



**Rape and
Sexual Abuse
Support Centre**

for adults, children and young people
in Cheshire and Merseyside

Fundraiser Pack

For individual fundraising



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Choosing your Fundraiser

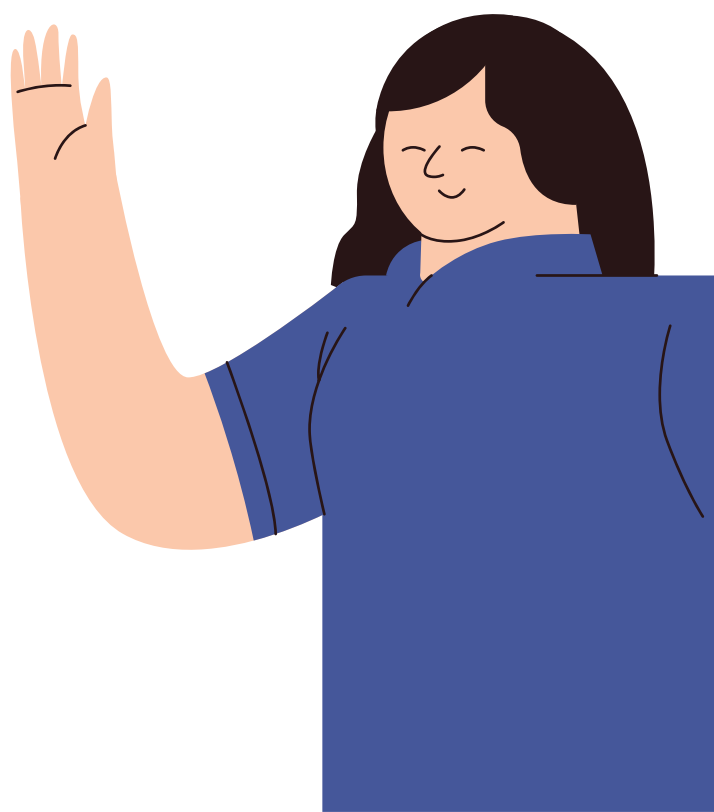
On the next page, you will find a list of creative fundraising ideas you can choose from, or feel free to come up with your own! Whatever you choose, your efforts will help RASASC continue its vital services.

This pack has everything you need to get started. We're here to support you every step of the way, so please don't hesitate to reach out to us directly.

