

Dear Children

I want you to grow up free from sexual abuse and exploitation.

I wish to do something to make that happen.

I sign up to help protect you.



The Yours Faithfully Fundraising Guide

Raising funds for The Lucy Faithfull Foundation



Working to Protect Children

Welcome to the 'Yours Faithfully' fundraising guide

**We hope it will give you everything you need to get going!
You will be supporting the only UK-wide charity dedicated solely to
preventing child sexual abuse and we thank you for your support.**



Working to Protect Children

About The Lucy Faithfull Foundation

Our vision is of a society where children are free from sexual abuse and exploitation.

Our mission is to prevent abuse from happening by working in partnership with voluntary and statutory sector professionals as well as the general public.

The majority of children who suffer sexual abuse are abused by someone they know, someone in their family or social network. This makes it incredibly hard for them to tell anyone. This is why we, as adults, must do as much as we can to protect them.

Lucy Faithfull Foundation services, programmes and projects are designed to place a protective shield around children, to help prevent abuse from happening ever, or from happening again. Our specialist staff work with everyone involved in a child's life, tackling the problem from all angles so that children are as safe as they can be.

Where abuse has already taken place, we work with all those affected including adult male and female abusers; young people with harmful sexual behaviour; children with concerning sexual behaviours; victims of abuse and other family members. But we also work in families and with adults and young people where there has been no abuse, to help them keep themselves and others as safe as possible.

This comprehensive approach is the only way we can effectively tackle child sexual abuse.

Your help

There are many myths and stereotypes surrounding the sexual abuse of children that actually get in the way of protecting children. By learning the facts around child sexual abuse – as well as what practical steps you can take to protect children – you are helping to ensure a safe childhood for the children in your life. Through your fundraising activities, not only can you help us continue our work to protect children, you can also help spread crucial prevention messages.



What will your money pay for?



While our work to protect children is wide and varied, here are some examples of the sorts of things your money could help pay for:

£5 could help pay for printed materials for the children, parents and teachers we work with in schools on Internet Safety. These sessions help adults understand what they can do to help keep children safe online and teach children how to keep themselves and their friends safe.

£10 could help pay for a Helpline Operator to answer calls for an hour, ensuring those who need advice, information and support receive it. Our Stop it Now! Helpline is for all adults with concerns about child sexual abuse. It allows people to talk in confidence, often at times when they feel they have no one else to talk to.

£20 could help pay for 20 Parents Protect! Learning Programmes on disk so families who do not have internet access can watch the video. This 30 minute film shows how to create a family safety plan with simple steps that create safer environments for children.

£50 helps pay for a Stop it Now! Helpline caller to have a call-back with a specialist Lucy Faithfull Foundation practitioner. This service is available for those with particular needs and allows them to receive specialist, in-depth information, help and advice.



£150 helps fund a place on our educative course for friends and relatives of internet offenders (Inform). This allows people to get the support, information and advice they need to protect children.

£150 would enable us to deliver a Parents Protect! workshop to a group of parents and carers in a community near you! These educational sessions raise awareness of child sexual abuse and provide positive messages about what can be done to protect children. They focus on dispelling common myths about child sex offenders while at the same time arming parents and carers with sound information that will help them keep their children safe.

£300 pays for a child or young person with worrying sexual behaviour, as well as their family, to receive help from a specialist Lucy Faithfull Foundation practitioner. Families often turn to us after struggling to find help elsewhere.

£700 allows an internet offender with limited means to attend our ten week Internet Offending educational course (Inform+), which is designed to help offenders understand and manage their behaviour, helping to prevent further offending and reduce the risks to children.



Sponsored skydive anyone?



Yours Faithfully
David

What can you do?

Fundraising comes in all shapes and sizes – as do the fundraisers!

People who have raised money for the Lucy Faithfull Foundation in the past have run marathons, held dinner parties, climbed mountains, swam the Channel and hosted a charity music gig!

You could:

- ✓ Organise a sports tournament getting local teams involved
- ✓ Take part in a sponsored walk, cycle, run or swim
- ✓ Host a bingo evening for your friends
- ✓ A fun gym session with your friends - or perhaps tai chi, yoga or Zumba
- ✓ Jump out of a plane!
- ✓ Hold a cake sale
- ✓ Make it seasonal! An Easter egg hunt for spring, a summer BBQ, an autumn bonfire party or a Christmas carol service
- ✓ If you're a talker, how about a sponsored silence?!
- ✓ Games console contest with your friends
- ✓ A non-uniform day at work or a themed dress-up day perhaps?

"We searched through numerous charities and finally, collectively knuckled down to 'The Lucy Faithfull Foundation' as the charity we wanted to donate to, simply because we believe that their work is utterly remarkable."

