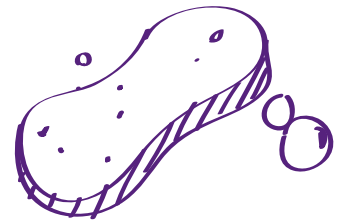
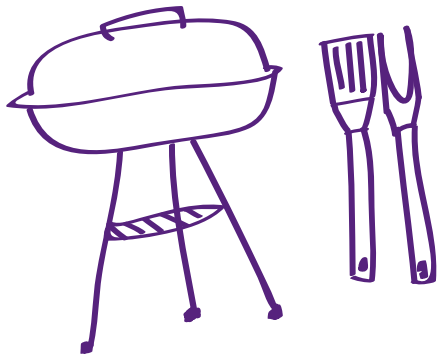




 **Gofal**
Thinking Differently



fundraising pack



thank you for fundraising for us!

This pack will provide you with ideas, information, hints and tips on running an **amazing fundraising event**. Whether you're doing a skydive, running a marathon, having a dress-up day or an office bake sale, every penny you raise will help to **change the lives** of people experiencing mental health problems.

fact:

1 in 4 people will experience a mental health problem in any given year



"I've been experiencing depression and anxiety for over ten years but it's only during the last 2 years that I've been getting help - and it has been fabulous. The staff at Gofal have helped me a lot - they've always got time for you. It's like a little family.

The help people need is here at Gofal - more people need to know about them."

Barrie, Blackwood

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we couldn't do it without you

- > Gofal is a Welsh mental health and wellbeing charity.
- > We know that, with the right support, people with mental health problems can and do live fulfilled lives.
- > Every year we work with nearly 3000 people, supporting their independence, recovery, health and wellbeing.
- > We believe that people should be supported within their local communities to live as independently as possible. This belief underpins all of our services.

We are a charity so wouldn't be able to continue our work without your support. The money you raise will enable us to continue providing invaluable support to people with mental health problems across Wales.



