



Student Ambassador Pack

2013



Welcome

Welcome to Eaves! We're really excited to have you working with us.

This student ambassador pack contains all the information you might need to know about Eaves, how you can become an Eaves Student Ambassador, what we will expect from you and what you can expect from us.

It's an overview of how you can develop your own involvement in the way that suits you best, rather than a step-by-step guide to working with us.

We recognise the value of your own ideas, and encourage all Student Ambassadors to go above and beyond the guidelines in this pack in order to fully maximise your involvement with Eaves.

Should you decide to become a Student Ambassador we will give you promotional

material and information that will help you along, such as prepared presentations, leaflets, fundraising packs, and donation envelopes.

Let us know what exciting things you're planning and what has / hasn't worked for you so we can pass it on to our other Student Ambassadors.

Communication is the key to being a successful Student Ambassador, so if you have any questions or concerns please do get in touch. We're here to support you every step of the way to make sure that your experience with us is both enjoyable and rewarding. We're looking forward to seeing how you make the most of it!



Essential Info

Website: www.eavesforwomen.org.uk
Twitter: @EavesCharity
Facebook: www.facebook.com/EavesCharity
Email: fundraising@eavesforwomen.org.uk
Phone: 020 7840 7104

About Eaves

As a representative of Eaves it's important you get to know who we are and what we do. A good knowledge of Eaves' work is important to be able to represent us effectively and raise awareness.

As Student Ambassadors, you will be working in conjunction with the Fundraising team, your main contact will be the Community and Individual Fund raiser. Get in touch if you need anything, we are here to help!

Eaves is a charity based in London. Its mission is to expose and address violence against women and girls. It is a feminist organisation that has particular specialisms in trafficking, prostitution and sexual violence.

Within each programme of work Eaves provides frontline support and advocacy as well as undertaking research, lobbying and campaigning.

Eaves exists to give women back the power which has been taken away from them through violence and exploitation.

We offer direct support to women in the following ways:

- We provide trafficked women with a safe space to stay along with a wide range of support through the Poppy Project
- We offer peer-mentoring - a lifeline for sexual abuse survivors
- We support women who want to exit prostitution
- We offer support with housing, training and employment

What we do...

Eaves works with women so that they can assert their independence. We enable women to develop skills so that they begin their journey to recovery.

We do this by creating something called an 'individual support plan'. This details how to support a woman with all aspects of her life including her psychological and emotional needs, as well as more practical issues such as her housing situation and finances. We also help women to start studying or to find a job.



Our Work

Changing lives through research and campaigning

Eaves makes sure that the experience and voices of exploited women do not go unheard. Through our Research and Development team, we publish research and set out best practice for working with women who have been trafficked or exploited.

This team examines the services that Eaves provides and monitors news and research to identify how to reach and support women who have experienced violence. We keep the interests of women at the heart of policy by responding to Government consultations and campaigning for change in attitudes and approaches to violence against women. Harnessing our expertise built over many years, we advise the government on the best ways to prevent and respond to violence against women.

Trafficking

We support and protect women who have been trafficked into the UK through the Poppy Project. The women that we help might have been forced to work in prostitution, worked as domestic slaves or forced into criminal activities.

We run 'safe houses' for trafficked women, a comforting place with a confidential address where a woman knows that she will be secure.

We give women who have been trafficked specialist emotional and practical support to set them on the road to recovery.



Sexual violence

We operate a peer mentoring scheme for women aged 18+ who have experienced sexual violence.

We also have an Independent Sexual Violence Advocate (ISVA). This service provides court and police support for women and girls aged 13+ who have experienced sexual violence and who live, work or study in the Lambeth area.

Prostitution

We offer advice, advocacy, sign-posting and support for women aged 18+ wishing to exit prostitution.

Want more detailed information? Take a look at our website and make sure you subscribe to our e-newsletter for up to date information of what we're doing.

Being an Eaves Student Ambassador

As a Student Ambassador you are our representative at your university. Your main role is to increase awareness of Eaves and our projects through fundraising events.

In order to become a student ambassador you must be able to commit to at least one or more of the options below:

Sponsored challenges

Lead a team (however small!) to take part in an amazing sponsored challenge event. Team leaders manage the group.

The team leader role includes picking a challenge, recruiting a keen group of participants, monitoring and motivating their fundraising, organising team bonding events and generally ensuring the participants are happy and motivated.

