



Fundraising Pack

Our working name is: Self Help UK.

Our registered legal name is:
Self Help Nottingham

Our charity number is: 1061691

Empowering Communities Through Peer Support

Welcome and Introduction



At Self Help UK, we believe in the power of self-help and peer support to transform lives. We provide resources, training, and support to empower individuals and communities. But we can't do it alone. Your support - whether as an individual, corporate partner, or donor - makes all the difference.

This fundraising pack is designed to help you support our work in a way that fits your interests, skills, and available time. We focus on self-managed fundraising, putting you in control whilst keeping things simple for our small team.

Getting Started: Your Fundraising Journey

1

Choose your fundraising idea: Pick something you enjoy and that fits your schedule.

2

Set a goal: Whether you aim to raise £100 or £10,000, setting a target keeps you motivated.

3

Plan and promote: Spread the word via social media, email, and word of mouth.

4

Engage your network: Encourage family, friends, or colleagues to support your efforts.

5

Collect and donate funds: Use online platforms (JustGiving, Enthuse) or bank transfers to send your funds to Self Help UK.

f u n d r a i s i n g

Ways to Fundraise



1. Individual Fundraising



Host an event:

Organise a quiz night, coffee morning, or talent show.



Challenge yourself:

Take on a fitness challenge like a marathon, cycling event, or skydive.



Celebrate and give:

Ask for donations instead of birthday or wedding gifts.



Sell and donate:

Sell pre-loved items on Vinted, eBay, or at a car boot sale.



2. Corporate Giving and Business Support

Charity of the year:

Nominate
Self Help
UK as your
workplace's
charity.

Payroll giving:

Employees can
donate directly
through salary
deductions.

Matched giving:

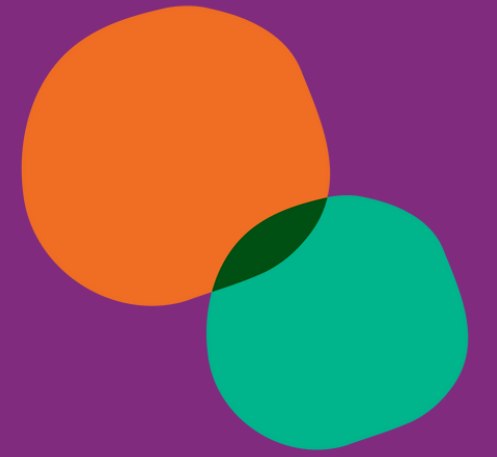
Ask your
employer to
match funds
you raise.

Host a team event:

Organise a
corporate
challenge,
auction, or
networking
event.



3. Donors and Philanthropy



Major gifts:

Partner with us to fund long-term projects.

Corporate sponsorship:

Support a specific Self Help UK initiative.

Legacy giving:

Leave a gift in your will to help us continue our work.



4. Schools, PTAs and Parents/Carers



Charity partnerships:
Nominate Self Help UK as your school's charity of the year.

Non-uniform days:
A simple way for schools to raise funds, with students donating to wear their own clothes.

Bake sales and fairs:
Organise a fundraising stall at school events.

Parent-teacher fundraising:
Run raffles, auctions, and social events with proceeds going to Self Help UK.

School challenges:
Sponsored read-a-thons, fitness challenges, or spelling bees.



5. University and Student Fundraising

RAG (Raising & Giving) societies:
Nominate Self Help UK for fundraising weeks.

Sponsored challenges:
Take on physical challenges like endurance runs or hikes.

University clubs and societies:
Organise sports matches, fashion shows, or club nights to raise funds.

Crowdfunding campaigns:
Launch online fundraising campaigns through platforms like JustGiving.

Charity pub quizzes and socials:
A fun way to engage students while fundraising.



