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FUNDRAISING PACK

2026

GET IN TOUCH:

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RISEUK

R.I.S.E. (Refuge.Information.Support.Education.) Registered Charity No: 1065846 www.riseuk.org.uk

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THANK YOU!

Fundraisers are the oxygen of RISE.
You are our community, you talk to people about our work, you excite and inspire your friends and family, you take our message into your work place, and you help create a space where domestic abuse is something that everyone can talk openly about.

From joining a Drum Out Abuse March to holding a cake sale – every little will help RISE reach out to even more people and make a difference.
If you need anything, get in touch. We love hearing from you and supporting you to reach your target.

THANK YOU FOR BEING THE CHANGE THAT WE ALL WANT TO SEE: A COMMUNITY WHERE PEOPLE LIVE FREE FROM ABUSE AND VIOLENCE.

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YOU ARE SUPPORTING PEOPLE TO LIVE FREE FROM DOMESTIC ABUSE AND VIOLENCE...

IT COSTS £4,200 EVERY DAY TO PROVIDE ALL OF OUR SERVICES – HELPLINES, DROP INS, THERAPY AND SUPPORT.

EVERY PENNY YOU RAISE WILL GO DIRECTLY TOWARDS THE PROVISION OF CRISIS SUPPORT, PRACTICAL GUIDANCE AND THE EMOTIONAL CARE THAT HELP WOMEN, FAMILIES AND INDIVIDUALS REBUILD THEIR LIVES. THANK YOU FOR MAKING IT POSSIBLE.

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GETTING STARTED

NOW YOU HAVE YOUR WHY, LET'S GET FUNDRAISING!

- **Spend some time thinking about how to fundraise.** Find something that suits your lifestyle, personality and passions. Inspiration on pages 7-8.
- **Ask friends, family and colleagues to help you.** How about your faith group, exercise class, sports team, local school? Will your employer match your fundraising?
- **Set a date and time.** Are there any other big local events on at the same time? When is your audience free? Is weather important?
- **Set a target and budget.** Targets encourage your supporters to give you more. We recommend spending no more than £1 for every £3 you raise. Ask us for a Budget Template.

- **Find a venue/sponsor/raffle prize.** Whoever you need to contact, do it by phone if you can. It's much more personal. Tell the venue you are putting on your event for RISE and you may get it at a discount or even for free.

- **Keep it safe and legal.** See page 16.

- **If you'd prefer to set up a Just Giving page for your fundraiser, set one up here: www.justgiving.com/riseuk.** See info on what a Just Giving page is, as well as top tips on how to raise more money with JustGiving on page 18.

£20 COULD PAY FOR ONE HELPLINE CALL	£50 COULD PAY FOR A COUNSELLING SESSION	£75 COULD PAY FOR A MUSIC THERAPY SESSION FOR A CHILD

- **Drop us an email.** We love to hear what you are up to. We can provide balloons and bags, t-shirts, collection boxes and buckets, banners and flags, as well as support with budgeting and social media promotion. We can even put it on our website or in our newsletter.

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- **Talk about it.** Let your supporters know how you are getting on and why you are fundraising for RISE on social media and by word of mouth. Tag us on social media with @RISEUK and we will help you spread the word. If you need logos or images, get in touch.

- **Enjoy yourself!** Have a fabulous time celebrating your hard work.

- **Pay the money in.** See pages 21-22. Don't forget Gift Aid! Remind everyone who pays tax in the UK that this will increase their donation by 25%.

- **Say thank you.** Whether it's a thank you on social media or a personal handwritten note to supporters and everyone who helped you out, a note to let everyone know how you got on and how much you raised will go a long way.

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INSPIRATION!

WHETHER YOU ARE STARTING FROM SCRATCH OR LOOKING TO MAKE A LITTLE EXTRA, HERE ARE SOME IDEAS TO HELP:

FILM NIGHT

Screen some of your faves, or films that raise awareness of domestic abuse. Put up posters, sell popcorn and help raise money for a great cause.

BAKE OFF

Who can resist a bake off?! Get raising some dough from competition entry and selling cakes. The Bake Off Champion could win a prize.

DRESS UP DAY

Think black tie and ball gowns, or fancy dress. Include awards like Best Dressed and Best Couple to raise the stakes a bit. Don't forget to take photos!

OPEN MIC NIGHT

Comedy, music or stand up poetry, lots of people will love getting involved! Charge a small amount for people to watch. You could even sell snacks.

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RAFFLE

A classic! Add it on to an event you are already doing to boost your income. Ask local businesses, work, or your networks to get a range of prizes.

