



great ideas  
to get you  
started!



restore  
working for mental health



# Fundraising Guide





# THANK YOU FOR SUPPORTING RESTORE!

## About Restore?

Restore is an Oxfordshire-based mental health charity that supports people to take control of their recovery, develop skills and lead meaningful lives.

Mental illness can be devastating but people can and do recover. A small amount of support at the right time can empower someone to rebuild their life. Restore helps people stay out of hospital, regain their confidence and wellbeing, rediscover and develop skills, move on and live meaningful lives.

We run three main services: the recovery service, the coaching service and the Oxfordshire Recovery College. The recovery service supports people to work in supportive teams. The teams produce plants and crafts to sell and run cafe's open to the public. The coaching service provides one to one support to help people improve their employability, get and keep work. The recovery college offers educational courses on mental health and wellbeing to those with lived experience, careers and volunteers.



"I look forward to coming here. To look forward is something I haven't been able to do in a long time. It sneaks up on you, you don't realise the progress you've made or how far you've come until you look back and see who you were before. I'm hoping to get back into work. I have already started meeting with an employment coach and have completed day one of Mental Health First aid training".

Carly

## Why support Restore?

1 in 4 of us will suffer from mental ill health in our lifetime, the leading cause of death in men under 35 is now suicide. We can no longer over-look the importance of mental wellbeing. As a small local charity, we work hard to keep our costs low so nearly every penny raised goes directly into recovery services. We're a friendly bunch, and we're always keen to meet our supporters for a chat over coffee or on the phone. If you have a fundraising idea, or would just like some advice, please do give us call.



"I started with mosaics. It's relaxing and very therapeutic and it's opened up my arty side once again. Now I've done catering, gardening, painted the shed, a little bit of everything. I am also involved with the member council and I have begun a drama group for members and volunteers."

Andy



# FUNDRAISING IDEAS

## 5 minutes

### Give as you live

Sign up to Give As You Live, and when you shop online your favorite retailers will donate to Restore at no extra cost to you!



Lucy raised £145 by introducing a cake tax!

### Cake Tax

Lose the pounds, or lose the pounds! Introduce a cake tax in the office or at home. It's a great way to stay healthy, and if temptation gets too much...well it's for a good cause: a selfless sacrifice...

### Gifts

Instead of cards and flowers for a prezzie you could ask friends and family to donate what they would have spent to Restore instead.

**£5 could...Buy seeds for members in gardening projects**

### Office Sweepstake

Sweepstakes are incredibly easy to organise and create lots of excitement in the office. The World Cup, Olympics, Eurovision, Christmas No. 1 - there are plenty of opportunities throughout the year to get involved.





# 2 HOURS

## Bag-packing

Ask your local supermarket if you can pack bags for a couple of hours - you'll be amazed at how much you can raise.

**£10 could...Fund a recovery worker for one hour**

## Cake Sale

How about jazzing up a fundraising classic by turning your bake sale into a competition? Ask everyone to bake, assign a judging panel and the best cake gets a prize.



## Busking

Wow the public with your musical talents. Get in touch for a Restore collection bucket and don't forget to contact your local council for a busking licence!

## Donate a class

Restore is ALL about sharing and building skills. So if you have a skill to share, why not hold a class in your local community centre and donate the fees?

## Ebay sale

Sell all your unwanted goods on ebay and donate the profits to Restore.



# ONE DAY

## Skydive

Incredibly brave and wonderful adrenaline junkies WANTED. If you raise the minimum sponsorship you jump for free! Skydives are possible anytime throughout the year. Contact us now for your skydiving pack.



## Come Dine with me

Invite friends over for dinner (breakfast, brunch and lunch work well to) get together and get talking! Ask everyone to pay a little towards it. Or perhaps charge for burgers at your next summer BBQ? Ask your local supermarket if they could donate ingredients to keep costs down.

## Guess to Give

Friends and family can guess anything, from the time it takes you to run a mile to how many sweets in the jar. They pay to enter, a percentage goes towards a prize for the winner!



**£25 could...Provide two hours with a specialist employment coach.**



## A FEW WEEKS

### Dress up (or down)

Let your children dress you for a week, come to work in a onesie! Whatever it is have fun with it. Getting work involved is not only fun but a great way to raise funds!