A-Z of Fundraising Ideas





**Afternoon
tea party**



Bake sale



Car wash



**Dress-down
day**



E-book sales



**Football
tournament**



**Garden party
fundraiser**



**Head shave
challenge**



**Ice-bucket
challenge**



**Jewellery
workshop**



**Karaoke
night**



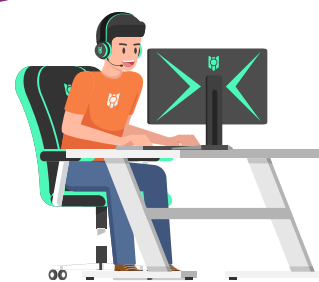
**Lottery or
raffle***



**Marathon
walk or run**



**Non-uniform
day at
work/school**



**Online gaming
tournament**



**Pub quiz
night**



**Quiz
competition**



**Read-a-
thon**



**Sponsored
silence**



**Treasure
hunt**



**Upcycle and
sell items**



**Virtual
fitness
challenge**



**Wine and
cheese tasting
evening**



**X-treme
sports
challenge**



**Yoga
marathon**



Zumba-thon





What is Legacy Giving?

Leaving a gift in your will (a Legacy) ensures that your support for Self Help UK continues beyond your lifetime. This can be a specific sum, a percentage of your estate, or a particular asset.

Why Leave a Legacy?

Your gift helps us provide long-term support for individuals and communities through self-help, training, and peer support initiatives.

Legacy donations can fund:

- New community projects supporting self-help groups.
- Training programmes to help more people lead self-help initiatives.
- Long-term research and development for sustainable peer support models.

How to Leave a Legacy Gift?

- Use our charity details: Our registered legal name is Self Help Nottingham, Charity No. 1061691. (our working name is Self Help UK)
- Decide what you'd like to leave – a percentage, specific amount, or asset.
- Speak to a solicitor to ensure your will includes a legacy donation.
- Let us know (optional) so we can thank you and discuss your wishes.



In-Memory Donations



Honour a loved one's memory by fundraising or donating in their name.

- Memorial funds:
 - Set up a dedicated online donation page for family and friends.
- Tribute events:
 - Organise a charity walk, concert, or celebration in their honour.
- One-off donations:
 - Make a contribution to Self Help UK in their memory.

These donations provide a lasting tribute whilst supporting people in need.

Practical Considerations: Keeping It Safe and Legal



Health and Safety

Ensure event safety and insurance if needed.

Gift Aid

UK taxpayers can boost donations by 25% at no extra cost.

Data Protection

If collecting personal data, follow GDPR guidelines.

Licensing

Check local council regulations for raffles, alcohol sales, and collections.

How to Donate and Next Steps



Paying in Your Fundraising Money



Online:

Donate via our website at
www.selfhelp.org.uk/donate
(Please use the Gift Aid option where possible)

Bank transfer:

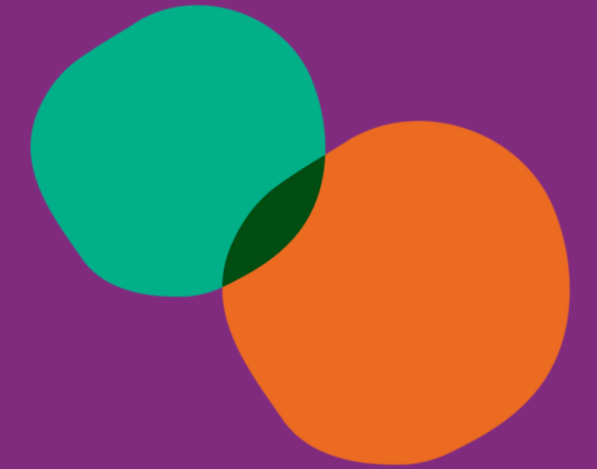
Our legal name is Self Help Nottingham (our working name is Self Help UK)

Self Help Nottingham
Sort Code: 56-00-61
Account number: 78450810

Cheque:

Payable to 'Self Help Nottingham' and
post to our registered office.

Stay in Touch



Email:
info@selfhelp.org.uk

Social media:
Follow us on Facebook, LinkedIn, and
Instagram

Website:
Visit www.selfhelp.org.uk for updates and
resources.



Thank You For Your Support!

Every pound raised helps Self Help UK empower individuals and communities through guidance, connection, and peer support to create a healthier society. Whether you're hosting a bake sale, taking on a marathon, or securing corporate sponsorship, your efforts create real change. We can't wait to see what you achieve!

Together, we can make a difference.