Young Fundraiser, London



Planning tips and guidelines

Planning

Once you have decided what you want to do, you can sort out the details; when, where and with who. You can see if any equipment or venues are needed and identify if anyone could assist with this.

Collecting funds

If you set yourself a target for your event or activity, try and keep it realistic! Every little helps and no amount is too small.

Make sure you tell everyone you know about your plans. You can ask family, friends, and colleagues. If people you are close to donate generously to start with, it will encourage others to do the same.

You can collect using sponsor forms (with this pack) and/or use an online facility.

Promotion and publicity

You can promote and spread the word about your fundraising efforts in many ways. You could email, use Facebook and Twitter. Ask your friends to help by sharing and retweeting the link to your page.

We have included a basic poster in this pack for you but if you make your own, please publicise your events as 'in aid of the Lucy Faithfull Foundation'. If you are using our logo, you will also need to add the following information:

The Lucy Faithfull Foundation is a Registered Charity No 1013025

Please note that The Lucy Faithfull Foundation does not sanction house to house collecting – which can be illegal without a licence.

Before or after your event you could fill in the press release within this pack and send it to your local paper and radio stations! If you want advice for this, you can email supporters@lucyfaithfull.org.uk.

Raffles and lotteries

Raffles are classed as a type of gambling and are subject to certain legislation. If your raffle is small, and held on one day, tickets can be sold with cloakroom style tickets. Any other raffle will need a licence from the district council. Full guidelines on raffles and lotteries are available from your local authority or the Gaming Board; these must be followed in full. For details please visit: www.gamblingcommission.gov.uk

Events

When planning an event you should consider health and safety. Please consider these points:

- Conduct a risk assessment to ensure that you have proper plans for the safety of participants. Visit the Health and Safety Executive website for information www.hse.gov.uk.
- Make sure people taking part are fully briefed and discuss any risks, if relevant, such as fitness requirements, special equipment or clothing.
- Make sure you have adequate supervision for your event.

If children are involved this requires extra consideration:

- Make sure there is adequate adult supervision.
- Check that the child's parents/guardians have given permission for their child to take part.
- Be sure to carry out appropriate background checks if adults are to have unsupervised access to children.

Some other considerations include:

- You may need to have insurance for your event. The Lucy Faithfull Foundation cannot accept any responsibility for your event nor for anyone who participates in it.
- If you are selling alcohol, you will need to check to see if you need a licence. Your local council will be able to help.
- Always have two people present to count the money you raise.

Gift Aid

Please ask those who donate to tick the Gift Aid box on your sponsor form. This enables us to claim tax back from the government and increases the overall benefit to us.

Company approaches

Local businesses may be happy to help you. If you are thinking of approaching a national company, contact us as we may be able to help.

Need more advice?

You can email us as supporters@lucyfaithfull.org.uk

After your event

Tell us about it!

Well done if you have completed your fundraising event! Thank you so much for your efforts.

We love to hear your stories so please do let us know how you got on by completing the *My Fundraising Event* form that came with this pack and sending it to:

Fundraising and Communications
The Lucy Faithfull Foundation
46-48 East Street
Epsom
Surrey
KT17 1HB

If you are under 16 we need your parents/carers permission to hold your information. Please ask them if this is OK and get them to sign the Parents Consent section of the form.

Or you can email details (and pictures) to: supporters@lucyfaithfull.org.uk

We'll need to know your:

1. Name
2. Address
3. Email
4. Event details
5. Total collected

“We wanted this run to promote and support the work of The Lucy Faithfull Foundation, especially its work running Circles of Support and Accountability. We think it’s a fantastic charity doing some very innovative work to protect children and we are proud to have been involved with Circles over the past year.”

Lucy Faithfull Foundation Volunteers & Fundraisers, South East

Sponsored dog walking
with your furry friends?

Making payments

You can make your payment in a number of ways:

By cheque

You can send cheques directly to:

The Lucy Faithfull Foundation
Bordesley Hall, The Holloway, Alvechurch, Birmingham B48 7QA

Please make cheques payable to The Lucy Faithfull Foundation.

Direct into the bank

You can make direct payments into our account:

Name: The Lucy Faithfull Foundation
Bank: HSBC
Sort Code: 40-38-07
Account No: 62056453

Online

You can make payments online through our donating pages on www.lucyfaithfull.org.uk

Please send us the *My Fundraising Event* form or email us with your details so that we can thank you!

You can also use online fundraising sites such as www.virginmoneygiving.com/charities/lucyfaithfullfoundation.

Funds collected here will be sent to us.



