

Those we help...

I met Dave on an instant messaging site. He told me he was the same age as me; I was 13.

After a few days of chatting, he asked me to send him pictures of myself and I agreed. I thought I trusted him at the time, but now I know he was grooming me. Dave quickly started threatening me, saying, "If you don't send me more pictures of yourself, I'm going to show the pictures you've already sent me to your friends and family."

I was terrified of people finding out what I'd done and felt like my life was quickly getting out of control. I eventually told my mum, but I was really scared and didn't know what was going to happen next. When my Safe and Sound Support Worker came round, I was so nervous, I just cried for most of the visit, but she continued to work with me and be there for me the entire time I needed it. I needed consistency; I didn't want to keep going over the same things with different people. My Support Worker was there for me at my own pace."

We met on Grindr and arranged to meet up. I said I was 17 (I was actually 15) and he told me he was 28, but he was actually much older.

We would meet quite a lot and he would buy me gifts. When he thought I was seeing other men, he told me that he knew people I should be scared of.

I couldn't really talk to my Safe and Sound worker about what had happened to me at first, but she never pushed me. I was scared and I was holding back. Then there was one day when everything came out. We talked about relationships and what a healthy relationship is. I felt like I could open up to her, she's been like my walking stick.

I thought the woman that approached me online was my friend.

She said she was 24 and she made me feel important and grown up – she was interested in me and bought me gifts I'd wanted for ages.

Eventually she suggested meeting up at her home, but that's when she sexually assaulted me. I tried cut off ties afterwards but she blackmailed me into going back by threatening that she'd tell my family and friends I'd consented to a relationship.

This went on for a few months afterwards – I felt trapped and didn't know what to do. Eventually I started to self harm, and that's when my headteacher noticed something was wrong. When I told them what had happened they referred me to Safe and Sound.

We discussed online safety, grooming, what a healthy relationship looks like and consent. The support worker made sure I knew what had happened wasn't my fault and I shouldn't feel ashamed about what had happened.

Quick Fundraising Ideas...



Donate your hourly rate

Donating an hour of your pay each month is an easy and inexpensive way to support us while also raising awareness. This doesn't sound like much but if a team of you commit to donate it can really add up!

If you're on £22,000 a year, after tax, etc your hourly rate will be around £10.58 - it's easy to see how that adds up if a team of 10 or 20 take part.

On yer bike!

Sponsor a colleague to get to work by cycling, walking or even kayaking for a week or longer - as long as it doesn't involve a car or public transport, it's ok.



I solemnly swear...

Stick a swear jar somewhere prominent and fine your colleagues - and yourself - for each profanity. Bonus points if you provoke an outburst from someone else!

Wheeler Dealer

Do you have a "Handy Andy" in your office? Could they offer our their skills to make some money? Charge your colleagues to teach yoga, cut hair, paint nails, do some gardening etc. What's your hidden talent?



Loose Change

Have a canteen, tuck shop or other area that sees cash change hands? Take one of our collecting tins and collect some loose change.

Quick Fundraising Ideas...

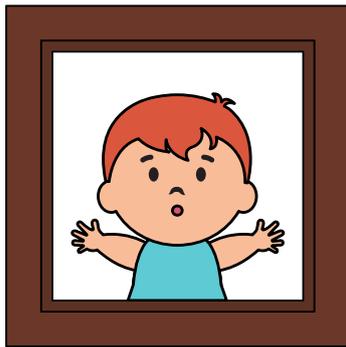
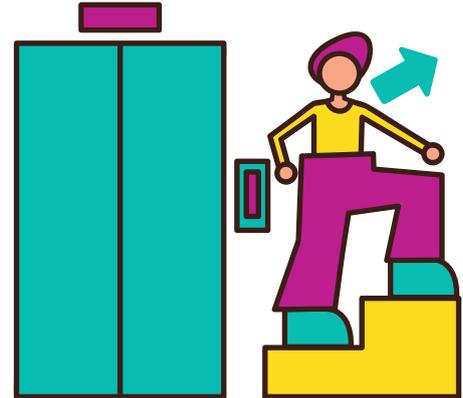


Whose round is it?