fundraising ideas

with friends or in the community



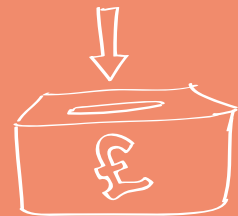
barbeque



car wash



dog walking



collection box in your local pub/shop



car boot sale

at the office or in school



mini olympics



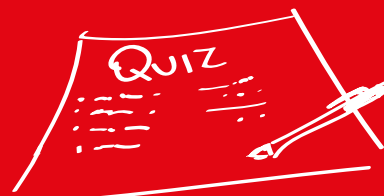
coffee morning



dress down (or dress up!) friday

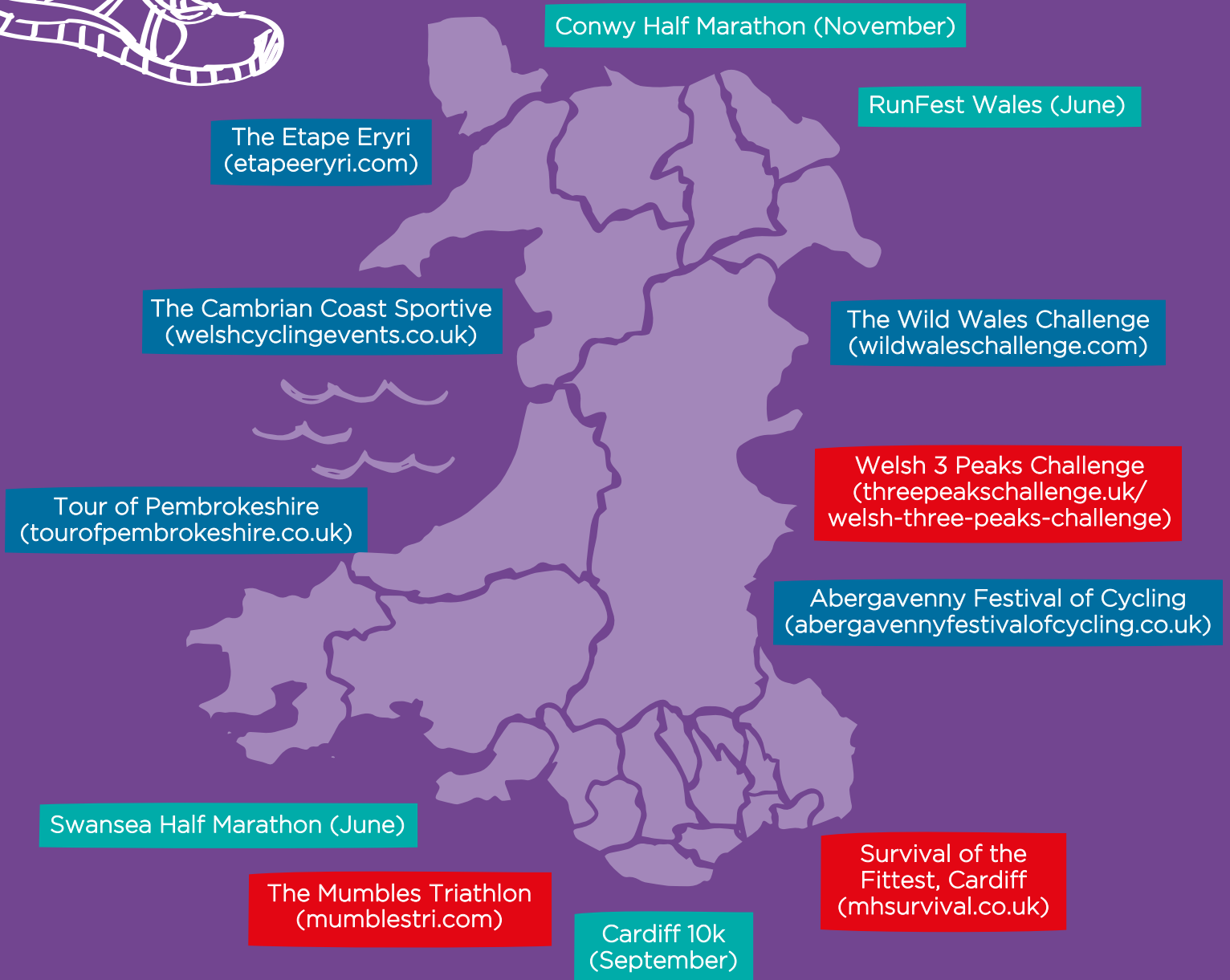


bake sale



sponsored quiz

active fundraising



Challenges

Running events

Cycling events

6 gofal fundraising pack

registered charity number: 1000889
contact email: fundraising@gofal.org.uk



challenge yourself

Challenges are a great way to push yourself, raise money and have heaps of fun while you are doing it. For inspiration, take a look at our ideas below:



- > Skydive (skydiveswansea.co.uk)
- > Bungee jump (ukbungee.co.uk)
- > The Welsh 3000s 14 peak challenge (welsh3000s.co.uk)
- > Shark dive (blueplanetaquarium.com/diving-with-sharks)
- > Lapland dog sled (globaladventurechallenges.com)



**You can do ANYTHING that you find challenging,
so be creative and be BRAVE!**

other ways to donate

Giving in kind - giving items or services in kind is a really valuable way to support us. Whether you can make a raffle prize donation or you have a skill that would benefit us in doing our work, get in touch at fundraising@gofal.org.uk.

Charity of the year - why not put Gofal forward to be Charity of the Year at your place of work? Not only is it a fantastic way to raise funds and awareness of our charity, it's also a great way to motivate your colleagues and build team spirit!

Text donations - text donations are the quickest way to donate to us. All you need to do is text Gofa11, followed by the amount you want to donate (e.g Gofa11 10) to 70070!

Volunteering - we are always looking for volunteers to help support the fundraising work we do. For our current opportunities email fundraising@gofal.org.uk.

Make a one off or regular donation - if you would rather make a direct donation to us, either as a one off or on a more regular basis, head over to our JustGiving page and follow the quick and easy instructions justgiving.com/gofalcymru.



“My life was over until Gofal stepped in. I didn't realise it was depression. I just thought it was me, that I couldn't cope. Gofal gave me something to get up for in the morning and have opened up so many opportunities for me.

To have my life back, to start taking control of my own life means so much. I feel that there's so much more out there for me now. I'm controlling the depression now - it's not controlling me. With the help of Gofal I've seen the light at the end of the tunnel.