Training & Community Manager- Kirsty Williams

Email: kirsty@rasasc.co.uk

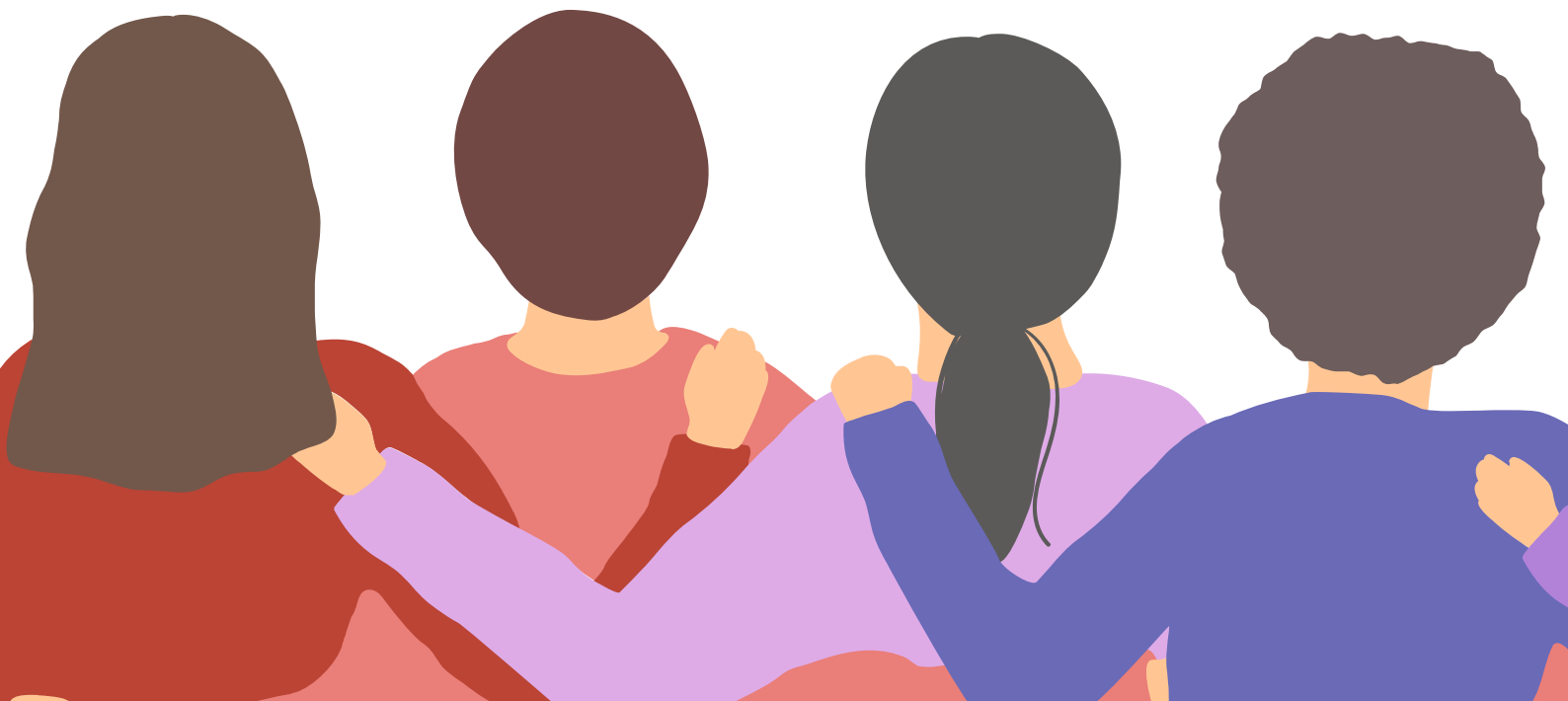
Mobile: 0330 363 0063



How we will support you

We want your fundraiser to be a huge success. Here's what we can provide:

- Fundraising materials: We can send you flyers, posters, stickers, collection buckets, a promotional t-shirt
- Social media promotion: We'll share your event details on our social media channels to help you reach a wider audience. Let us know the details of your fundraiser so we can follow your progress and share countdowns across our own channels.
- 1-1 Support & Advice: Our fundraiser is available to answer any questions you have and offer guidance on making your event a success.
- A personal thank you: If you are organising an event, we maybe able to send a representative from our organisation, so please let us know any details as soon as you have them.



