

Fun^{draising} Fact Pack

Hafan Cymru
Atal Camdriniaeth • Hybu Annibyniaeth
Preventing Abuse • Promoting Independence

*It's Our 21st Birthday!
Come and join
the Party!*



Diogelwch  Safety Lloches  Sanctuary Cefnogaeth  Support

Head Office: Hafan Cymru, 5-6 Queen Street, Carmarthen, Carmarthenshire
Tel: 01267 225555 Fax: 01267 221592 Email: Marketing@hafancymru.co.uk

www.hafancymru.co.uk

The start of your fun^{draising} journey...

Hafan Cymru's Fun^{draising} Fact Pack is full of useful tips and great ideas to help you plan and organise your own fun^{draising} event.

Before you go any further we would like to **THANK YOU** for choosing to fun^{draise} for Hafan Cymru. The organisation needs all the support it can get to help those affected by Domestic Abuse. Remember it's our 21st Birthday this year, so bring the '21 Factor' into your event.

We hope you will find this Fun^{draising} Fact Pack full of useful advice and great ideas to help you put on a really successful event. It includes the following pages...

- Why fun^{draise} for Hafan Cymru?**
Read the testimonials of real people your money will help.
- Where will my money go?**
A break down of how your money is spent.
- Five steps to fun^{draising} success**
Step by step guide to help you reach your goal!
- Inspirational ideas**
Things to do at work, school, university and alone.
- Press Release template**
This will help you achieve maximum publicity for your fundraising event!
- Raising sponsorship money online**
Increase your circulation by building a customised sponsorship form on the web.
- Sponsorship form**
A simple form to raise money.
- Paying in form**
Making sure your money gets to us correctly.
- Legal and Safety Guidelines**

Get started!

The Hafan Cymru Team wish you

good luck!



Why fun^{draise} for Hafan Cymru?

Atal Camdriniaeth • Hybu Annibyniaeth Preventing Abuse • Promoting Independence



With the aid of everyone who gives to Hafan Cymru, we are able to continue our activities to help Prevent Abuse and Promote Independence for women, men and children escaping Domestic Violence and educate the youth of Wales about abuse and its consequences.

Thanks to all of our supporters we will be able to keep on giving Safety Sanctuary and Support to people like:

Anonymous

"Hafan Cymru totally turned me and my life around and I'm so different in every way to who I was. I stopped the prescription drugs, put weight on and bought mirrors (I never used to own one except a make-up mirror). I've gained heaps of confidence and I've not self-harmed for 10 months."

Andrew

"Thanks for giving me my life back and encouraging me to do anything in life"

Alma

"My name is Alma and I am an ex service user with "Hafan Cymru", they supported me for 2 years. When I was first introduced to this organisation I was dealing with the affects of traumatic abuse. I can honestly say I wouldn't know where I would be now if it wasn't for their continued and amazing support."

Maggie

"Thanks to Hafan Cymru I know I will never be with a violent man again. I know the first signs of a violent man which I didn't before. This organisation is fantastic and vital to women and children who have suffered domestic abuse, but also to women who haven't so they know before and hopefully prevent them from being in a violent relationship."

Diogelwch  Safety

Lloches  Sanctuary

Cefnogaeth  Support

Where will my money go?

Hafan Cymru helps hundreds of women, men and children each year, suffering from domestic violence and abuse all across Wales. With your help we can continue to help change the lives of the people affected.

Your money will make a difference, so aim high and enjoy every minute of your fun ^{draising} journey...



£6000

Pays for Hafan Cymru to support a woman or man (and their children) escaping Domestic Abuse for 12 months enabling them to regain their independence and live free from abuse.



£250

Pays for Hafan Cymru to deliver a Spectrum session in a secondary school teaching children about power and control in relationships.



£60

Pays for two hours of support to a vulnerable family trying to break free from violence.



£20

Pays for a starter pack for someone who's had to flea their home to escape domestic abuse.



£10

Pays for ½ hour of training for a homeless person to help them move back into education or work.



Every £ makes a difference

here are some examples of how the money you raise can really help

Five steps to fun ^{draising} success

We've put together a guide to help you on your way to raising lots of money for Hafan Cymru.

1. First things first

- 🌐 **Decide what to do** – see some of our ideas for inspiration. Remember it's our Birthday year so have some fun and put a '21 Factor' twist on your idea!
- 🌐 Choose **where and when you will do it** – remember to consider the weather and maybe include a plan B in case it takes a turn for the worse!
- 🌐 **Book any venue or equipment needed.** Ask family, friends and colleagues to help you – the more the merrier!

