

Fundraising Get Involved Pack

Raise vital funds
to help us be here for
sexual violence survivors



RSACC
Rape and Sexual Abuse Counselling Centre
Darlington and County Durham



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Team RSACC Pack

Welcome to #TeamRSACC

Thank you for joining #TeamRSACC and supporting us with your fundraising. Together we can make a lasting difference to the lives of sexual violence survivors in Darlington and County Durham.

This pack gives you tips and advice on how to make the most of your fundraising. Every pound you, your friends, colleagues and family members raise for us will support girls and women who have suffered the unimaginable.

In the UK, 1 in 5 women will experience sexual assault during her lifetime. No survivor should feel they have nowhere to turn. We need your help so we can continue to provide our vital counselling and support, for free, to those who have experienced sexual violence at any time in their lives.

By becoming a part of our fundraising community you are joining a growing number of men, women and businesses in Darlington and County Durham who are committed to helping sexual violence survivors get the support they need.



RSACC – Supporting and empowering survivors

From a monthly donation, to taking on a personal challenge, there are so many different ways that you can make a difference to survivors in our local area.

Why not join our community on **Facebook**; follow us on **Twitter**, **Instagram** or **LinkedIn**? Whatever you choose to do, we hope you find this pack useful and full of inspiration. We'd love to hear your plans, so if you have any questions please get in touch with Karen and the team.

fundraising@rsacc-thecentre.org.uk

How your money helps

Run by and for women, we work to end rape and sexual violence by supporting and empowering women and girls.

£5

pays for a survivor's call to our specialist sexual violence Helpline.

£15

pays for a survivor's session on our domestic abuse programme.

£40

pays for a specialist sexual violence counselling session for a survivor.

Just some of the grateful comments we have received from survivors we've supported

"I am no longer hiding from life and I have learned to say yes and no. I now do things for me!"

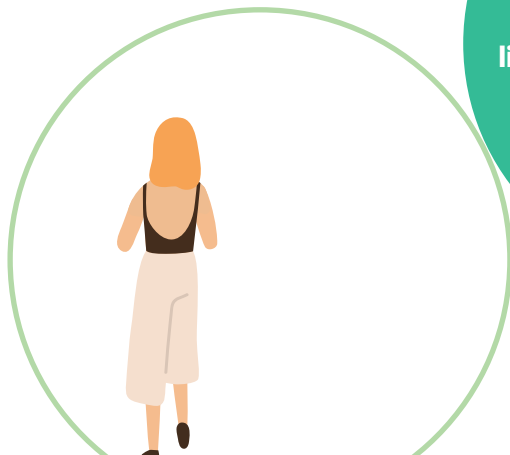
"The support I have received is absolutely amazing. I have been treated with so much respect, kindness and professionalism."

"The ISVA service has been invaluable in my experience. I have been given support and information in order for me to feel empowered. Without the support and advice I would never have known about any of the options available to me in the investigation and some of the ways the investigation was handled I would think was normal and not understand my rights."

"My time here has been so helpful to me. Having time to step back and look at some of the difficult things that have happened in my life and recognise I have strength has been so precious to me. I am so thankful for being able to access such an amazing safe haven."

"It's made me a happier, stronger, more confident positive person."

"...thank you for listening to me and helping me to rebuild my life. I feel happy and like I am ready to live again. Life is good. I never thought I would feel this good again."



A-Z of fundraising ideas

Take on a challenge for RSACC.

There are lots of ways to raise vital funds to support our services. Our online fundraising partner **Localgiving** has created this handy A-Z of fundraising ideas. Which of these will you take on for RSACC?



Fundraising A - Z



A Abseil
Aerobics

B Boxing Bus pull Bungee jump Baked bean bath	C Cycle Cook-a-thon Chocolate ban	D Dance Dress up Do a dare!	E Eating competition Expedition	F 5K Fun run Facepaint
G Golf Give up something you love	H Hike Head shave Half marathon	I Ice bucket challenge	J Juggle Jailbreak	K Knit-a-thon
L Local race Log throw	M Mud assault course Marathon	N Night walk No swearing	O Onesie day Office dare/activity	P Pledge Pyjama day
Q Quiet time Quit a habit	R Run Row-a-thon	S Swim Sky dive Sleep out	T 10K Triathlon Three peak challenge	U Underwear day (on the outside)
V Be a vegetarian /vegan for a month	W Wax Walk World record attempt	X X-plain why your chosen cause needs money	Y Yo-Yo competition Yoga day	Z Zorb Zumbathon

Happy fundraising! fundraise.localgiving.org

A-Z of fundraising ideas

Even with personal or social limitations there are imaginative ways that you can fundraise for us.