Get the boss or someone prominent to make a round of drinks. Charge 50p a cup and send the money over to us - after the laughter has died down, anyway!

Going up...

Fine colleagues for using the lift rather than the stairs, or for leaving lights and air con running in an empty room, Anything to change habits and improve your carbon footprint!



Who loves you, Baby?

Collect baby photos and charge your colleagues £1 to enter and guess who's who. Top prize of baby wipes and nappies optional.

Bake it off

The old favourite - get your budding bakers together and create something delicious - then charge per slice! This never fails to disappoint and holds the record for spoiling the most diets.



Incentivise it ...

Hopefully those ideas are useful, or they've inspired an idea of your own. To help get your colleagues on board, think about incentives you may be able to offer - for example, a priority parking space or an early finish/extra day of holiday for the top fundraiser.

You could take it further and organise a 'Fundraising Baftas' with awards for the best fundraiser, best fundraising pitch, best supporting actor ... you get the jist! As long as you're having fun that's all that matters - but a bit of gentle competition is good too!

It's strictly business

It's not all down to you and your colleagues - here are some ideas on how your business itself can get involved.

Charity of the year

Want to boost morale, demonstrate a commitment to the local community and create some great PR?

Make Safe and Sound your Charity of the Year not just for you and your team but for the whole company.

We can help you fulfil not only the fundraising and awareness aims of the company but also work with you on your CSR goals, provide PR opportunities and team building exercises.



Sponsorship

Like Barclays and the Premier League, only better...

Sponsorship allows us to reduce or completely cover our costs - at an event (for example, sponsoring the venue hire cost) or it could be more general (like covering our utility bills or printing costs).

In return, we can help generate great brand awareness for you amongst your customers and our supporters.



Cause related marketing

A proven way to boost sales and raise awareness

This is a great way for your company to support Safe and Sound while promoting a product or service at the same time.

It's proven to build brand loyalty, show your customers your commitment to the local community, increase sales and generate positive media stories and brand awareness. Oh, and on top of all of that you'll be helping keep Derbyshire's most vulnerable children safe. What could be better?



This could be a % off a specific product - for example, "for each toothbrush we sell we'll donate 2% to Safe and Sound"

Or it could be broader - for example, "for every order we receive we donate 1% to Safe and Sound"

Plus, donations from a CRM project can be classed as an expense meaning the company will pay less corporation tax!

Matched funding

Double your bubble for not much trouble...

A really easy way to make a big difference - ask your employer to match your fundraising total. This is proven to boost donations - people will donate more if they know the company is matching what they put in. Just like donations from a charity linked product as above, any matched funding can be offset against tax as well.

Most importantly, it turns that £200 in to £400, £5000 into £10000, etc. ...



Gifts in kind

It's not just financial donations we can use - you could donate products, services, or even experiences for the children we care for. Ask us for more on in kind giving



Payroll Giving

A way to give the charity more that costs you less - no really!

Payroll giving is a mechanism that allows you to donate monthly to Sate and Sound through your salary. The important bit is that it's donated to us BEFORE tax is deducted. So, if you pledge £10 as a standard rate taxpayer, we'll receive the £10 but it only costs you £8 -HMRC will put in the £2 on your behalf, completely free!

If you're a higher rate taxpayer the same £10 pledge will give us £10 but only cost you £6.

Rolling this out across the company can even get you awards and national recognition!

Talk to us for more information about Payroll Giving.



Check you out!

Do you have tills or an online checkout system? You could add a small, optional donation to each transaction, either rounding the cost up to the nearest round number, or a set percentage of the total cost. This won't cost any more than setting it up and the actual donation comes from your customers, if they wish to donate. Simple!

These ideas are all a bit more 'official' but hopefully you can see how sometimes a very small idea can really take off and not only raise lots of money but generate some great PR as well. If you'd like to chat through these in more detail or have any other questions, just get in touch - our details are at the end of this pack.

