



Central Women's Aid

Charity Fundraising Pack

Central Women's Aid. Charity number 1146410





Thankyou!

Thanks for taking the first step towards joining our cause by fundraising for us!

Together we can make a lasting difference for vulnerable women and children.



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The following pages will give you tips and advice on how to make the most of your fundraising.

Every pound that you, your friends, colleagues and family members raise for us will make a huge difference to the lives of women and children.

Why not join our online community? [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#)

We hope you enjoy your experience of fundraising for Central Women's Aid.

If you need any further information or support please do not hesitate to contact us on **0115 9607943** or email **Support@centralwomensaid.org**.



With your help we can reach even more women and children and provide support to recover from the harm of domestic abuse.

Why we need your support.

44% of violent crime in Nottingham is domestic violence.



Working together

Your donations will provide temporary refuge accommodation and associated support for families who need to escape abuse now.

Women and children can be brought to a place of safety within hours of calling us.

Our team of specialist domestic abuse workers will provide emotional and practical support to the whole family.



Keeping women and children safe from domestic abuse.

Gem came to the refuge with her young daughter, fleeing abuse from an ex partner who was the father of her daughter. She was fleeing emotional and physical domestic abuse from him and was feeling depressed. Perpetrator would kick Gems front door and persistently wake her up with threats by text and constant calls, this was a regular occurrence for her.

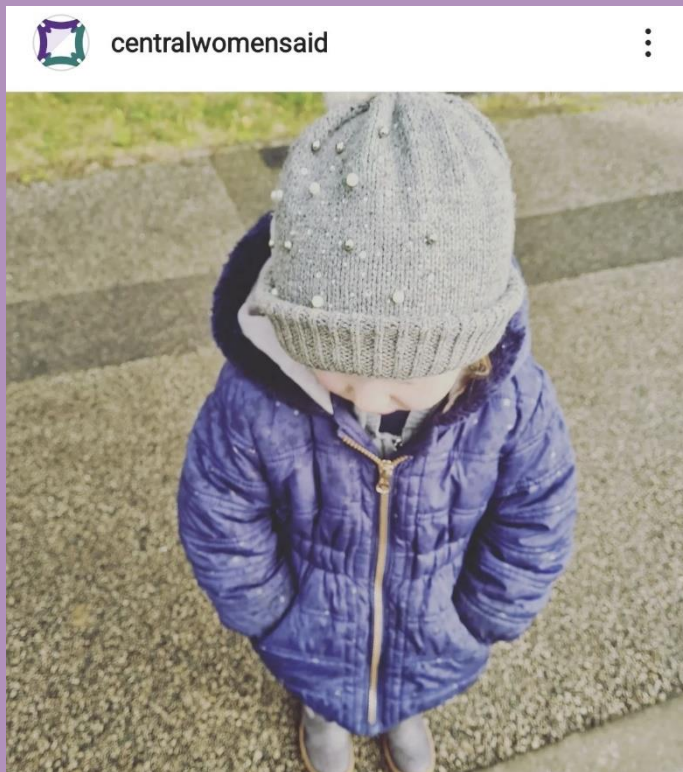
Gem fled when the abuse escalated and perp physically assaulted her. She bravely called the police who got her to safety of a hospital and she was then referred to refuge and came to Central. She was supported by our specialist complex needs support worker and provided with wraparound support by the whole team. She was initially supported emotionally and given practical support from staff to access clothing and food to meet her immediate needs.

Central Women's Aid supported her to go through the legal process to get orders put in place to keep her and her child safe. This enabled her to sleep safely at night which had a massive positive impact on both her physical and mental wellbeing. The support worker liaised with the local council to get her rehoused into a private rented tenancy and supported her to get her daughter into a local school. We carried out risk assessments and created a safety plan as well as acquiring a Ring doorbell from a partner charity.

Gem is now resettled in the community of her choice and a productive and active member of society. She keeps in touch and attended our summer trips and Christmas party.

*Name has been changed to protect identity

1 in 10 Children live in a household where there is domestic abuse perpetrated.



With your help, our support can continue for many months and sometimes even years until the family have resettled in their forever home.



How can you help?

Every pound you donate really will make a difference to vulnerable women and children, so please set your fundraising target high.