2. Making money

- 🌐 Set a **realistic fundraising target** so you have something to aim for.
- 🌐 Ask family, friends and colleagues to **sponsor** you. Your employer/tutor/teacher may have a **matched giving** scheme which is an easy way of doubling what you raise!
- 🌐 Please do not collect money from door to door. This is illegal without a licence.

3. Publicise it

- 🌐 **Advertise** your event using posters, emails and Facebook.
- 🌐 Send the **Press Release** (template included in your fundraising pack) to the local papers and radio stations.

- 🌐 Don't forget to **take your camera** on the day to take pictures and video to record your event and send them to us so we can see your fantastic event!

4. Keep it safe

- 🌐 Read our fundraising guidelines to ensure you keep everything above board!

5. After the event

- 🌐 Send the **Press Release** to the local papers and radio stations, with some photos of your event.
- 🌐 **Thank everybody** involved in your event.
- 🌐 Post **pictures and videos** on Facebook and Youtube or email them to all your supporters to thank them for their generosity.
- 🌐 **Pay the money in!** (See the Paying in Form).



Inspirational Ideas

Raising money for Hafan Cymru doesn't have to take weeks on end. In fact, it can take hardly any time at all with most of these ideas. Just take your pick and raise a few bob - even a small amount of cash can make the world of difference!

At Work

- 🌍 Hold a charity barbeque/lunch/dinner
- 🌍 Have a dress down day
- 🌍 Have an ice-cream eating competition
- 🌍 Host a disco/karaoke night
- 🌍 Why not have a Make Your Own Lunch Day? – then donate the savings to Hafan Cymru
- 🌍 What about a lunch time question quiz – **21 Questions**
- 🌍 Have a match your pet/baby picture to the owner competition
- 🌍 Do a shocking sock/tie day – £2 if you forfeit
- 🌍 Hold a wine and cheese tasting event
- 🌍 Run a car wash service
- 🌍 Set up a pay roll giving scheme
- 🌍 Do a sweepstake – How many times does the phone ring on a Wednesday?
- 🌍 Have a no jargon day
- 🌍 Request a collection tin*

At University

- 🌍 Host a sleep over (the more the merrier)
- 🌍 Hold a green and purpled theme party
- 🌍 Eat something weird for money
- 🌍 Have a pool or darts match
- 🌍 Have a game of pub golf
- 🌍 Themed party – Go back **21 years** to 1989!
- 🌍 Organise a chess tournament
- 🌍 Try a speed dating evening
- 🌍 Hold a comedy evening
- 🌍 Host a pub quiz
- 🌍 Go for a wild winter dip in the sea
- 🌍 Do a fashion show
- 🌍 Request a collection tin*

At School

- 🌍 Go for a bike ride
- 🌍 Challenge your schoolmates to a sponsored class silence – **21 minutes/hours!**
- 🌍 Wear your pyjama's to school
- 🌍 Or simply pay a pound to wear your own clothes
- 🌍 Hold a talent show
- 🌍 Put on a play
- 🌍 Organise a games day
- 🌍 Do a treasure hunt
- 🌍 Hold a sponsored walk
- 🌍 Host a barn dance
- 🌍 Cook up a cake sale
- 🌍 Get face painting
- 🌍 Set-up a Cinema club for a day
- 🌍 Have a pop star disco
- 🌍 Hold a Teddy Bear's picnic
- 🌍 Request a collection tin*



TIP:
Put your own
'21 Factor' theme
on your fundraising
antics to celebrate
our birthday!



Your '21 Factor' twist doesn't have to be complicated, for example - First one to eat 21 Yorkshire puddings win's!

Doing it Alone

- 🌐 Try a Yorkshire pudding eating contest!
- 🌐 Why not stay up for a whole 24 hours?
- 🌐 Run or walk **21 miles**
- 🌐 Do a long conga
- 🌐 Have a dance competition
- 🌐 Host a stand up comedy night
- 🌐 Have a cake sale

- 🌐 Hold a jumble sale
- 🌐 Do a book sale
- 🌐 Organise a raffle
- 🌐 Host a quiz night
- 🌐 Do an Easter egg hunt
- 🌐 Why not have a fancy dress party

Come up with your own creative ways to support Hafan Cymru - remember it has to be fun!

Remember you can also fun^{draise} online by going to our everyclick^{draising} page: www.everyclick.co.uk/hafancymru to setup your own fun^{draising} page or donate today!



Whatever inspires you, it's good to know you can make a direct difference to other people's lives simply by having fun with your friends, family or colleagues.

*If you just want a simple collection tin to take around the company/class/or an event, we have many here at Hafan Cymru so just pick the phone up and call 01267 225555 or email us at marketing@hafancymru.co.uk and we will deal with your request!

