

A group of people, mostly young adults, are gathered for a charity event. They are wearing light-colored t-shirts with the word 'changes' printed on them. Some are holding signs, and one person in the foreground has a sign that says '30'. The background shows a tent and other people, suggesting an outdoor event. The entire image is overlaid with a semi-transparent teal color.

Time to make a change

changes
Bristol

FUNDRAISING GUIDE 

Thanks *a million*



Our service is unique,
free and open to all.
Our survival depends on
the generosity of donors.

At Changes Bristol we help people make vital positive improvements to their lives. By fundraising you will be providing crucial funds to help us improve mental wellbeing, fight stigma and change lives.

Changes Bristol has been running mental health peer support meetings for adults in Bristol since 2004, with the charity's expertise helping more and more people each year.

Our peer-led support groups give people suffering from mental health issues a place to talk and to take steps toward improving their lives and their well-being.

Our ethos is to remove barriers to support - helping people make positive changes in their lives and encouraging resilience and self-belief. We believe everyone should have the opportunity to access a peer support network.

98%

of our members feel attending a Changes Bristol group benefits their mental health.

“This organisation has changed my life. I have a safe space to share my woes, and my ups too!”

Time to



Take on a team challenge



For a list of fundraising events organised by Changes Bristol [click here](#)

Hike



Run



Cycle



Tee-off

Sew

Walk



Pub quiz



Bake



Dragon boat race



Become a corporate partner

Set up an office sports tournament

Arrange a coffee morning



Raffle



or create your own fundraising event!

Spread the word

Don't forget to send
[Changes Bristol](#) your
photos and stories



Instagram your fundraising journey.

Make sure to link to your JustGiving page at the bottom of each post.



Tweet about the charity and your fundraising journey.

Tag anyone who might be interested. Have any celebrities recently campaigned for better mental health? Tag them and they might retweet you.



Change your Facebook cover and profile picture to you in a fundraising top, at an event or the Changes logo.



Adapt your e-mail signature.

Add a line at the bottom of your email about your event with a link to your JustGiving page. Ask to be included on your company website, intranet or newsletter.



Use one of our Press Release templates to send to your local media.

Remember to include your own personal story of why you have chosen to fundraise for Changes Bristol specifically. People are far more likely to donate when there is a personal link to the charity.

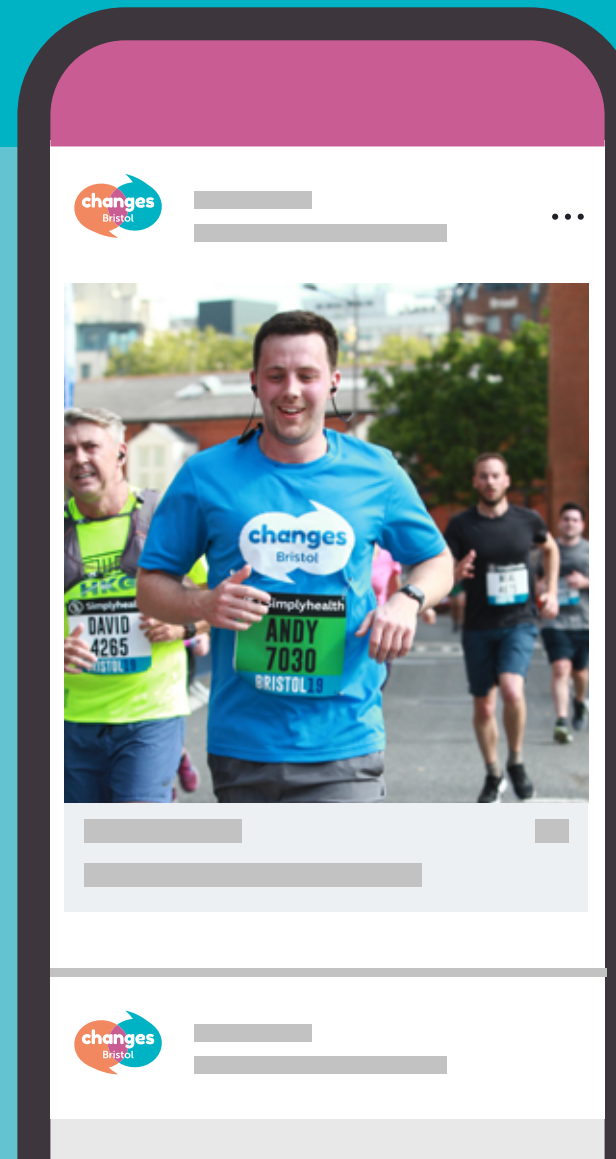


Send out messages on all your WhatsApp groups.