QUIZ NIGHT

Got some niche knowledge? Secure a quiz master, some friends and quiz questions! Charge everyone a small entry fee to show off their brain power.

CELEBRATIONS

Birthdays, Anniversaries, Parties. Bring people together and charge entry fees, sell food and drink, or encourage guests to make donations instead of buying you gifts.

GIVE SOMETHING UP

A sponsored month of no texting, social media, or (horrors!) your morning coffee. Something that's a challenge to do without. Anything goes!

BLACK TIE DINNER

Cook up a storm. You can pretend you're in a murder mystery, or even host a 'Come Dine With Me' style event. Ask people to make a donation.

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HANNAH, ONE OF OUR INCREDIBLE FUNDRAISERS RAN THE BRIGHTON HALF MARATHON FOR RISE! SHE TURNED EVERY MILE OF HER RUN INTO A MESSAGE OF HOPE AND RESILIENCE.

"To me, this event is much more than just a half marathon; it symbolises hope and resilience for those who have faced unimaginable challenges. Every step I take during this half marathon is for them, and represents a commitment to create a world free from abuse and violence."

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AS A FUNDRAISING CHALLENGE, THE SALTWATER SIX SWAM THE ENGLISH CHANNEL AS A RELAY FROM THE WHITE CLIFFS OF DOVER TO THE FRENCH COAST, RAISING VITAL FUNDS FOR RISE.

THESE ARE JUST TWO EXAMPLES OF THE MANY INCREDIBLE WAYS OUR SUPPORTERS HAVE RAISED MONEY FOR RISE. WE'RE EXCITED TO SEE WHAT YOU DO!

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NEED MORE INSPIRATION?...WE'VE GOT YOU COVERED.

SWISHING PARTY

Have your friends and family bring their unwanted clothes, accessories etc. Let participants 'shop' and swap for one new piece of apparel or buy them for cash. To get the best turnout possible, schedule your swap near the beginning of spring or autumn, when people change their wardrobes for the new season.

NAUGHTY WORD JAR

Get a jar and every time someone says an unwanted phrase (or naughty one!) get them to make a donation in the jar! This is great to have at home or your place of work!

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CAR BOOT SALE

Help community members declutter and support a worthy cause by donating to a car boot sale. This is one of the easiest ways to get rid of unnecessary junk while doing something helpful for others.

RUN, SWIM OR CYCLE.

You can take part in all sorts of events, some of which RISE put on ourselves. The RISE 8K, half-marathons, full marathons, park runs… plenty of opportunities to get your trainers on and get fit for RISE.

KEEP IT SIMPLE

Raise money from something you are already doing. Putting on a show? Games night with friends? Or selling clothes on Vinted? You can raise money from practically anything!

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EASY ONLINE FUNDRAISING: HERE TO HELP!

One group of girls from a local school ran a tombola stall at our RISE Undercliff 8K Race, raising an amazing £230!

Top Tip
Make it a team effort. With everyone working together, you can really make a difference

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SETTING UP YOUR FUNDRAISING PAGE

Donate online with JustGiving™

One of the easiest ways to collect donations is by setting up a JustGiving page.

It's a secure, trusted online platform that allows you to share your fundraising story, track your progress, and collect donations directly for RISE.

Creating a page is simple and takes just a few minutes. Once it's live, you can share the link with friends, family, and colleagues via email or social media, making it easy for them to support you wherever they are.

WHY USE JUSTGIVING?

- DONATIONS GO DIRECTLY TO RISE – NO NEED TO HANDLE MONEY YOURSELF
- YOU CAN PERSONALISE YOUR PAGE WITH PHOTOS, UPDATES, AND YOUR REASON FOR TAKING PART
- IT'S QUICK AND CONVENIENT FOR YOUR SUPPORTERS TO DONATE

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WANT TO RAISE MORE ON YOUR JUSTGIVING PAGE? FOLLOW THESE SIMPLE STEPS. YOU CAN USE TIPS FOR YOUR SOCIAL MEDIA TOO!

- **Profile picture.** People with a profile picture raise on average 71% more than those that don't. Even if it's one of your running shoes!
- **Tell your supporters about RISE.** You could raise on average 77% more if you talk about why you are supporting RISE and the work we do.

- **Updates.** Pages with three or more updates raised on average £550 more. Tell people how your training/baking/event planning is going. It's a helpful way to nudge friends and families that may not have already donated without having to feel like you are nagging people. Tweet/tag your updates to @RISEUK so we can repost them.

- **Targets.** A target motivates your supporters to give more (£370 more on average). You can use the costs on page 4 so people know where their money might go.

