

Eaves

Fundraising Pack

Eaves is a registered charity (number 275048), and a company limited by guarantee (number 1322750).

Unit 2.03 Canterbury Court / 1-3 Brixton Road London / SW9 6DE / 020 7735 2062 www.eaves4women.co.uk

What does Eaves do?

What we do is very simple.

We help women who have experienced violence to get their lives back. We empower them to live independently. We help them to leave violent situations, show them they are important members of society, and help them live healthily, get back to work and improve relationships with friends and family.

We do this through a range of projects, each of which provide support around a different type of violence. For example, we have domestic violence refuges; a specialist service for trafficked women; and a drop-in centre for vulnerable women in London.

However, all projects support women in similar ways. All offer access to safe accommodation, a complete package of support to help them recover from their ordeals, and education or training to help them get back into society.

Women who are supported by Eaves go on to...



Ana's story

When I was 19, my boyfriend, Petras, sold me into prostitution. Before then, I lived with my family in Lithuania. We were poor and when my father was drunk he would bang my head on the table. Petras suggested we move to England to find work; to get away from it all. I was so excited! I was in love with him and trusted him completely.

"I flew alone and met his friend at the airport. He took me to his house, and said I had to work as a prostitute. I was so shocked, I screamed, and he slapped me, hard. He hit me every time I said no, until finally I said yes.



"I don't know how many men had sex with me that day, but it was the longest day of my life. After seven months, I managed to run away to a police station, which rang Poppy. Being here has helped me start to get my life back. I feel safer and am starting to trust people again. But I will never forget what happened. The bruises on the outside have healed, but the ones on the inside will take much longer."

How did we help Ana?

The Poppy Project created a specialist support package for Ana, including housing, counselling, health care, legal advice and English classes. She plans to go to university and become a human rights lawyer.



Molly, from London

Molly's story

When I was 38, I was raped and beaten by my boyfriend, Richard. I had started dating him a few years after a messy divorce, and at first everything was great. But after about six months he became obsessive about our relationship, so I told him it was over and that I didn't want to see him anymore. Suddenly, he got very angry and violent. He beat me and kicked me in the face; he fractured my wrist and forearm and I needed stitches to my cheek and eye. Then, he raped me. I was bruised all over. I managed to call a friend who came round immediately and phoned the police.

When they arrived, they advised me to go to the Haven, a Sexual Assault Referral Centre, so I could be examined. I was then referred to the Independent Sexual Violence Advocate at Eaves' Scarlet Centre, which helped me so much."

How did we help Molly?

Eaves' Scarlet Centre accompanied Molly to health appointments and to Court, where she gave evidence against Richard from behind a screen. She also accessed Eaves' support groups, counselling, workshops and resettlement service, which found her a home in a new area where she feels safe. She is now back at work.

Raising money for Eaves



Thank you for choosing to raise money for Eaves!

We're really grateful for your support, and we would like to say a huge thank you, from us and on behalf of our clients, for taking the time to find out about us, and for choosing to help the women and children we support to get their lives back.

> We hope this pack gives you some useful ideas around ways you can help, and where your money could go.

Whatever you decide to do, please remember to have fun!

Where your money could go...

£4 can pay for a pack of baby grows for a homeless baby **£5** can pay for food for a woman and her child who have just escaped violence and have no money **£13** can pay for a starter pack (toothpaste, toothbrush, shampoo, towel, soap, deodorant) for a woman who comes to Eaves with nothing **£15** can pay for a holistic treatment for a woman trafficked into prostitution – a gentle means of helping her heal from physical and **£20** can pay for a winter jacket to keep a homeless child warm emotional trauma **£40** can pay for a duvet, pillows and bed sheets for a woman who needs to stay in Eaves' accommodation **£90** can pay for a bed for a woman who has escaped violence and is moving on into independent accommodation, but who has no money to furnish her house **£120** can pay for a woman who has experienced sexual violence, domestic violence or trafficking to attend a six-week group therapy course **£200** can pay for training to help a woman rebuild her life and learn new skills **£300** can pay for accommodation and subsistence for a victim of violence and their children for one week £1,600 can pay for interpreting services for one woman for one year **£1,820** can pay for counselling services for one year so a woman can begin to overcome the trauma she has experienced £5,000 could pay for two volunteers at Eaves for a whole year £10,000 can provide a woman and her children with support, accommodation, interpreting, one-toone legal advice, counselling and access to education for six months.

We know some of these amounts sound like a lot, but if your church, company, club, school or university work together, you could definitely do it! Many thanks for your support.

Getting started

Your first priority is to **decide what you're** going to do. Obviously, it's up to you how you raise funds for Eaves, and the more creative your ideas are, the better!

However, just in case you need a bit of help getting started, we've put together a few pages of ideas for you.

Safe And Legal

Please make sure that your fundraising activities abide by the laws and regulations governing how individuals can fundraise for charities.

Your events need to be safe too, so please undertake your own risk assessments and make sure you have the relevant insurance, licences or permits. More information is available at www.institute-of-fundraising.org.uk

Getting sponsorship is the simplest way to raise funds. so tell everybody you know about your challenge, including friends, family and

> colleagues, and get them to tell their friends, family and colleagues too. Tell them what you are doing,

when you're doing it and, most importantly, why you're doing it!