Before that though, we have a few more very simple ideas to add the cherry on top of your fundraising cake!

And finally

These ideas are brilliant to top up your fundraising from the ideas above, or if you're short on time these are quick and easy ways to support us without using up too many minutes!

Use JustGiving

JustGiving is a really simple platform to use. It collects donations from your colleagues, friends and family and sends them to us automatically - so you don't need to worry about counting cash. It even processes Gift Aid! We can help you set up your page - just get in touch if you need help!



Amazon Smile

Just like the normal Amazon, but better! For every purchase you make through Amazon Smile, Amazon make a donation back to your chosen charity. To sign up just go to smile.amazon.co.uk and search for Safe and Sound Derby. Then do your shopping as normal! Make sure it's the smile.amazon website though as purchases through the normal amazon won't work.

Donate an old phone

Have any old phones lying around at home, or old company phones gathering dust in a cupboard?

We've partnered with Derby company EVAD, who donate to us for every handset we send to them for recycling.

The project has raised over £1,000 in just under a year with support from Derbyion and McArthur Glen as well as lots of individuals who've been spring cleaning.



Check out some of our supporters ...



Safe and Sound teamed up with local business Colleague Box to create bespoke 'Hope Boxes' filled with calming activities and positivity messages for the children and young people we support. Colleague Box also donated £1 from each of their festive boxes to Safe and Sound and have raised over £5000 for the charity.

"Having worked with children with special educational needs I know just how vulnerable many of them are to grooming and exploitation and we are very lucky to have Safe and Sound who do a brilliant job to support young people, their families and to raise awareness of the dangers to the wider public." - Natalie Bamford, Creative Director, Colleague Box



NELSONS

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Since choosing Safe and Sound as its nominated charity of the year, Nelsons has organised several fundraising activities such as #DressWithAnEgg campaign and completing the 100 miles in May challenge. During the final two weeks of January, six teams challenged each other to see who could walk, run, or cycle the most miles in just 14 days to raise vital funds.

Stewart Vandermark, chief executive at Nelsons said: "Although staff across our offices in Derby, Leicester and Nottingham have been working from home for the past year due to the pandemic, we have all remained committed to maintaining the momentum in supporting local charities which are incredibly close to our heart."



Check out some of our supporters ...

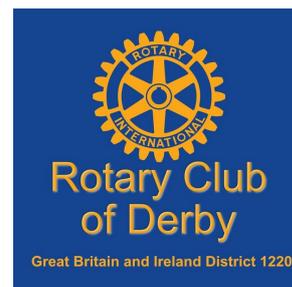


If you're thinking of auctioning or scrapping your old car or motorbike, talk to Motion Vehicles. They'll sort everything for you and will make a donation to Safe and Sound, too!



Leading Midlands accountancy firm Dain has been a long-established supporter of Safe and Sound. As well as providing accountancy expertise, staff at local offices have gone the extra mile to raise money for the charity. These include John Southwell who recently raised more than £1,000 by completing a 100-mile cycle ride around the National Forest in lieu of taking part in the My Prudential Ride London event.

“We were glad to enable children to see Santa and to provide children with a personal letter or video from St. Nick. We are even more proud to have been able to raise funds for Safe and Sound with the essential support they provide.” President of The Rotary Club of Derby Les Bryan



Safe and Sound are one of three children's charities chosen by the club for the 2019/20 and 2020/21 seasons.

Derby County Football Club have organised virtual bucket collections, provided us with a number of prizes and also offer us venue support for our fundraising events.



Thank you!



Whatever you do, you'll be helping the most vulnerable children in your local community to get the vital help and support they need.

We can offer poster templates, sponsorship forms, JustGiving how to documents and much more to help you along the way.

We're really looking forward to seeing you make a difference!

If you want these, have any questions or just want to keep us in the loop with what you're up to, please get in touch - we'd love to hear from you.

Call 01332 362120

Email lucy.orme@safeandsoundgroup.org.uk