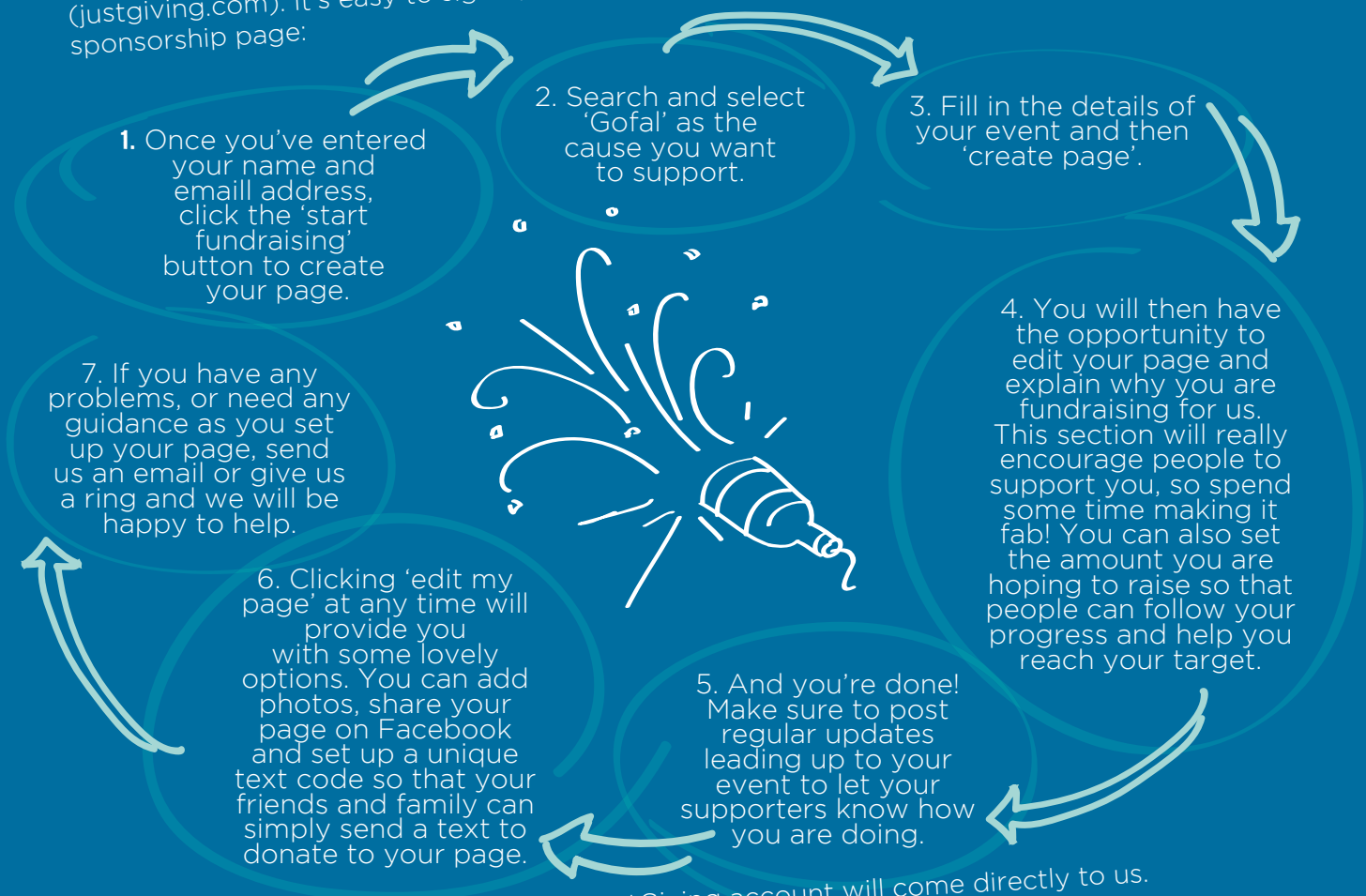
I have gone from being really ill, not going out, negative thoughts, low confidence, low self-esteem and suicidal to thriving. As a result of Gofal's support, I am running a food co-op, I'm volunteering in the Gofal office, I have a part-time job cleaning and I am currently applying for Support Worker jobs”.

Lisa, Cwmfelinfach

raising your sponsorship

JustGiving

Most of our supporters choose to use the JustGiving site to raise their sponsorship money (justgiving.com). It's easy to sign up and get started, here's some top tips on creating your sponsorship page:



All of the money donated through your JustGiving account will come directly to us. You don't need to do anything - we will see that it's money you've raised for your event when it comes through.

offline sponsorship form

You can request an offline sponsorship form from us via email or phone, or download your own directly off our website. It's a great idea to give copies to your friends and family for them to collect donations, or even hand them out to local businesses so they can help you to raise funds.

what to do with the money you raise

cheque

If you would like to send us a cheque please make it payable to 'Gofal'. You can post the cheque to our head office or pop in and see us for a cup of tea if you are local!

