

# SAFE & SOUND

Transforming young lives

## Fundraise for Safe and Sound

Our best fundraising tips and other ideas  
on how you can help children and young  
people affected by exploitation



# 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.

# A to Z

No, not the street map – but a handy list of ideas you can try or adapt to get the donations rolling in. Each of these ideas will help keep local children safe - what's stopping you?

- |          |   |          |   |
|----------|---|----------|---|
| <b>A</b> | Abseil - organise or sign up for an abseiling event.  | <b>N</b> | Night in - create your own restaurant and charge your friends!                      |
| <b>B</b> | Bake Off - the old favourite. Bake, sell and eat. Dead simple!                                  | <b>O</b> | Office party - organise a party with ticket sales for charity.                      |
| <b>C</b> | Cinema night - Get your friends over for a film night and charge entry, for ice creams, etc ... | <b>P</b> | Planking - who can last the longest? Place bets and see who wins!                   |
| <b>D</b> | Darts tournament - get your mates together and pay to play.                                     | <b>Q</b> | Quiz night - organise a quiz night for the local community!                         |
| <b>E</b> | Egg and spoon - bring back the old fashioned school sports day!                                 | <b>R</b> | Raffle - a classic. Get prizes and sell tickets for a chance to win!                |
| <b>F</b> | Fancy dress - get everybody to dress up for the day for a fee!                                  | <b>S</b> | Swear jar - make your profanity more ethical by donating for every word you use.    |
| <b>G</b> | Give it up - lose something you love (chocolate?) for donations                                 | <b>T</b> | Tuck shop - donate profits from sales of crisps, chocolate or fruit!                |
| <b>H</b> | Hour of pay - donate an hour of your pay. The more the merrier!                                 | <b>U</b> | University challenge - take on your local uni at a quiz and sell tickets to attend! |
| <b>I</b> | International cuisine - like a bake off but with more variety. Cook, sell and eat!              | <b>V</b> | Valet - clean cars for donations!   |
| <b>J</b> | Jumble sale - one man's trash is another's treasure!  | <b>W</b> | Wine tasting - invite friends round, try some wine and donate to charity!           |
| <b>K</b> | Keep fit - walk to work/school or do something active with friends and family.                  | <b>X</b> | X marks the spot - pay to enter and find hidden treasure!                           |
| <b>L</b> | Loose change - borrow one of our collection tins!   | <b>Y</b> | Year to remember - challenge yourself to do something good every month for a year!  |
| <b>M</b> | Music event - host a music night at a local pub, get bands involved and raise some money.       | <b>Z</b> | Zumbathon - get a gang together and shake it like you mean it, for a small fee!     |

# Quick Fundraising Ideas...

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 distracting you.

## 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. We can help you set up your page – just get in touch if you need help!

The JustGiving logo is displayed in a purple, slanted font with a trademark symbol.

[www.justgiving.com](http://www.justgiving.com)

## Amazon Smile

The Amazon Smile logo features the word "amazon" in black and "smile" in orange, with a curved orange line underneath. Below it is the tagline "You shop. Amazon gives." in black.

**amazon**smile  
You shop. Amazon gives.

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](http://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.

[www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)

## Recycle your old phones

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 Derby INTU and McArthur Glen as well as lots of individuals who've been spring cleaning.



# More Quick Ideas



## Do it Direct

Create a monthly Direct Debit through your bank to send us a small donation every month – once it's set up it's all automated so you never have to think about it again! Small donations every month will soon add up over time.

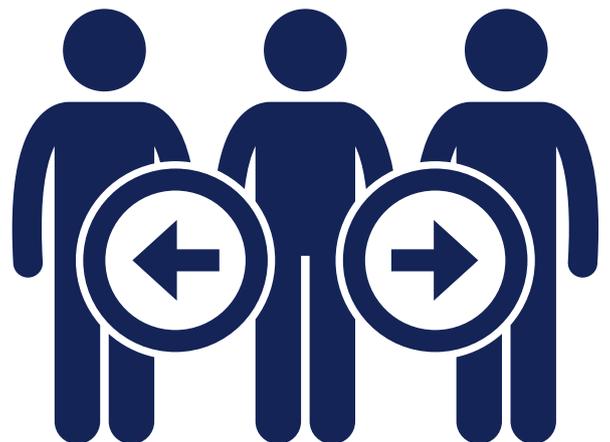
If you do this through Payroll Giving you can also save tax – ask us for more details.

## Check out our referrals

We've partnered with a growing number of local businesses who will make a donation to Safe and Sound in return for referral sales.

Have a look through who we refer into and see if you can get something you need while doing some good at the same time!

[www.safeandsoundgroup.org.uk/support-our-work/our-supporters/](http://www.safeandsoundgroup.org.uk/support-our-work/our-supporters/)



## Scrapping a car?

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!

# Organising an event

If you want to organise an event yourself rather than joining an established one, don't panic! Use the tips below to create something truly fantastic.

## Getting Started

- **Choose an event** (use our A to Z for inspiration).
- **Choose a date.** Make sure it doesn't clash with any local or national events.
- **Check the timescale.** Think about how long you've got to pull it together and how much is possible, or what you'll need help with.
- **Choose a target.** How much do you want to raise?
- **Set up a fundraising page on JustGiving.** Great way to get ahead while you're putting the event together!

## Planning

- **Location.** Find somewhere that has the facilities and access that you'll need.
- What **equipment** do you need?
- What **help** do you need? Rope in family, friends and colleagues.
- **How will you raise money?** Ticket sales, raffles, an auction?

## Spread it

- Who is the event aimed at and where are they most likely to see a poster?
- Send an email to your workplace.
- Use our poster template or create your own and stick them up.
- Use social media, like Facebook, to create an event page and invite guests.
- Send a press release to the local paper.

## Safety First

- What license, permit or insurance might you need?
- Do you need first aid cover?
- Complete a risk assessment for the event (we can help with this).

## Logistics

- What do you need on the day and how will you get it there?
- Do you need a cash float?
- Do you have enough time and help to set it up?

## On the day

- Take lots of pictures and enjoy the result of your hard work!

## Afterwards

- Count up your money after you've paid off any costs.
- Make sure to thank anyone who helped you and all the participants.
- Update your fundraising page with any offline donations.
- Keep talking about it - 20% of fundraising happens AFTER the event

*We would love to hear all about your event! Be sure to keep us updated and tag us in any social media posts.*

*Good luck with your fundraising!*

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

## Keep in touch

Make sure to keep us in the loop with what you're up to and ask us any questions along the way!

Call 01332 362120

Email [lucy.orme@safeandsoundgroup.org.uk](mailto:lucy.orme@safeandsoundgroup.org.uk)

## Follow us on social media

Keep up to date with our latest news and information

[www.facebook.com/safesoundgroup](https://www.facebook.com/safesoundgroup)

[www.twitter.com/safesoundgroup](https://www.twitter.com/safesoundgroup)

[www.linkedin.com/company/safeandsoundgroupderby](https://www.linkedin.com/company/safeandsoundgroupderby)

Instagram @safesoundgroup