- **Photos.** Sharing three or more photos can help you make £750 more than a profile without photos. Shy about having your picture online? Ask us for photos and we will do our best to help.

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KEEPING IT SAFE AND LEGAL

AS FUNDRAISERS WE ARE REGULATED BY LAW AND AS SUCH HAVE TO FOLLOW CERTAIN PROCEDURES. IF YOU DO THE SAME FOR YOUR EVENT EVERYTHING SHOULD GO SMOOTHLY. PLEASE READ CAREFULLY.

INSURANCE

If you organise an event that involves the public in any way, we advise that you ensure that you are covered by public liability insurance. The owners of your chosen venue may already be covered. This can be purchased from most insurance companies. If sub-contractors or facilities are used, such as portaloos and bouncy castles, please ensure that they have the requisite insurance cover.

RISE does not accept liability for any events run in aid of the charity.

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FOOD

There are various food hygiene procedures which you must follow if you plan to sell food that has been unwrapped or home-made. Further information can be obtained from your local authority environmental health department. Please also visit www.food.gov.uk for food safety laws guidelines.

ALCOHOL

If you are going to sell alcohol you or your venue must have a license. You can obtain a temporary license ("occasional permission") from the Licensing Justice at your local Magistrate's Court, but you need to give at least one month’s notice.

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STREET COLLECTIONS

To collect in the street, you will need a license from the local council. Street collection permits go quickly so do apply early.

To collect on private property, such as shopping centres and pubs, you must ask for written permission from whoever owns it. Door-to-door collections (including pub-to pub) also require a license, which can also be obtained from the local council. You will also need to wear ID to show that you are collecting on behalf of RISE.

Please contact RISE prior to organising a collection since we will be more than happy to send you supporting fundraising materials such as t-shirts and stickers. Collectors must be over the age of 16.

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THINGS TO REMEMBER...

- Always ensure that children are safe, take time to assess the risks.
- If you are going to be carrying money take care with personal security and make sure there are at least two of you with the money at all times.
- Assess the risks involved in your event and minimise or eradicate them. Let us know if you need a Risk Assessment template.
- Contact your local police and/or local authority if you are planning to hold an event in a public place.
- Remember that the Health and Safety Act applies to volunteers as well as employees.
- Please consider first aid and fire safety requirements – contact your local branch of St John Ambulance/ Red Cross and your local fire station for advice.

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AND FINALLY...

WELL DONE FOR ALL YOUR HARD WORK! YOUR AMAZING EFFORTS WILL SUPPORT PEOPLE IN THE COMMUNITY TO LIVE LIVES FREE FROM DOMESTIC ABUSE AND VIOLENCE.

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ANY COLLECTION BUCKETS, BANNERS, LEAFLETS?

GIVE US A RING AND LET US KNOW WHEN YOU CAN RETURN THEM TO US.

Send us photos!
We love to see any photos of you in action fundraising. And of course, if you are happy for us to use publicly to celebrate the wonderful work you have done.

PAYING YOUR MONEY IN

JUST GIVING

If you raised money through Just Giving, we have received it already. Thank you! If you want to donate through Just Giving, go to our page here: www.justgiving.com/riseuk

Include your surname as the reference or we won't know who it's from.

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BANK TRANSFER

Please include a reference of 'Your surname' so we know how well you've done!

Our bank details
Account name: RISEUK
Sort code: 09 02 22
Account number: 10384701

WANT TO SEND YOUR MONEY IN A DIFFERENT WAY? NO PROBLEM!

WE HAVE PLENTY OF PAYMENT OPTIONS ON OUR WEBSITE FOR YOU TO CHOOSE FROM. SCAN BELOW TO FIND OUT MORE:

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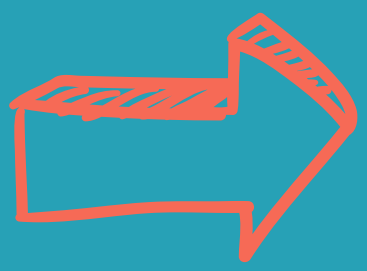
DON'T FORGET!

- INCLUDE YOUR SURNAME AS A REFERENCE IN ANY ONLINE PAYMENTS OR BANK TRANSFERS
- SEND US PAPER SPONSORSHIP FORMS SO WE CAN CLAIM GIFT AID AND MAKE MONEY GO EVEN FURTHER.
- MAKE SURE ALL MONEY HAS BEEN PAID WITHIN TWO MONTHS OF YOUR EVENT.

NEWSLETTER

Want to be kept up to date with the latest news at RISE? Sign up to our newsletter below to recieve our e-news every 6 weeks



SIGN UP HERE