* **NOTE:** Please read our fundraising guidelines to be safe and legal!



*It's Our 21st
Birthday!*

*Come and join
the Party!*



Head Office: Hafan Cymru, 5-6 Queen Street, Carmarthen, Carmarthenshire
Tel: 01267 225555 Fax: 01267 221592 Email: Marketing@hafancymru.co.uk

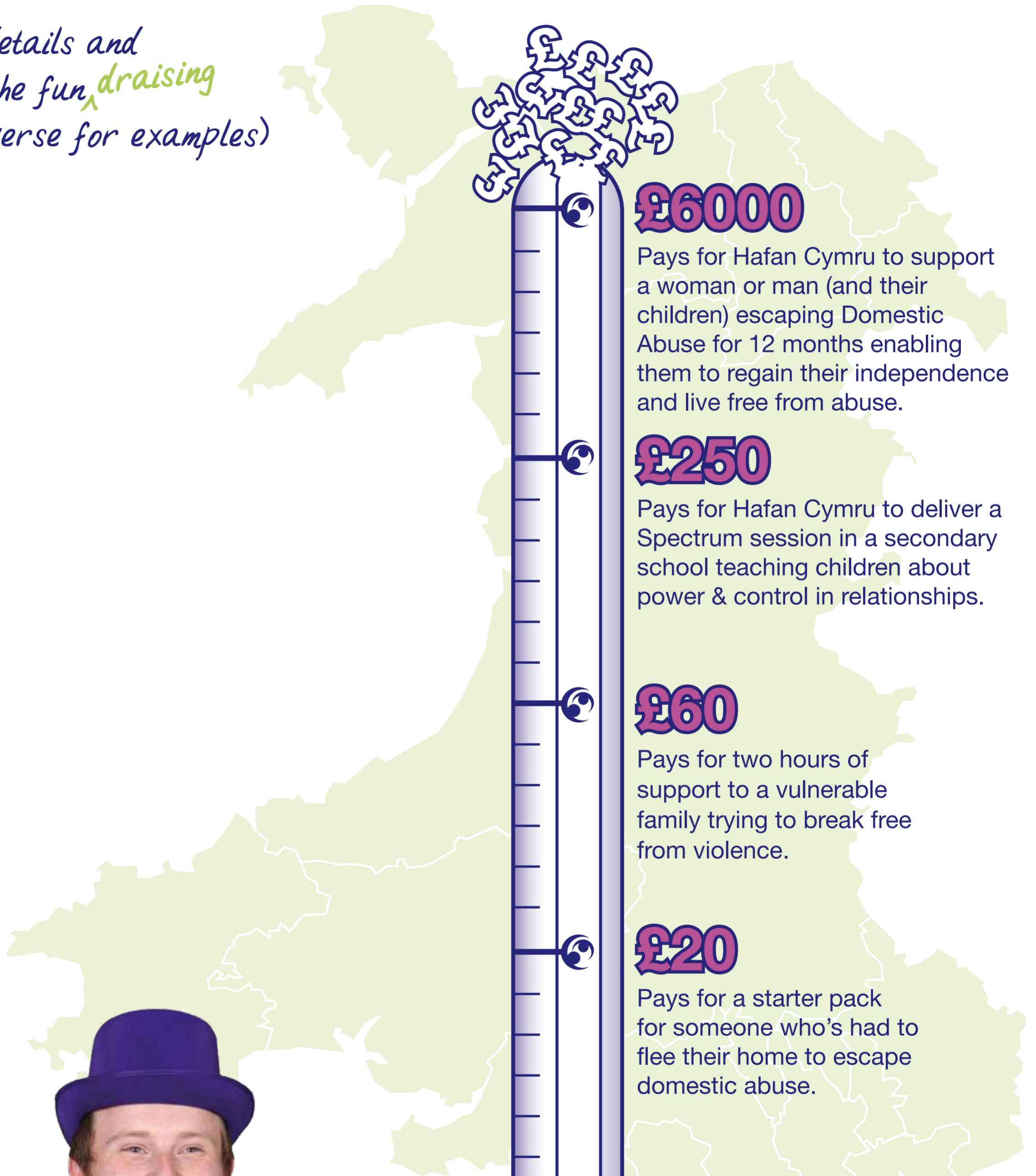
www.hafancymru.co.uk

Fun *draise* for



Hafan Cymru

Write your own event details and targets and colour in the fun *draising* target tracker (see reverse for examples)



Every £ makes a difference



Diogelwch  Safety Lloches  Sanctuary Cefnogaeth  Support