You can sell unwanted items on eBay or other platforms like Gumtree and Depop.

Or organise your own bake-off with your friends and share the results on social media. People can give money to RSACC to participate or pay to vote for their favourites.

Why not host a virtual scavenger hunt or quiz?

Or why not see how many keepie uppies you can do in your garden?

If your event is being put on by a third party, all you need to do is sign up on the event organiser's website then let Karen and the team know what you are doing to fundraise by emailing fundraising@rsacc-thecentre.org.uk

Support us at your celebration

If you're celebrating a big milestone like a birthday, marriage or retirement, why not ask your loved ones to donate to RSACC instead of gifts?

It's quick and easy to set up a birthday fundraiser on Facebook or via our Localgiving page.

Contact fundraising@rsacc-thecentre.org.uk for more details

Thank you for sharing the love with survivors who need it the most.

Become a friend of RSACC (monthly donor)

As a friend of RSACC you are part of a special community of individuals passionate about ensuring women and girls are safe, supported and empowered. You play an important role in ensuring that survivors in Darlington and Country Durham always have a place they can turn.

You can set up your monthly donation at <https://localgiving.org/charity/rsacc> by clicking 'Give Monthly'

You will be rewarded by knowing you are playing a very important role in supporting girls and women and you'll also receive our members-only **RSACC Friends newsletter**.

Become a fundraising volunteer

By registering as a fundraising volunteer you will be the first to know about one off fundraising and awareness raising opportunities and be part of a team which makes a huge difference. If you want to volunteer for RSACC but are unable to dedicate a set amount of time each week, this could be the opportunity for you.

Please contact fundraising@rsacc-thecentre.org.uk for more details and to apply.



A-Z of fundraising ideas

Support from your employer

Does your employer have a match funding scheme, volunteer initiative or charity of the year? Could you nominate RSACC to be the recipient of support from your workplace to make a real difference on your doorstep?

We are already grateful to have support from some local groups. But as a local Darlington-based charity we are always looking to build partnerships with our thriving business community throughout County Durham.

If you plan on raising donations in cash, you'll need to download the sponsorship form to collect the money you have raised. If your donors and supporters pay UK tax, make sure to tick the Gift Aid column and fill in their details so the Government can give RSACC 25p for every £1 they donate. This way their donations can go even further.

Payroll Giving

Payroll Giving is a way of giving money to charity without paying tax on it. It must be paid through PAYE from your wage or pension. Regular donations will be taken from your pay before you pay tax, but after National Insurance. Employers need to set up and run the scheme. Why not find out if your employer offers this, or why not suggest it to them.

Sponsorship Form

[Download here](#)

Sending in your Donation Form

Follow the step-by-step instructions on this form when you're ready to send in your donation.

[Download here](#)



Jaye's story

Our wonderful supporter and team member, Jaye, kindly used her Facebook page to help friends and family donate to RSACC instead of buying her a present.

Tell us how you're fundraising for us?
Email Karen at:
fundraising@rsaccthecentre.org.uk

Jaye said:

"It felt really good to use my birthday as a reason to encourage others to donate to a local charity.

The set-up through Facebook was dead simple as RSACC had a blurb already written. Also, I think because it was such a good cause my friends and family donated through the fundraiser as well as getting me a gift, so it was a win-win! I'd definitely do it again for RSACC."



Top tips for planning your fundraiser

Make a plan

How will you promote your fundraising?
How will you collect donations?
How can you make the most of your networks like your employer, book club or community group?

Set up your Localgiving page

Creating an online fundraising page on Localgiving page makes it easy to collect sponsorship money and promote your activity. It automatically collects Gift Aid too which helps to boost your fundraising total with no extra effort.

RSACC Support

We can support with promotion and branding, if needed. Contact fundraising@rsaccthecentre.org.uk to find out more.