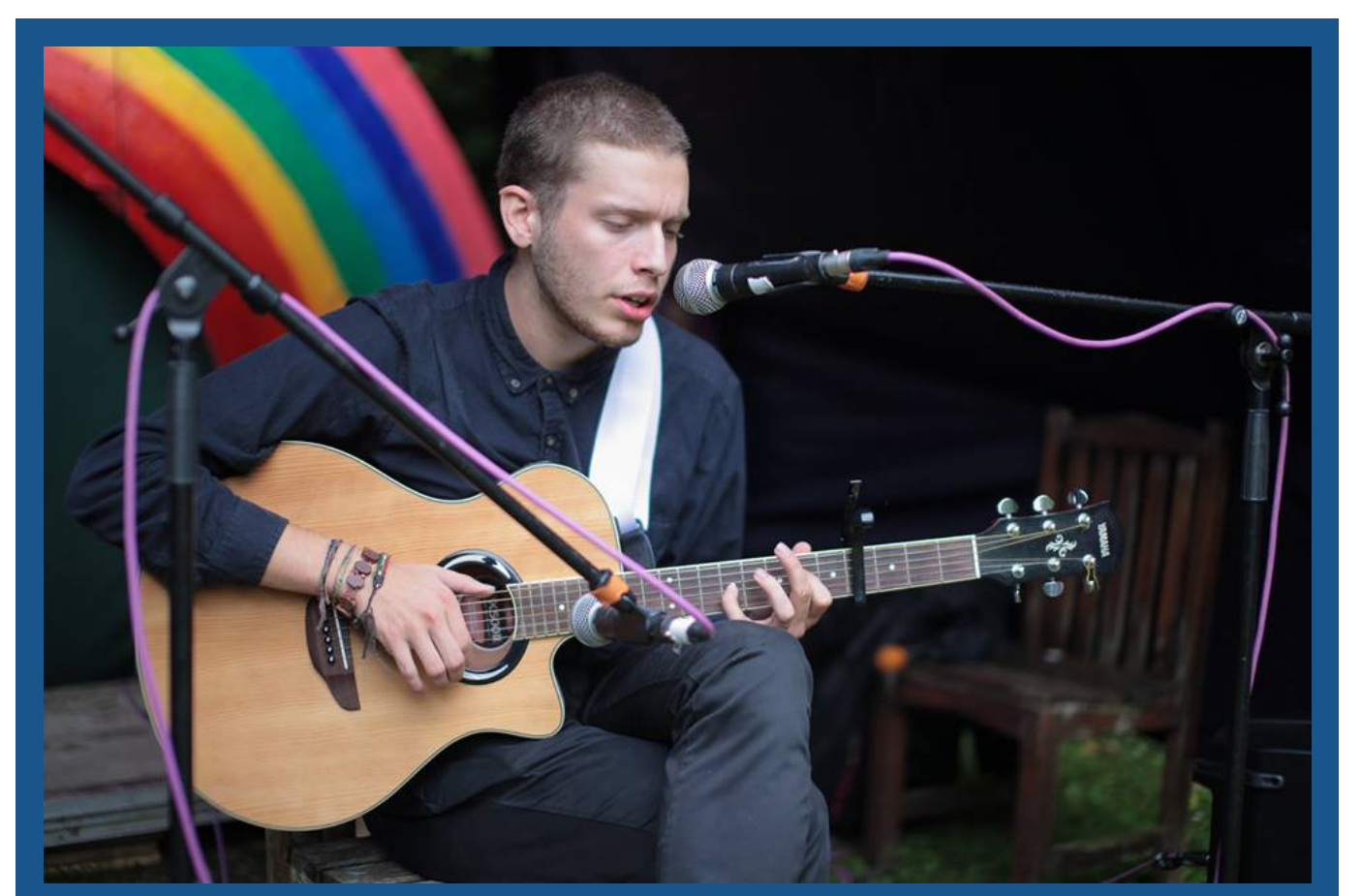
### Auction

They require a lot of planning and determination, but if you're up for a challenge, auctions have the potential to raise thousands in one night.

**£150 could pay for 5 sessions of confidence coaching with singing for members, which helps reduce stress and anxiety.**

### Music night

You could hold a music night in your local church or pub, or go bigger and braver by taking over a public space.



