



selfharm^{UK}
strength
courage
recovery

The selfharmUK Fundraising Pack.

This pack contains:

- Fundraising ideas
- Background info on selfharmUK
- How we can support you
- How to raise money
- Online giving
- Sponsor forms

Fundraising ideas.

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We are delighted you are interested in raising money for selfharmUK. We rely on grants and donations so any extra income generated by our supporters doing fundraising on our behalf makes a real difference. Every pound raised goes straight back into helping those affected by self-harm in the UK.

Fundraising

You can raise money however you like, but generally people will get behind things that are slightly unusual or they are able to relate to. Telling someone who's never heard of selfharmUK that you're doing a sponsored silence might not generate much enthusiasm, but if you can highlight what we do and why our work is so important you may find they are more interested in supporting you. The next sheet will help you do this.

To give you an idea:



pays for a young person to have an **Alumina book**.



pays for a young person to take part in **Alumina Live**.



pays for someone to attend a **3-hour training day**.



pays for a school to run it's own **Alumina course**.



pays for a whole **Alumina Live course**.

Fundraising ideas.

Physical Challenges: Running / Swimming / Walking, Cycling / Hopping / Rowing...

(You get the idea)

Anything that involves you having to do a bit of training demonstrates commitment on your part and a huge sacrifice of your time. It also means sponsors can come and watch, which again helps people feel involved. It also supports you too!

Silly Challenges: Fancy dress / Sitting in a bath of beans,soup,custard,anything other than water / Performing (make sure you get an appropriate license, if needed, from the council) / Face painting / Head shaving

Anything that involves you having to look slightly ridiculous. This only really works if you do it in public! One idea can be to get people to sponsor you and come up with a challenge of their own... risky for you, but fun and engaging for them!

Selling stuff: Car boots / Cakes / Bring & Buy / Jumble sales

You can ask people to donate unwanted clothes/ornaments/furniture/books/DVD's/anything at all and peddle your wares at a car boot sale. You might want to hold your own yard sale or ask your school/college/

workplace to get involved. Clothing swaps can be good too – get everyone to bring unwanted clothes with the opportunity to swap with someone else and charge an entry fee.

Being neighbourly Car washing / Gardening / Cleaning / Babysitting

Firstly – only do any of the above for people you know and trust. We are NOT suggesting you go knocking on the doors of strangers. If in doubt, take an adult with you and always work in pairs. Do you have family members or neighbours who'd like their car cleaning or lawn mowing? These can work well as fundraisers as you sponsor always gets something in return for giving you money!

Being resourceful

You can raise a lot of money very quickly by doing something that involves a large number of people all donating a small amount, for example a school of 700 pupils all paying 50p to wear non-school uniform for a day would raise £350! Two or three schools in the same area all joining together would not only raise a lot of money, but also provide an opportunity for the schools to highlight that they are aware of self-harm and want to do their best to help their pupils.

Equally, a large workplace, college or University can also take part in a one-off day that involves a small contribution. Very little effort required on your part but a good way to get people engaged with your plight.

Who are selfharmUK and why is our work so important?

selfharmUK exists to meet the needs of anyone affected by self-harm, whether a young person, a parent, carer, sibling, friend or professional. It is believed that around **13% of 11-16 year-olds** in the UK will self-harm at some point, and that number may well be on the conservative side. To give it some context, around 3 teenagers per classroom, per secondary school may well be having difficulties of this nature, and every young person will know one of them.

Why is this important?

Self-harm doesn't just cause physical injury, but affects someone's whole life, from how they see themselves to how they relate to others. Self-harm can also impact on a young person's education and potential to achieve. It can be closely linked with eating disorders and depression and it has to stop. We need to ensure the next generation of young people are equipped to cope with life in ways that do not cause them harm or endanger their lives. We need to alter society's perception of self-harm and break the taboo that still makes it so difficult for young people to ask for help. Anyone can fall into self-harm, and chances are, someone you know is struggling right now and just hasn't told anyone yet.

What is selfharmUK doing about this?

Since 2010 selfharmUK (formally selfharm.co.uk) has been rolling out training to professionals across the UK, improving the understanding of self-harm and equipping delegates with the necessary skills to support any who may be affected. The website has been a safe, online space for users to share their experiences and be encouraged and supported by others as well as the team of staff and volunteers who serve the website in answering questions and offering advice.

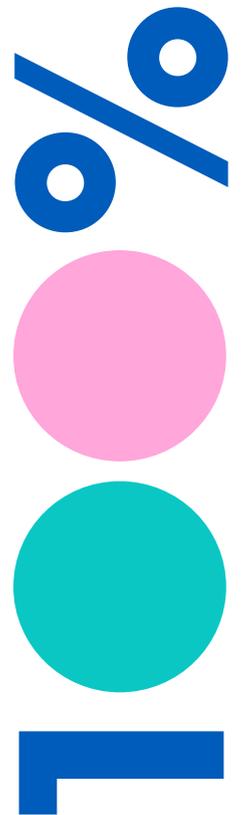
Who are selfharmUK and why is our work so important?