Boost your fundraising total

There are lots of ways to boost your total. Every penny really does make a difference to survivors in Darlington and County Durham.

Does your employer have a matching scheme?

Can you ask for donations from anyone who is unable to attend your event or activity?

You could create additional fundraising opportunities like a sweepstake or raffle

Can you create or bake and sell your wares to raise extra funds?

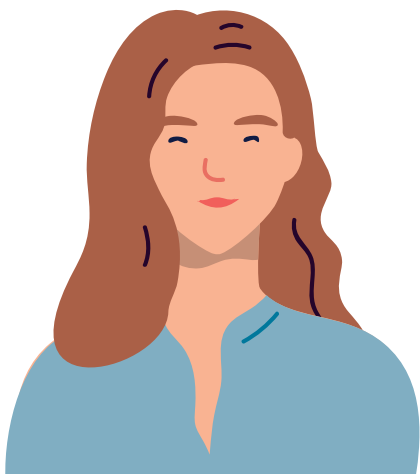
Invite your friends

Create an event or group on Facebook, print posters and flyers and create a Whatsapp group of your most generous friends.

Why not tag us in on any social media posts or photos you share. If you're happy (and have consent from all those involved) you can also send any photos for us to use on our social media and include in other marketing materials.

Have fun!

Most importantly, enjoy yourself!



Top tips for planning your fundraiser

Celebrate your success

Thank everyone who supported your fundraising appeal. They'll be chuffed to hear how they have helped you achieve something amazing for RSACC.

And don't forget to shout about your success and share your pics on social media.

Send in your donations

If you've been fundraising through Localgiving then you're all sorted! Your donations will automatically come to RSACC.

If you have cash to pay in offline then get in touch with fundraising@rsaccthecentre.org.uk to pay by cheque or bank transfer.

Bask in the glow

You can give yourself a huge pat on the back knowing that you've made sure women and girls in Darlington and County Durham have somewhere to turn to.

Keeping your fundraising legal and safe

Manage risks

Think about the possible risks, accidents or legal issues – even if it's somewhere you know well like your workplace, church or local pub. The best way to identify any potential accidents or hazards is to complete a risk assessment. If you've never done one before, take a look at some guidance and download a free template here: www.hse.gov.uk/risk.

COVID-19

It goes without saying that currently you'll need to keep to whatever COVID-19 restrictions might be in place. Check here for the **latest advice**.

Taking on a Physical Challenge?

We also always advise anyone who is undertaking a physical fundraising activity, just to run it by their GP - and also go to the **NHS Walking for health advice** which has some really helpful tips on how to increase fitness. We also know people who have done the Couch to 5k, which is a great way to bounce back from the pandemic restrictions that have limited our physical activity.



Keeping your fundraising legal and safe

First Aid

Consider the first aid you'll need at your event, whether it's a first aid kit, a qualified first aider or volunteer support from the St John's Ambulance or the British Red Cross.

Security

All participants need to be safe and secure at your event. Think about whether you'll need crowd control measures or any extra security if you're collecting cash.

Raffles and lotteries

If you have a raffle or prize draw, make sure all the tickets are the same price and that you name the winner during the event. If you want to sell tickets at more than one place and announce the winner later, you'll need a local lottery licence from your council. Read more about **raffles and lotteries**.

Collections

If you're planning a collection on private property you will require the manager or owner's written permission and you'll need to keep this with you. Public collections require a licence from the council. This is to reassure people making donations that their money will go directly to the charity.

Selling alcohol

If you plan to sell alcohol at your event you may need to complete a **Temporary Event Notice**.

Insurance

If you're organising an event that involves the general public, you're not covered on RSACC's insurance and will need to get your own public liability insurance. If you're holding your event at a place with public liability insurance (like a church or workplace) check the cover you'll need with them.

Marketing

When advertising your fundraiser, remember to include the words: RSACC is a registered charity in England & Wales, No. 1164121.

Find out more

Health and Safety Executive.
Institute of Fundraising.

Thank you! We can't wait to hear from you.

If you have any questions, just email fundraising@rsacc-thecentre.org.uk and we'll be happy to help.

RSACC

Charity number: 1164121

BACP Membership No: 117049

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