### Give something up

Have you been meaning to stop smoking, cut down on cake, or review your coffee intake..? Get friends to sponsor you to give up your vice for that extra encouragement, and donate what you would of spent on the cheeky choc.



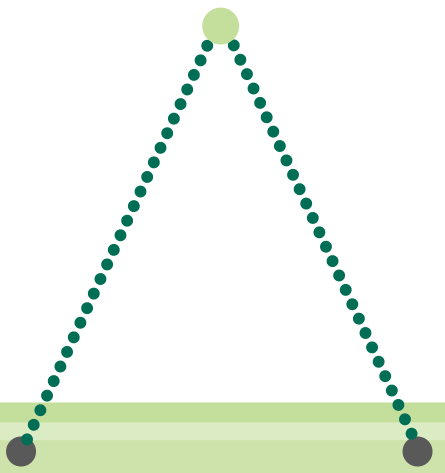
# THE LEGAL BITS

Your safety and protection is very important to us, so check out the information below before starting your fundraising activity. If you're unsure about anything, please don't hesitate to get in touch.

\*Please note Restore is not responsible for the content of external websites. Restore cannot accept legal responsibility for your event, nor anyone who participates in it.

## LICENSES

If you are holding a public event, you may need to apply for a temporary license. Be sure to check on the council's (where your event will be held) website.



Visit the Oxfordshire County Council's website for guidelines on raffles and lotteries.

## Handling money

Where possible have two people around. Collect cash using a sealed container. Always put money in the bank as soon as possible.

## Risk Assessment

Filling out a quick risk assessment helps you consider what could go wrong on the day so you can react quickly and be fully prepared.

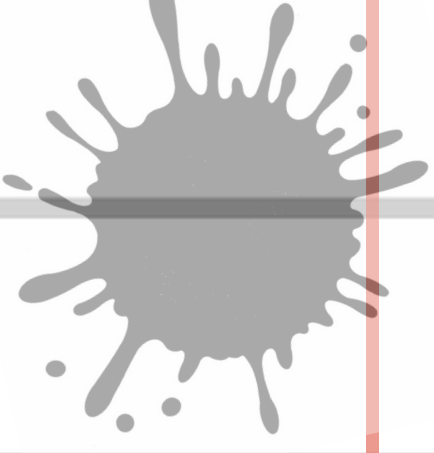
## Collecting money

You must have permission before collecting money on a private property, such as supermarket or pub. There are strict guidelines to collecting in a public space (e.g door to door or in the street). If you would like to hold a public collection get in touch and we can help.

## Insurance

Any event that involves the public should have Public Liability Insurance, so remember to ask your venue whether or not your event is covered.





# TO-DO LIST



## GET PEOPLE INVOLVED

Fundraising with others lets you share the fun and reduces the stress of organising an event. It also increases your network, so you have plenty of supporters.

## SET A TARGET

Setting a target and a deadline keeps you motivated, and gives you a great sense of achievement once you reach it. It also creates a sense of urgency when asking for donations.