Add a link to your JustGiving page on your work emails.

Social media is your friend.
Own it!



Chloe's story

Chloe shares an honest account of her journey of mental health throughout pregnancy and the early years of motherhood.

I guess I had pretty good mental health bar some phobia issues until I was almost 30. I had a very short period of time off sick from work running up to my marriage but other than that I functioned well.

My first child was two when I had my first mental breakdown. I was lucky that I had family support and because of this childcare was organised and paid for and so I was able to shutdown and opt out of my life for a time. Eventually my son was awarded a full time nursery place because of my illness. After my breakdown, I never went back to being a full time mum to him.

"I'm honestly not sure if I would be here now if it wasn't for Changes Bristol"

Gradually I got well enough to feel ready to have another child. I had a very anxious pregnancy filled with feelings of impending doom. I was certain that either myself or my new baby would die during the birth.

The birth went well, and I thought "now I can relax and do this"; however, within a few hours my son was in special care with a serious infection.

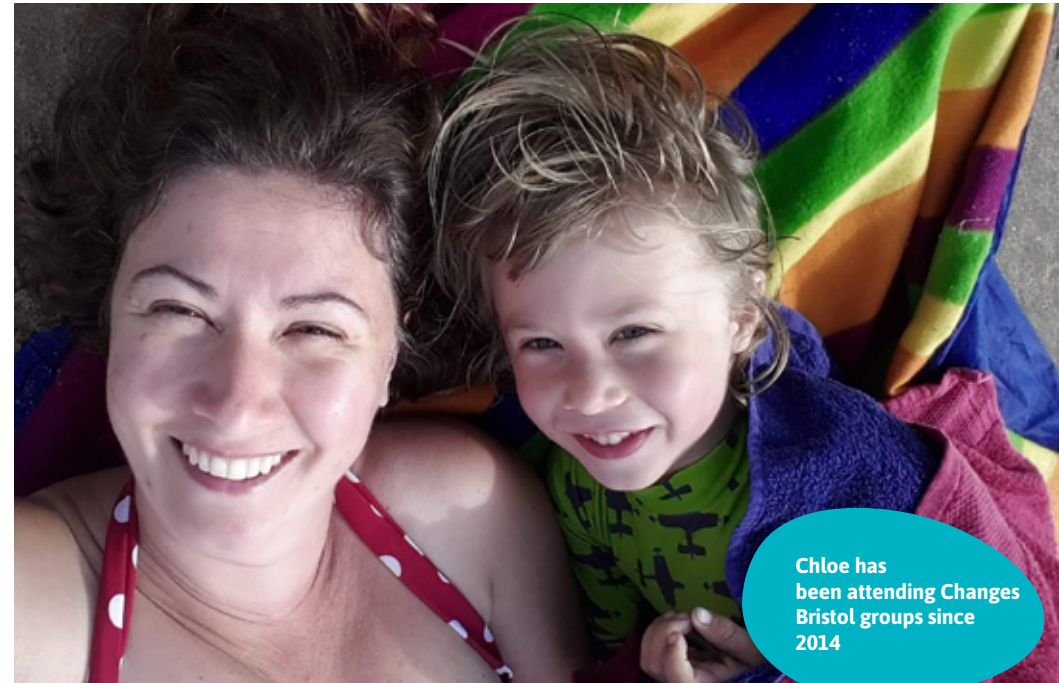
My mother's first baby had died from this infection and I was told that even if babies survive, that 10% will be left with serious complications. I was also told that the illness can recur in the first three months of life.

My baby got well and I took him home. I was full of fear and spent weeks lying awake all night while he slept beside me.