Use social media, such as Facebook, to **advertise your activity**. You could even set up a training blog and get in touch with your local press to tell them about your event to get even more people involved and sponsoring you.

Set up a JustGiving page at www.justgiving.com – it's really easy for people to give money this way, which makes your life easier!

Remember to tell us all about your fundraising activities – and to send us photos! Send them through to fundraising@ eaveshousing.co.uk, and tell us if we can use them in our publicity materials.

Top tips

- Start your fundraising early.
- Gift Aid It! For every £1 donated, Eaves can claim back an additional 25p. •
- Find out if your company will match your total some will donate £1 for every • £1 vou raise.
- Try and get a generous first sponsor (the others are more likely to follow suit)! •
- Always remember to take your sponsorship forms everywhere you go. And make sure your sponsors fill out their full name, home address and postcode and tick Gift Aid if they are a UK taxpayer.

Activities to do with your colleagues

Have fun at work, or take time out with your colleagues , and hold your own events, sales or challenges.



Things to do in the office!

Grand National sweepstake cake bakeoff penalty box for office indiscretions inter-office rounders match karaoke night dress-down day workplace raffle sponsored leg wax inter-departmental challenge dress-up day throw wet sponges at your boss go to work in your pyjamas

Things to do in your community

Why not combine a fun day out in your local community with a fundraising event? You could hold it in your garden, local community centre or even down the park!

Some thoughts ...

Hold a car boot sale – make money for Eaves and get rid of your unwanted clutter at the same time!

Host a poker night

Organise a charity car wash

Have a bingo night

Host a dinner party and charge your guests entry

Hold a clothes switching party

Have a face painting day

Host a pub quíz

Get in contact with a local choir or drama group and ask them to hold a charity performance for us

Host a barn dance

Ask people in your community to donate Christmas presents to Eaves



Face painting



Donate Christmas presents!



Community fair

Get active!

You can raise lots of money for Eaves individually or as a team while challenging yourself at the same time!



Sign up to one of our overseas treks!

Not only will you raise money for Eaves, but you'll be taking part in the challenge of a lifetime and you'll get to see some amazing places.

You could...

Trek China, Nepal, Costa Rica, Iceland, Kilimanjaro, Peru or the Sahara.

Or cycle Vietnam, South Africa or London to Paris.

Why not try...

Organising a yoga-thon Doing a sponsored walk Flinging yourself round an assault course Organising a bike ride Setting yourself a gym challenge Walking your neighbour's dog for a small fee Organising a netball or five-aside football tournament Enter a marathon



Louise and her mum after the British 10k



Skydiving

If you have ever wanted to do a parachute jump here is your chance. Doing an exhilarating skydive will not only give you an experience of a lifetime, but you will also be raising money for charity. No experience is necessary as all training is given and if you raise ± 360 (depending on the type of jump you choose) then will receive your jump for FREE.

For more information about any of these events, contact our fundraising team on 020 7735 2062 or e-mail fundraising@eaveshousing.co.uk There are loads of fun ways to raise money for Eaves, whether you're at university or school. Get teachers, staff, parents and pupils all involved in your fundraising projects!

Why not...



Bake Sale





Don't forget to send us photos!

Thank you!

Thank you for raising money for Eaves! The money that you raise will directly benefit the many women and children whom we support across the UK.

You can also support Eaves by:

- Making a monetary donation via our website (visit www.eaves4women.co.uk and click the 'Donate now' button on the Home Page)
- Donating new towels, toiletries, clothes, Christmas presents or raffle prizes
- Volunteering
- Leaving us a legacy in your will
- Telling people about Eaves, and encouraging them to support our campaigns and our work

Paying in the Proceeds

If you have used other methods to raise money apart from JustGiving, please do not forget to send us the cheques, cash and/or postal orders, payable to 'Eaves Housing'.

Please use Gift Aid forms if your sponsors are tax payers so you can increase the value of your gift.

We'd love to hear about your event or activity! Please email us at fundraising@eaveshousing.co.uk.

Where your money will go...

Access to safe accommodation Counselling Clothes and home start-up packs Access to specialist legal advice Workshops to promote independence, on topics such as CV-writing, confidence-building, how to manage a tenancy and healthy living Education opportunities, through local colleges Business skills Links and introductions to other agencies which can help. For example, a woman might want a service closer to her home, or one which specialises in a particular type of problem such as 'honour'-based violence Advocacy – that is fighting a woman's corner for her. This could range from helping her access the right services at the local benefit office, all the way up to helping stop her being deported back to a dangerous environment English classes and translation services Creative classes where women can express themselves in different ways Access to family therapy to bring families closer together

For more information about Eaves, visit our website at www.eaves4women.co.uk

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* To allow us to claim Gift Aid on your donation you must have paid income tax or capital gains tax in the UK at least equal to the tax that is reclaimed. We currently receive 25p in the pound.

Please keep this form safe

You will need to return it to us to claim Gift Aid.

- Please make cheques payable to Eaves Housing
- Eaves Housing thanks you for your support!



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