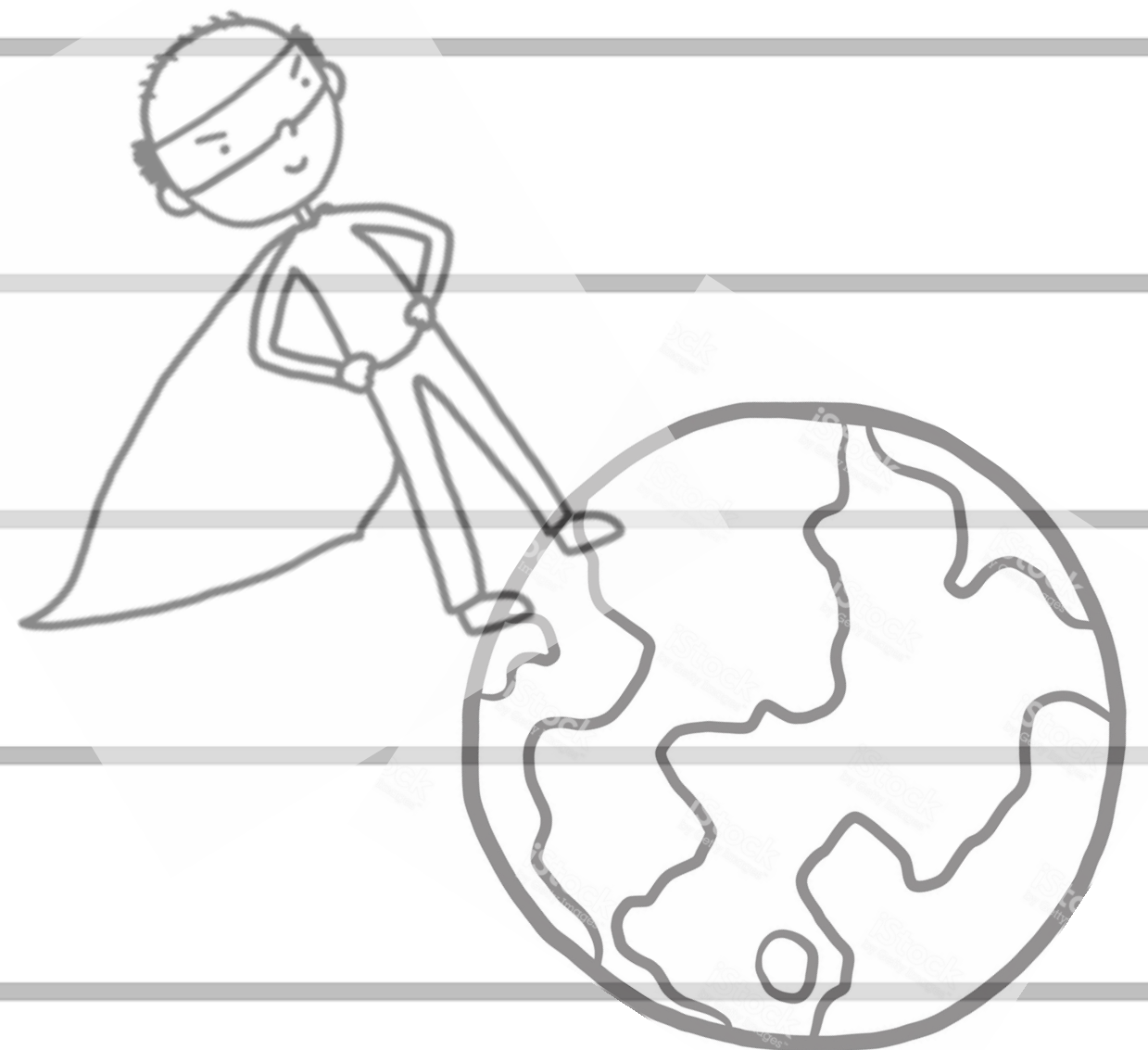
- "Only two days left to reach £200!"

## SET A DATE

Avoid a time when people are working, or that clashes with any major local or national events which may discourage people attending yours.

## CHOOSE YOUR ACTIVITY

Check out some ideas on pages 2-5





## FIND A VENUE

Things to consider when choosing a venue:

- Is it weatherproof?
- Is the location central and easy to find?
- How many people are you expecting?
- Do they have good facilities? E.g. parking, toilets, disabled access?
- Could you negotiate a cheaper price?
- Do they have public liability Insurance?



## KEEP IT LEGAL

Check page 7 for more information about applying for licenses

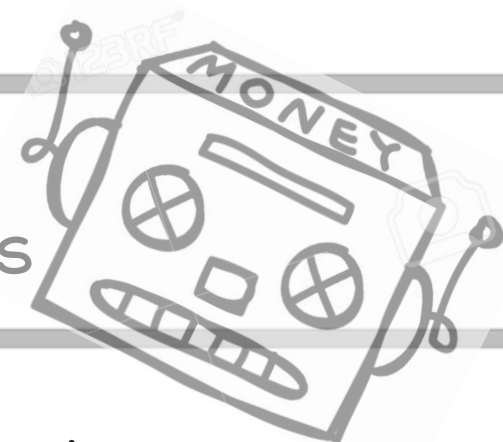
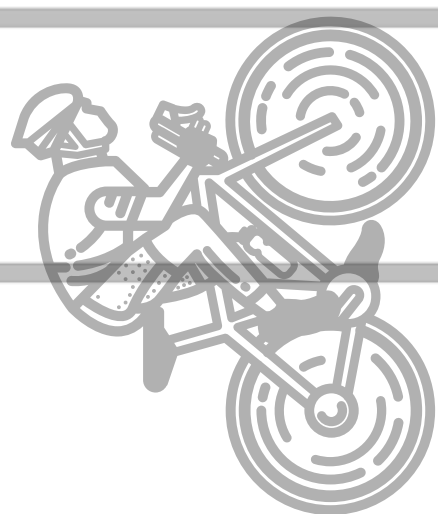
and risk assessments. Licence applications can take several weeks, so make sure you apply in plenty of time.

