can claim back 25p from the government from every pound donated!

Make use of social media

In order to boost your donations its useful to promote it. Through the use of social media you can get your friends and relatives sharing your event. Keep your fundraisers updated on what you are doing and your progress on your target.

Don't forget to let the Foundation know what you are doing as well, we love to hear what people are up to so we can say thank you. Send your fundraising pictures and stories to info@thefrankbrunofoundation.co.uk

Be legal and safe

Raffles and lotteries

If you decide to organise a raffle or sweepstake be aware that it is subject to strict legislation. If you are unsure about whether your event is suitable get in touch with us or look at the advice and guidance on the Gambling Commission website at <http://www.gamblingcommission.gov.uk/for-the-public/Fundraising-and-promotions/Fundraising/Fundraising.aspx>.

Data Protection

You must ensure that any personal details you acquire as part of your fundraising complies with the Data Protection Act. You must not share people's information without their permission, or keep hold of it for longer than you need to.

Publicity Materials

The Frank Bruno Foundation cannot authorise you to act as an agent for or on behalf of the charity. You must never give the impression to anyone that you represent the charity. We request that if you are producing any materials or putting notices on web page then you use the words "Raising Funds in aid of The Frank Bruno Foundation", a registered charity in England and Wales (117 1012).

Insurance

Any event that you might want to host will not be covered by the Foundations own insurance policy. It is therefore important that you understand it is your responsibility to obtain your own insurance to cover the event.

What to do once you have completed your event

Send us a cheque - please make your donation payable to "The Frank Bruno Foundation", send it to our registered office at PO Box 300, Chipping Norton, OX7 9FB. Don't forget to send in your details and your sponsorship forms.

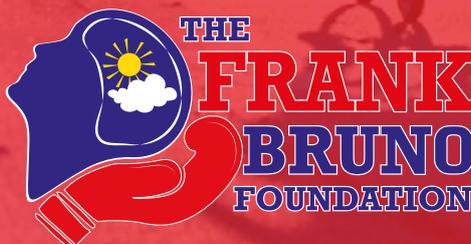
You can also donate online by going to our secure website www.thefrankbrunofoundation.co.uk and making your payment via PayPal or justgiving.

You can also ask your sponsors to donate directly by setting up your very own Just Giving Page which is also a very useful way of letting your supporters know your total money raised!

Thank You!

We really do appreciate your help.

Some images courtesy of unsplash.com



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JustGiving™

The Frank Bruno Foundation | PO Box 300 | Chipping Norton | OX7 9FB | T: 0300 365 1995

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