Yours Faithfully
Arnold and friend

Other ways to help

Regular giving

£2 a month could help us make sure people know about the support available through the Stop it Now! Helpline by printing posters, leaflets and cards for use in communities across the UK.

£5 a month could assist our Stop it Now! Helpline to answer more calls, making sure all adults have access to sound information, advice and support.

£10 a month could help us print materials for children we work with in schools through Internet Safety Seminars. These sessions help children learn how to keep themselves and their friends safe online.

Support us as you shop online – and it doesn't cost you a penny!

By doing your online shopping through *Give As You Live* high street retailers will donate money directly to us! You can download the application from our homepage at www.lucyfaithfull.org.uk. Search for Lucy Faithfull Foundation, sign in when you shop and each time you buy online you will be donating to our charity. You can tell your friends too!

Corporate support

We welcome the opportunity to work with companies who want to make a real impact on the lives of children. We value the mutual benefits that these relationships can bring, both to us in our work to prevent child sexual abuse, and to the company that wants to help reduce the risk of children being sexually abused. We like to build strong and lasting relationships with organisations that have the same passion for protecting children as we do.

Volunteering

There are a number of tasks and activities which, with your help, would ensure our campaign messages reach a wider audience. You could help in our offices in Epsom, Birmingham, Edinburgh or Cardiff or you could join forces with our regional campaign managers and co-ordinators.



Extreme camping anyone?

You could:

- Help us respond in a timely fashion for requests for our leaflets and awareness raising materials by packing up orders and distributing them
- Compile and distribute information packs
- Assist with the transporting of materials and setting up conference stands at national and regional conferences and events
- With relevant training, become an advocate for us within your local community or workplace where you would be able to pass on our campaign messages and enable adults to better protect children from child sexual abuse
- Help our fundraising team assist more people who, like you, would like to raise money

Help spread prevention messages

There are many myths and stereotypes surrounding the sexual abuse of children that actually get in the way of protecting children. By learning the facts around child sexual abuse – as well as what practical steps you can take to protect children – you are helping to ensure a safe childhood for the children in your life. You can also pass these on to your family, friends and colleagues. Visit www.parentsprotect.co.uk for information.

Use our resources

We have a number of resources which you can help distribute, from posters and booklets to small helpline number business cards. Visit our website: www.stopitnow.org.uk

Start talking!

To prevent child sexual abuse we need to start talking about preventing it. The media is full of stories about children being harmed, normally by a stranger, and the stories are created after the abuse has taken place. The reality is that the abuser is more often known to the victim. Talk to your family, friends and colleagues about what you are doing to protect children and ask them to think about what they can do. Take some resources to your school, faith group or community centre to start a discussion.

Connect online or link to our websites

If you or your employer has a website, you could add a link to our websites or if you use Facebook or Twitter you can post the link there. Tell all your contacts about your ideas for prevention and what you are doing to protect children from harm. Help motivate others to do the same. You can find us here:

Facebook: <http://www.facebook.com/stopitnowukandireland>

Donald Findlater on Twitter: <http://twitter.com/#!/DonaldFindlater>

Stop it Now! Wales: <http://twitter.com/#!/StopitNowWales>

Stop it Now! Scotland: <http://twitter.com/#!/StopItNowScot>

Stop it Now! England: http://twitter.com/#!/Stopitnow_ENG

You tube: <http://www.youtube.com/user/stopitnowukireland>

You do not need to ask us if you can add the link, but if you want to include a logo or any further information you can contact us via email on supporters@lucyfaithfull.org.uk or by phone on 01372 847160.

Below is some suggested text that you could use.

www.stopitnow.org.uk is a useful website for anyone with concerns about child sexual abuse. The Stop it Now! campaign operates a confidential freephone helpline for any adult with concerns including those worried about the sexual behaviour of another adult towards children, those worried about their own thoughts or behaviour towards children and those concerned about the worrying sexual behaviour of a child or young person.

www.parentsprotect.co.uk is a child sexual abuse prevention and awareness website which helps parents and carers do the best they can to protect their children from sexual abuse. The site is a useful resource of information, guidance and resources.

Sign up to receive our newsletter

Our quarterly publication - 'Stop Press!' - gives an insight into what we have been doing and what we have coming up.

It is for all those who work with children and families or are involved in child protection, as well as parents and carers who want to do the best they can to protect children. Contact us via email on supporters@lucyfaithfull.org.uk or by phone on 01372 847160.



Themed dress-up day collection at work?

The Lucy Faithfull Foundation
Fundraising & Communications
46-48 East Street
Epsom
Surrey
KT17 1HB

Telephone
01372 847160

Email
supporters@lucyfaithfull.org.uk

Websites
www.lucyfaithfull.org.uk
www.stopitnow.org.uk
www.parentsprotect.co.uk



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