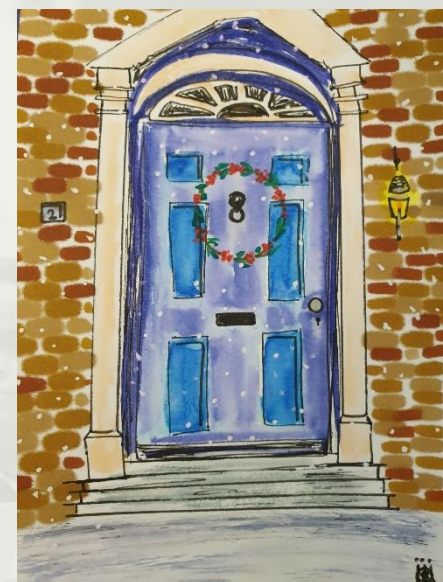
£15 can help us to quickly bring a family to safety after being subjected to abuse.

£60 could pay for essential items and support for a woman and child in refuge.

£150 can provide therapeutic activities and specialist support for a child in refuge

£600 can help to provide the practical support and activities needed for families in crisis after escaping abuse.

£1,575 could help provide the ongoing domestic abuse intervention and recovery programs hosted in the community.



Whether you take part in a sponsored challenge or organise an event, you can put the FUN in fundraising and help to raise money doing something amazing. From a quiz night to a bake sale, jumping out of a plane or completing a Zumbathon, we can all raise money doing something fun!

www.justgiving.com can provide ideas and fundraising tools and by setting up your own online page you can encourage your friends, family and colleagues to donate securely, quickly and easily. It's free to set up!

If events are not your thing, you can make a one off donation or become a regular giver.

Regular donations are extremely important to our charity and they help fund key projects each year and also help us plan for the future.

You can make donations at
<https://centralwomensaid.org/get-involved/donations-and-fundraising/>



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How to get started?



From mountain climbing, running a marathon, holding a bake sale or organising a bag pack, we would love to support your fundraising event.



Ways to Fundraise!

- Raise £50 by organizing a group walk and go 'Striding for central'!
- Raise £200 by selling unwanted items on eBay or by having a car boot sale.
- Raise £250–500 by organising a pub quiz. Charge each person £5 to enter. Recruit eight teams of six people and have a competition or raffle on the night to boost the amount raised.
- Raise £1000 by organising a mini festival. Have a DJ, glitter station and food. Charge people for entrance and promote the event in local media

Fundraising 1,2,3!

Step 1

Decide your activity or event and set a date !



Stage 3

Complete your chosen activity and collect the sponsorship money to donate to us!

Stage 2



Set up an online page or download our sponsorship form and ask people to sponsor you!

Let us know so we can promote it too!

localgiving

JustGiving™

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Sponsorship



Here's how to do it:

1. Go to local giving or Just giving and select Central Women's Aid – look out for our logo!

<https://localgiving.org/charity/centralwomensaid/>

Or <https://www.justgiving.com/centralwomensaid>

2. Follow the instructions to set up your page and Choose your fundraising target **-the higher it is, the more women and children we can help!**

4. Tell people why you are fundraising for us and how their donation can make a difference. Email the link to anyone and everyone you know, post on Facebook and tweet about it.

5. Online sponsorship saves time as you don't have to collect donations. A PDF of our sponsorship form can be requested too for Offline donations.

Cheques should be made payable to Nottingham Central women's Aid. Or, we can provide our bank details for BACS payment.

If you have an online fundraising page it may be easier to donate to your own page to pay in any offline sponsorship.

Schools and organisations



A Coffee morning or charity quiz, hold a raffle or ask for a collection pot so you collect donations at a concert, play or sporting event.

We can provide materials to help with fundraising and come and speak with your school or organisation before or during the event.

Key Dates

Take part in the 16 Days of Action to end violence against women and girls. The campaign runs from 25 November to 10 December, Human Rights Day.

Celebrate international Women's Day on the 8th of March.

Small charities week is every year in June!

Spread the word



Contact your local newspaper and radio station

Write a press release and send to the news desk of your local paper or radio. Include key information such as detail about your planned fundraising activity and target. Include fun and engaging photos!



Use social media

Share photographs and videos capturing your journey and explain why you're supporting Central Women's Aid. Tag us in your Facebook posts and on Instagram, LinkedIn or Twitter.

Include links to your fundraising page and remember to ask people to donate!!

Please publicise your events as "in aid of central Women's Aid". Anything with our logo and name on it must include our registered charity number: 1146410.

Share the information with us and send us photos so that we can share too!



Thankyou!



Central Women's Aid



**Thankyou for supporting our work and making
a difference to women and children
everywhere.**

If you need any more information there are resources and
information on our website www.centralwomensaid.org

Or get in touch with us at 0115 9607943 or
support@centralwomensaid.org

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