

Dear Supporter

Thank you so much for ordering your fundraising pack from Restore. Every penny you donate makes a difference and helps us to continue our life-changing work - supporting local people across Oxfordshire to take control of their own recovery from mental ill-health, through our unique recovery groups, training and employment coaching.



Mental ill-health can affect anybody, at any time, and statistics show that 1 in 4 of us in the UK will suffer from mental ill-health in our

lifetime. Our services are needed now more than ever, so THANK YOU for taking the time to support us with your own fundraiser, whatever that may look like. We really are grateful.

Thanks to your help, we can support those with mental ill-health on their own recovery journey. Take Russel, who came to our Beehive recovery group:

"My background is in the Military and the Police. I served in the Falklands, and during the Troubles in Northern Ireland, and was then a police officer in London. 22 years of work took its toll. My diagnosis is complex, and I have more than one mental health disorder. This makes it difficult to get the correct access to the mental health system.

From the day I started at The Beehive in August 2018 my life has improved. Yes, there have been a few bumps in the road on the way and there will be further obstacles to cross in the future but Restore have taught me that it is okay to not be okay, and that I am not alone. Restore have given me back my self-esteem and taught me to take little steps. I may never be rid of all my demons, but I now have greater control over them, thanks to techniques I have learned from attending Restore.

I am now training to become a Tutor at The Oxfordshire Recovery College and eventually I would like to be an advocate for men's mental health."









Manzil Way, Cowley Road, OX4 1YH | <u>fundraising@restore.org.uk</u> | 01865 455822 | <u>www.restore.org.uk</u> Company 01324318 | Charity 274222 | VAT No. 410832979



We really hope you enjoy throwing your very own fundraiser, using the items in this kit.

If you have any questions or need help with anything, then please drop us an email at fundraising@restore.org.uk. We're a friendly bunch!

Good luck with your event!

Claire Spence-Parsons, Head of Fundraising and Communications











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Boost your donation by 25p of Cift Aid for every £1 you donate

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Cift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer. In order to Cift Aid your donation you must tick the box below:

I want to Cift Aid my donation of £_____and any donations I make in the future or have made in the past 4 years to Restore.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Cains tax than the amount of Cift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

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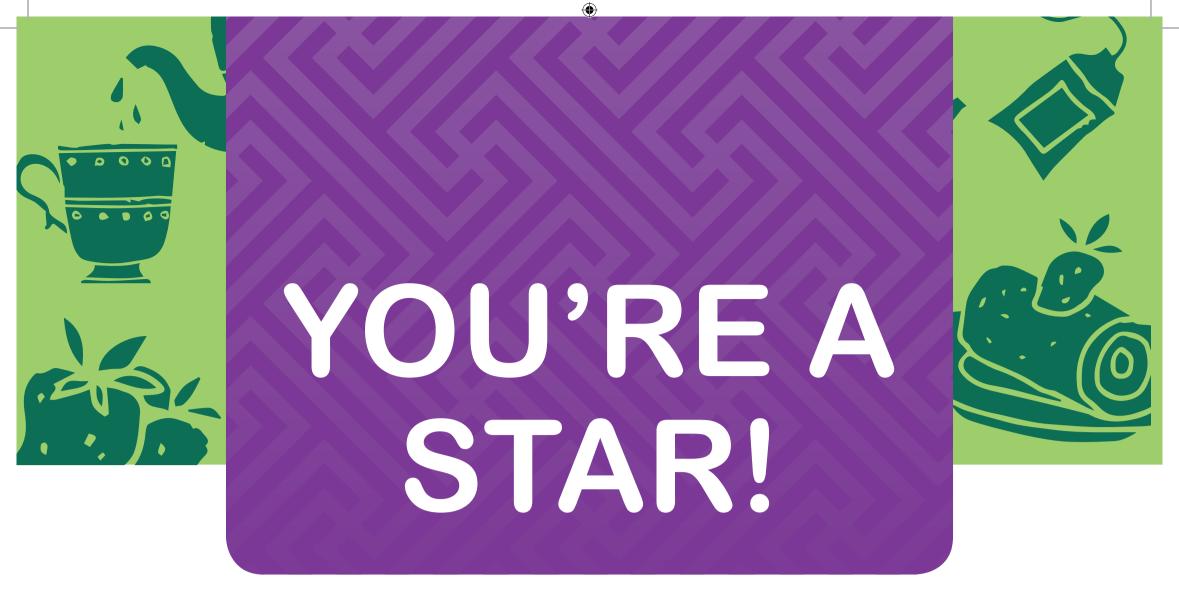
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THANKS TO YOUR GENEROSITY, WE RAISED A TOTAL OF

FOR RESTORE

WORKING WITH MENTAL HEALTH

By participating, you're helping people to recover and return to leading fulfilling lives.

THANKYOU



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Like us on instagram @**OXRESTORE**



I'm fundraising for Restore & mental health You can make a difference to somebody's future TODAY, by going to my JustGiving page & making a donation! - thank you