Gofal, 2nd Floor, Derwen House,
2 Court Road, Bridgend, CF31 1BN

cash

If you have collected cash sponsorships there are a few ways you can get them to us:

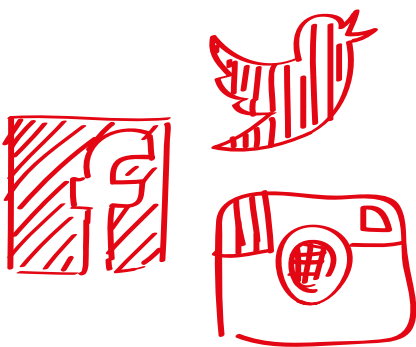
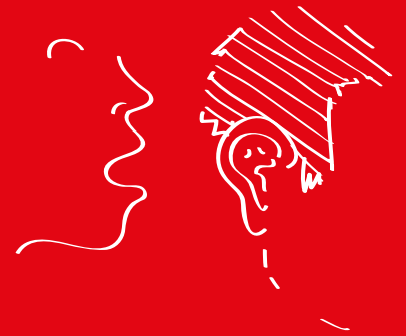
- i. By bank transfer
Account Name: Gofal
Account Number: 00663759
Sort Code: 30-91-18
Remember to put your name as the reference so we know the money is from you.
- ii. Drop it to us at any of our offices.
- iii. Give us a call or pop us an email and we can arrange to collect it from you at a time that's convenient. We'll provide you with a receipt to confirm the money was passed to us.



publicity

Let as many people as possible know about your event and the hard work you are putting in to fundraise for Gofal. You will be amazed at how many people want to help!

Word of mouth is one of the best ways to gain supporters. Let your friends, family and local businesses know about what you are doing and ask them to spread the word!



Sharing your JustGiving page and updates on your event's progress will help to encourage people to support you. Make sure you let us know about your event too - that way we can share your amazing fundraising efforts with our followers as well!

[@Gofal_](#) [facebook.com/GofalCymru](https://www.facebook.com/GofalCymru)



If you are thinking of creating posters to let people know about your event we have a handy poster template on our website that you can use. If you are making your own posters, leaflets or press releases to spread the word about your event then make sure you run them by us before you circulate them as we will need to check they fit with our branding guidelines.

final bits and bobs

There are a few legal bits and bobs you should know about before embarking on your fantastic journey.

The information on these pages will help you to ensure your event is not only fun, but safe and legal too!

- Remember when you are fundraising that you are acting 'in aid of Gofal' as opposed to 'on behalf of' or 'representing us'. This lets everyone know you and your fundraising activity doesn't fall under the charity's control.
- Make sure any materials circulated regarding your event say 'in aid of Gofal, registered charity no. 1000889'.



“The support from Gofal has given me so much confidence. I used to walk into a room and sit in the corner, avoiding talking to anyone. Now I can speak to people I don't know, enjoy spending time with friends and I've recently got a job.

My family have noticed such a change in me. Gofal accept me and have helped me to accept myself.”

Chris, Gwent



There may be more things you need to consider depending on what you are doing to fundraise. Take a look below and explore further if you feel they may apply to your event:

- First aid cover - some larger events will need first aid cover. You can speak to your local council for further advice.
- Licenses - if you are having live music or alcohol at your event, but aren't holding it in a licensed premises such as a bar or restaurant you may need a temporary event license. You may also need one if you are planning on serving cooked food after 11pm. Your local council can help you with this.
- Collections - collecting money house to house or on a public street is illegal unless you have a license. You can collect on private property (for example in a supermarket) as long as you have the manager's permission and have ensured Gofal are aware that you have permission to do so.
- Raffles and lotteries - there are certain restrictions regarding running your own raffle or lottery. There is more guidance regarding this from the institute of fundraising: institute-of-fundraising.org.uk/guidance/about-fundraising/raffles-and-lotteries.
- Selling food - if you are selling food to the public you will need to make sure the vendor or caterer is licensed. Your local council can advise you on relevant food hygiene regulations.

There may be additional information you need to be aware of. Head to the government website gov.uk/fundraising-legally-and-responsibly if you need any further information. If you have any questions, feel free to call or email us and we will help in any way that we can.



**thank
you!**