

# FUNDRAISING PACK

*Thank you for supporting us!*



[www.skypositiveminds.org.uk](http://www.skypositiveminds.org.uk) 

#SkyPostiveMinds   

# About us

**SKY Positive Minds is a charity based in Dewsbury, West Yorkshire which supports women and children disadvantaged by challenges such as poverty, abuse, depression and other emotional wellbeing issues to take positive action in order to transform their lives.**

We also run workshops for women and children and mentoring programmes for girls to encourage greater participation, integration and meaningful contribution to society.

We provide specialist one to one support using strategies taken from Neuro Linguistic Programming (NLP), Cognitive Behavioural Therapy (CBT), Mindfulness and our own tools developed over 20 years to bring about significant changes in a short space of time.



# Why support us?

## THE NEED

One in five women in the UK are affected by mental health issues and only 18% of women experiencing domestic abuse from their partner report it to the police. We have found through our frontline work that the rates are even higher in our community but sadly, mental health and domestic and sexual abuse are still seen as taboo subjects and there is an alarming shortage of quality help on offer.

## OUR UNIQUE SET UP

- We are a women led charity with an all-female team of board members, unlike most charities which are mainly led by men. Most of our volunteers and supporters are also women.
- We hold the Quality for Health Award which is a quality assurance standard for groups and organisations delivering Health and Wellbeing services. The award addresses the three pillars of quality identified in the NHS Five Year Forward View and the five key questions posed by the Care Quality Commission.
- We hold no reserves and we always endeavour to spend funds within a year.
- We will provide you with expert support to help you reach your target.



*Join our  
fantastic team!*

Your fundraising could help provide young girls with the confidence and skills they need to be more successful or help women in abusive partnerships to break free and rebuild their lives.



# Fundraising ideas, tips & tools



1

## Ask Family & Friends

Ask them to donate whatever is in their means. This is one of the simplest ways to fundraise.



2

## Organise a Get Together

It could be an afternoon tea, or Iftaar in Ramadan. Any get together with food and entertainment is always a winner. Most people will happily pay anything between £5 to £20 to attend depending on the menu and entertainment. You can even hold an auction to make it more fun and rewarding.



3

## Social Media Auction

Ask family and friends to donate unwanted new items. Invite them to a WhatsApp auction and let them bid away.



4

## Bake Sale

This always goes down really well. Get family and friends to bake and then sell to other family and friends or locals in the community. One sister raised £1000 just through selling food!



5

## Coffee Morning

Invite family and friends to a coffee morning and charge for the tickets. Make the invitation card or flyer upmarket and exclusive to add value to the coffee morning offer.

# Fundraising ideas, tips & tools



6

## Sponsored Activities

Arrange a sponsored walk, swim, bike ride or climb, or give up something for the sake of charity. Why not try a sponsored fast for a day?



7

## Used Item Sales

Arrange a used item sale or bric n brac sale. Everyone loves a bargain.



8

## Fundraising Page

Set up a Just Giving or a similar crowdfunding page. Make your page compelling and communicate your reasons for supporting our charity.



9

## Krispy Kreme Donuts

You can buy these at a discounted rate for charity and sell at the full price. Contact us for more information.



10

## Shumi - Aroma & Beauty

Sell our extensive range of products in our Shumi - Aroma & Beautystore. There's designer inspired fragrances, home fragrances and ethical, halal beauty products and 100% of the profits from sales will go towards your fundraising target.

*It's your fundraising event. You choose what will work best for you!*

If you want to discuss any of these ideas in detail then please get in touch. We can share our thoughts and brain storm together. We have balloons, collection tubs and can help with marketing.

# 9 Simple steps to fundraising

1



Make an intention for the amount you want to raise.

2



Arrange a meeting with family and supporters to decide what activity you will do.

3



Decide a date, time and venue (if required) to hold your fundraiser.

6



Set up your fundraising page with all the reasons you are raising funds.

5



Have regular review meetings to see how everyone is getting on.

4



Allocate what duties each person can take on.

7



Approach local businesses for help with donating items.

8



Approach family, friends for donations.

9



Use social media to promote your fundraiser.

# Ways you can directly donate to us:



## 1. BANK TRANSFER:

SKY Positive Minds  
Natwest Bank Plc  
Sort code: 523029  
Account: 43552234



## 2. PAYPAL GIVING FUND:

<https://www.paypal.com/gb/fundraiser/charity/3781302>



## 3. CASH CAN BE COLLECTED:

Please give us a call and we will happily come to you.

## Contact us:

 [www.skypositiveminds.org.uk](http://www.skypositiveminds.org.uk)

 07809430845

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