In 2013 selfharmUK launched Alumina, a 6-week online pro-recovery programme for 14-18 year-olds. This service is free of charge to young people and offers the opportunity to think differently about self-harm through a series of carefully structured activities and challenges.

There is still much to be done, including the development of resources and services for parents/siblings/friends, and we working to improve the care and treatment offered through statutory services through a selfharmUK Bill of Rights. Through this we hope to empower people to navigate the system and receive the right level of support when it's needed.

What's does selfharmUK need?

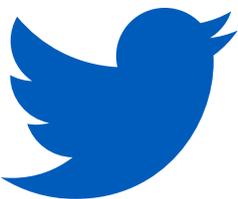
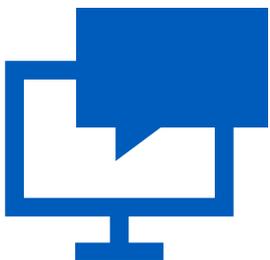
selfharmUK is dependent on grants and donations in order to make this all happen. Our overall activity is continually limited to what finances are available, which means we can't always make things happen as quickly as we'd like. Any and all fundraising makes a difference, and 100% of all donations are ploughed straight back into our ongoing activities.



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How can we support you?

Once you've decided what you want to do, get in touch with us and we will champion you and your event as much as we can.



We'll need to know the following:

- What you are doing
- Where you are doing it
- When you are doing it
- Who is doing it
- Why you are doing it
- How much you hope to raise

We can promote your event and make lots of noise about how you're getting on through our social media pages on Facebook and Twitter. This inspires others and can sometimes bring you more sponsorship. If you take photos of what you're doing and want to keep a blog of the planning and the event itself then we can look at publishing it on the website for others to read too.

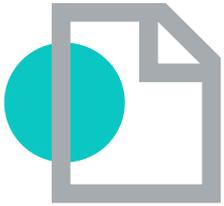
We also know lots of people from a lot of different places, so there will always be a possibility we can find other sources of support and encouragement for you elsewhere.

Essentially, we will do all we can to help you. We are so grateful to you for wanting to support us, so it's the very least we can do.

Collecting money.

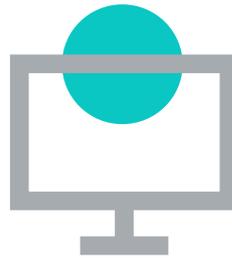
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There are two ways to collect the money you raise:



1. Paper

You can use a traditional **paper sponsor form** – we've included one in this pack for you. Once you've collected the money you can then get it to us by either making an online donation on the website, by posting us a **cheque** or by **bank transfer**.



2. Pixels

The other option is to set up your own **fundraising page** on the [give.net](https://www.give.net) site. This is easy to do and means you then have a link you can share online through social media.

Within [give.net](https://www.give.net) you need to go to:
www.give.net/pages/for-fundraisers

Once you've registered, click on 'create a fundraising page'. Our charity is listed as 'Selfharm' and you can search for it using our account number: 20143404.

Gift Aid

If any of your sponsors are UK tax payers, then make sure they complete the relevant bits to enable us to collect Gift Aid – this means we can claim an extra 25p from the Government for every £1 donated and can make a huge difference!

If you would like any more information, or if this all feels a bit complicated, then just get in touch and we will be happy to help.

Gift Aid Declaration.

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for past, present & future donations.

Name of charity or Community Amateur Sports Club:

Please treat as Gift Aid donations all qualifying gifts of money made (Please tick all boxes you wish to apply.):

today	<input type="checkbox"/>
in the past 4 years	<input type="checkbox"/>
in the future	<input type="checkbox"/>

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Donor's details:

Title:
First name or initial(s):
Surname:
Full home address:
Postcode:
Date:
Signature:

Please notify the charity or CASC if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Sponsorship form.

Turn £1 into £1.25 without spending an extra penny!

Event:

Date:

For every £1 you donate we get an extra 25 pence from the Inland Revenue. If you are a UK tax payer and would like to “Gift Aid” your donations simply tick the Gift Aid column and provide us with your full name, home address and postcode. Please read the Gift Aid declaration* before ticking the column.

Full Name	Gift Aid Please read the Gift Aid declaration.	Full Home Address	Postcode	Donation Amount	Further Contact Please tick here if you do not want us to mail you in the future.

Thank you for your support.

TOTAL: _____

Gift Aid Declaration * I am a UK tax payer and would like Youthscape to claim tax back on all donations I have made for the past four years prior to this year and all future donations I make, unless I notify you otherwise. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