## BUDGETING

Don't forget to budget - organising an event can have lots of hidden costs and if not considered, could even end up with a loss. We suggest you aim to raise at least 3 times as much as you spend.

Some things to consider...

Temporary event notices, venue hire, publicity, catering, transport, prizes. Ask local businesses to donate prizes and food, or to sponsor the event to keep costs down. You could offer to publicise them on the posters and distribute their leaflets at your event in return for their kindness.







## GET THE WORD OUT

Distribute posters and leaflets as far and wide as you can, Remember to ask permission before poster! Use social media – Put your poster as your facebook cover and profile picture.

Tweet all about it, Instagram photos of your fundraising journey, blog your progress...Social media is the BEST way to get your message out there, and it's completely free!

Don't forget to send Restore your photos and stories, we'd love to post them and help promote your event as best we can.

## THE WEEK OF THE EVENT

- Call to confirm catering, transport, entertainment, venue and volunteers
- Collect your fundraising materials from Restore
- Call the local police to notify them of your event
- Remind friends, family, colleagues to come along
- Create lots of excitement on social media

## AFTER THE EVENT

- Thank everyone who helped
- Don't stop fundraising – 20% of donations come after the event – send a reminder to friends, and show them photos that you did it!
- Keep in touch! Hopefully we can attend the event, but if not we would love to hear all about it and see lots of photos.
- Sign up to our e-newsletter and social media pages, so you can hear about other events and opportunities to get involved with.





# HOW TO SEND IN YOUR MONEY

Deposit any cash collected into your account. Then send us the money through on of these ways...

## Online

Donate directly online using our website:  
[www.restore.org.uk](http://www.restore.org.uk)

## Sponsored Events

Set up a sponsorship page on Just Giving: [www.justgiving.com](http://www.justgiving.com) choose Restore, that way the money you raise gets paid directly to us!

## BACS

Restore Limited, Barclays Bank, Cowley Branch, Oxford

Sort code: 20-65-21

Account number:80313912

## Mail

Please make cheques payable to "Restore", send them with some details of your event to, Manzil Way, Oxford, OX4 1YH.

For security reasons please do not send cash in the post.

## Kana's story

In 2009 I had a major accident at work. A two-tonne weight fell on me causing a head injury and lots of broken bones including my arms, legs, knee, ankle – they thought I was dead as I wasn't breathing.

Restore really worked. Mentally I'm much better than before. I used to get angry quickly. Restore has helped me with everything. My coach helped me think differently – maybe another job would be good for me. I needed to do something easier.

Maybe the accident happened for a reason. We talked about all sorts and it was very helpful. What I really liked was that it was like talking to a friend rather than being serious all the time, it helped me a lot.





# Other ways you can support

## Volunteer

Volunteers play an essential role in the delivery of our services, we wouldn't be able to run without them. No prior experience is necessary, just a bit of time and plenty of enthusiasm. We provide full training and regular debriefing sessions.

[volunteer@restore.org.uk](mailto:volunteer@restore.org.uk)

## Become a Friend of Restore

With the ever-increasing demand in our services, it's so important to know we can still get by with help from friends. Friends give monthly or quarterly, giving us the confidence to plan ahead. [fundraising@restore.org.uk](mailto:fundraising@restore.org.uk)

## Visit our cafes

Come to the tranquil Garden Cafe, a hidden oasis on the thriving Cowley Road (OX4 1YH) and our cosy Littlemore Lounge at Littlemore Mental Health Centre (OX4 4XN). We have freshly made lunches, home-made cakes and brista-style coffees.

## Go Shopping

Browse for beautiful hand-crafted gifts and gardening supplies and meet the recovery groups at our shops in Banbury, Didcot, Cowley and Littlemore (directions can be found on our website). If you are looking for something specific you can even order bespoke furniture or gifts!

## Remember us

Leaving a gift to Restore in your will ensures that we can continue to provide our life-changing support for generations to come.