At six weeks he was rushed into A&E at the children's hospital with suspected meningitis. I had three harrowing nights in an isolation unit believing once again that I would lose my child. He got well.

I started attending Changes Bristol groups after my son turned three as I was no longer allowed to attend 'Mothers for Mothers' groups (which I discovered when my second son was six months old – they helped me hugely to cope with that time).

I had few friends and felt quite isolated. I joined Changes and decided to give it four weeks. I returned home each Tuesday for three weeks and cried. It was so different to what I was used to at 'Mothers for Mothers'.



Chloe has been attending Changes Bristol groups since 2014

I found it hard being in a mixed group. I was shy, and it was difficult to share. My husband told me to stop putting myself through the agony but I stuck to my four week plan. On the 4th week I came home smiling!

"Being able to share without judgement and in a safe place makes me feel heard and validated"

It has now been almost 4 years since I joined Changes Bristol and I've rarely missed a week.

Life has had some serious ups and downs in that time but attending the group has been something that has kept me strong.

Being able to share without judgement and in a safe place makes me feel heard and validated. I've got a group of friends I met through Changes and these friendships are like nothing I've experienced before.

We talk openly together, we meet up regularly despite how we might be feeling. We accept one another, and I feel fully accepted by these friends. I'm honestly not sure I would be here now if it wasn't for Changes Bristol.



Have fun stay safe

Important issues you need to be aware of, especially if you are organising a fundraising event yourself.



Licenses

You may need a license or permit from your Local Authority to hold a public event or collection, raffle/lottery or if you are selling alcohol. Visit Bristol City Council's website for guidelines.

You can collect money on private premises as long as you have permission from the owner. You may need a certificate of authority from Changes Bristol to prove you are raising money for us.



Our logo

If you'd like to use Changes Bristol's logo on your fundraising posters or JustGiving account please get in touch and we'll happily share it with you!



Insurance

Check with us to see if you are covered by our Public Liability Insurance – you will need to give us all details of your event in advance and follow our guidelines.



Food hygiene

Doing a bake sale? Take extra care if you are handling food and visit food.gov.uk for guidance on preparation, storage, display and cooking.



Risk assessment

Filling out a quick risk assessment helps you consider what could go wrong during your event, so you can react quickly and be fully prepared. Contact us for a template.



Happy snapping

Remember to take photos of your fundraising but get permission from anyone caught on camera!



Handling money

Keep any money you collect secure at all times, in a lockable place, until you pay it in. Make sure the money is accounted for, recorded and counted in the presence of more than one person. Bank the money as soon as possible.

Paying in donations

JustGiving is the easiest way for us to receive your funds plus they collect Gift Aid for us.

Just Giving



5 top tips to smash your JustGiving fundraising:

- 1 Personalise your page** with a photo of yourself in your t-shirt or vest and tell your story – why are you supporting Changes Bristol.
- 2 Add a thank you message** on your Justgiving account. This is automatically sent to your sponsors after they donate.
- 3 Ask your friends and family** to share your JustGiving page online too – you'll be amazed how many friends of friends offer a donation.
- 4 Add photos and updates** of your training to your JustGiving page. Share these on social media and send around to your sponsors, friends, relatives and colleagues. It's a gentle nudge for those who haven't got around to donating!
- 5 Encourage your sponsors to tick the Gift Aid fields** – the Inland Revenue will give Changes Bristol 25p for every £1 donated.

Visit [our JustGiving page](#)



£1000

would allow us to provide a support group across 12 communities for a fortnight

Cheques

Make cheques payable to 'Changes Bristol Ltd'. Please send them with your name, contact details and name of fundraising activity to:

Changes Bristol
Barton Hill Settlement
41-43 Ducie Road
Lawrence Hill
Bristol
BS5 0AX.

Cash

If you have collected donations in cash use your [sponsorship form](#) to make payments to Changes. For security reasons please do not send cash in the post.

Good luck!

 changesbristol.org.uk

 info@changesbristol.org.uk

 0117 941 1123

Our office is open on a part-time basis, so if there is nobody available to take your call, please leave a message and we'll get back to you as soon as we can.



Registered charity number 1167828



£500

would pay for one person to be fully supported by our mental health service for a whole year