A-Z Fundraising Ideas

A

ABSEIL BAKE
AUCTION
AFTERNOON TEA

B

BAKE SALE
BARBECUE
BEARD SHAVE
BIKE RIDE
BAD TIE DAY
BINGO NIGHT

C

CHARITY OF THE YEAR
CAR BOOT SALE
COMEDY NIGHT
COFFEE MORNING

D

DRESS-DOWN DAY
DINNER PARTY
DRY JANUARY
DART COMPETITION

E

EBAY DONATIONS
EGG AND SPOON RACE
EASTER EGG HUNT
EASTER EGG HUNT
EGG AND SPOON RACE

F

FANCY DRESS DAY
FOOTBALL
TOURNAMENT FILM
NIGHT
FACE PAINTING
FASHION SHOW
FOOTBALL
TOURNAMENT

G

GOLF DAY
GARDEN PARTY
GUESS THE NAME
GAMES NIGHT

H

HEAD SHAVE HONESTY
BOX
HORSE RACING
HALF MARATHON
HIKE

I

IRISH NIGHT
ICE CREAM PARTY
INTERNET AUCTION
INTER-SCHOOL GAMES

J

JAZZ EVENING
JUMBLE SALE
JUST GIVING PAGE
JUGGLING
JEWELLERY MAKING

K

KARAOKE NIGHT
KNIT-A-THON
KETTLEBELL COMPETITION
KEEP FIT CHALLENGE
KARAOKE NIGHT

L

LADIES NIGHT,
LENT CHALLENGE
LITTER PICK
LUNCH PARTY
LINE DANCING
LIVE MUSIC

M

MARATHON
MOUNTAIN BIKING
MUSIC CONCERT
MATCH FUNDING
MASKED BALL
MINI OLYMPICS

N

NON-UNIFORM DAY
NAME THE TEDDY NEW
YEAR'S EVE
NETBALL TOURNAMENT
NO-SWEAR DAY

O

OFFICE COLLECTION
OFFICE PARTY
OFFICE BAKE OFF
OFFICE OLYMPICS
ODD SOCKS DAY

P

PYJAMA DAY
PAMPER EVENING
PANCAKE DAY
PARASAILING
PAYROLL GIVING
PARACHUTE JUMP PUB
QUIZ

Q

QUIZ NIGHT
QUIT CHOCOLATE
QUIET SPONSOR

R

READ-A-THON
ROWING
RAFFLE
RACE

S

SPONSORED SILENCE
SWIMMING SCAVENGER
HUNT
STOP-TOBER
STRATEGIC
PARTNERSHIP

T

TALENT SHOW
TREASURE HUNT
TOMBOLA
THREE PEAKS
TEA PARTY

U

UNIFORM DAY
UNIVERSITY
CHALLENGE
UNWANTED GIFT
SALE

V

VARIETY SHOW VEHICLE
RALLY VINTAGE DAY
VEGGIE FOR A MONTH
VOLLEYBALL
TOURNAMENT

W

WALKING
WAXING
WINE TASTING
WORLD RECORD
WACKY HAIR

X

XMAS FETE
XMAS CARD SALE
XMAS CAROL
SINGING

Y

YOGA-THON
YO-YO COMPETITION
YODELLING
COMPETITION
YACHT RACE

Z

ZUMBA-THON
ZIPLINE

Telling your story...

Many survivors and supporters choose to share their story as part of their fundraising journey. Speaking out can raise awareness, inspire others, and help show the impact of sexual violence and the importance of specialist support services like RASASC Cheshire & Merseyside.

Sharing your story is always your choice. You decide what to say, how much to share, and whether you want to remain anonymous. Even a few words about why you are fundraising can be powerful.

Tips for Sharing Your Story

- Keep yourself safe – only share what feels comfortable. You don't need to include details of what happened.
- Choose your focus – you may want to talk about why supporting survivors is important to you, or how RASASC has made a difference.
- Decide how public you want to be – you can use your name, initials, or stay anonymous.
- Be kind to yourself – it's normal to have feelings come up when writing. Take breaks if you need to and reach out for support.



Social Media

Spreading the word on social media is a powerful way to raise money and awareness. To help you, we've created some tools you can use.

Using Our Logo

Using our logo helps people easily recognise and trust that their donations are going to our charity. Please ensure you don't alter or distort the logo in any way, see our logo the following page.

Social Media Templates

To make sharing even easier, we've created some ready-to-use template for you to post on your social media channels. Feel free to use or create your own.

Our Channels

- Facebook: @RapeSupport
- Instagram: @rasasc_cm
- LinkedIn: @rape-sexual-abuse-support-centre-cheshire-merseyside



Example Social Media post

I'm fundraising for RASASC Cheshire & Merseyside because...

[write your reason – e.g. I want to support survivors / I've been supported myself / I believe in the cause]

This cause matters to me because...

[why it's important – e.g. everyone deserves help / recovery is possible]

Thank you for supporting me and helping RASASC continue their work. You can donate through my fundraising page here:

[Insert Link to your fundraising page.]”

Our Logo



We can't wait to see your posts and share them on our own channels! Please tag us in to your own posts and share any photos with us.

Paying in money raised

We want to make supporting survivors as simple as possible. There are several secure ways you can donate or pay in your fundraising:

- **Bank Transfer**

If you wish to make an online transfer, please make a BACS payment to:

Rape & Sexual Abuse Support Centre

Sort code: 08-90-53 Account Number: 50114878

- **Online Donation**

Make a one-off or regular donation through our secure online platform via our website. We also have JustGiving and GiveAsYou Live pages. Scan the QR codes below to set up your own page.

- **Cheque**

Cheques can be made payable to RASASC Cheshire & Merseyside and sent to us: PO Box 35, Warrington, WA1 1DW



Just Giving

SCAN HERE



Give As You Live

SCAN HERE

Fundraising Checklist



- Set up an online fundraising page: It's the easiest way to collect donations. If you need any help to set this up, please do get in touch with us.
- Promote your fundraiser: Use social media, email, and word-of-mouth to tell people about your event.
- Talk about our mission: Explain why you're fundraising for our charity and the impact their donations will have.
- Remember Gift Aid: Encourage UK taxpayers to tick the Gift Aid box when donating. It adds 25% to their donation at no extra cost to them!
- Say thank you: Be sure to thank everyone who donates and supports you.



Thank you for supporting RASASC. Your fundraising will help survivors take the crucial steps toward rebuilding their lives.

**THANK
you**

If any of your friends or family have been affected by any form of sexual violence, please don't hesitate to reach out to us on:

0330 363 0063

support@rasasc.co.uk

www.rasasc.co.uk

You can also make a self-referral into our organisation at any time, by scanning the QR code or visit our website for more information.