There are a number of national and international challenges for you to choose, including UK based sky dives, runs, cycles and marathons or incredible life experiences such as trekking and cycling in Vietnam, Africa, Peru or China!

Run one large scale event or several smaller scale events

This is your chance to get creative and really work from your own initiative. Your event could be anything from a supper club night, to a fashion show, or a charity auction. The choice is yours. Don't underestimate how much work goes into organising a large event – you'll need to set the wheels in motion months before the event takes place.

Organising a big event can seem a little daunting, but if you're good at preparation and willing to put in the hours, it can be great fun and very rewarding! One thing to be aware of is limiting financial risk

throughout – you need to ensure

a healthy profit by minimising the costs of running your event. Eaves isn't able to cover the costs of these events unfortunately, so you will need to pay yourself back from the income you generate.





Start a Society

This is a great thing to do, both for Eaves and your own experience. Founding a Society will lead to wider awareness of the charity and the opportunity for you to take more action, with more support.

Through an Eaves Society you can raise awareness around trafficking and violence towards women, get involved in campaigns, promote Eaves, organise a challenge and recruit a team to get involved in a large scale fund raiser.



Can't decide which to choose? Keep reading for more information

Team Challenges!

Running a challenge can range from organising a group to do a sponsored UK event such as the London Marathon, abseiling, sky dives or cycling events. If you're looking for the adventure of a lifetime then you can organise a team to go on hiking or cycling trips all around the world.



Leading a team challenge is a task that requires a person with strong leadership and organisational skills. If you don't already have these they are assured to develop during the programme – which is very attractive to future employers.

Your Role

As a group leader your place on any of our listed challenges is FREE so long as you recruit at least 10 team members for UK challenges and 20 team members for international events. If you can't recruit this many people you can still be a team leader but will have to reach the same fundraising targets as other members.

Each event has different individual fundraising targets ranging from £200 to nearly £3,000. Don't be put off by the larger amounts - they are accomplishable and we can offer you fundraising tips and advice.



Take a look at the events section for ideas about how you can fund raise.

Your role is to organise the event and will include a number of responsibilities:

Choosing the type of event – see the full list on the next page.

- Advice: pick a challenge for which you can recruit participants. Discuss the options with friends and see what they'd like to get involved with – after all it's a team effort! We have partner organisations that organise the logistics
e.g. flights and accommodation for international challenges.
- Marketing, advertising and recruiting a group of 20 or more for the challenge. You must be proactive and ensure you recruit a committed group.
- Acting as a primary contact for the group: you will need to send out regular updates, emails, and maintain a sense of inclusion for all participants.
- Organising socials to ensure team bonding and team fundraising events to help your group hit their target . You must ensure all the participants adhere to fundraising deadlines.
- Ensuring everyone achieves the challenge ahead of them - both in terms of the fundraising target and the physical part.



Benefits

- Looks great on your C.V.
- Take part for FREE!
- Opportunity to explore another country/culture
- Share an incredible experience with friends
- Get fit!

Types of Challenges

UK Challenges!

Here's a list of possible events you could take part in.

Full and half marathons: such as the London Marathon, Run to the Beat, Royal Parks Half Marathon and Brighton Marathon

Medium length runs: such as Great North & South Runs

Cycling events: such as Nightrider (100km night-time ride through London), London to Brighton cycle

5-10k fun runs: such as themed Santa and Super Hero runs!

3 Peaks Challenge: This is one of the best UK challenges out there!

The challenge is to climb 3 of Britain's highest mountains, one after the other, within 24 hours...

Tandem and solo sky dives

Abseiling

Assault Courses: such as the Grim Challenges

International Challenges:

Through our partners <http://doitforcharity.com/eaveshousing.aspx> we have loads of exciting international challenges you can get involved in.

This list changes all the time.

Please take a look at www.doitforcharity.com/eaveshousing.aspx for an up to date list and dates.

London to Paris cycle: connect two of the world's most chic capital cities as you embark on the challenge of a lifetime for Eaves.

Three cities cycle (London, Amsterdam, Brussels): cycle from the heart of the UK to Brussels via Amsterdam on this amazing charity bike ride challenge of a lifetime.

There are a number of exciting treks, in different countries for varying lengths of time, including:



Event you had in mind not on the list? No worries - get in touch with your own ideas!





one you will never forget...

Kilimanjaro: Located on the North Eastern tip of Tanzania Mount Kilimanjaro is one of the world's highest peaks and a truly amazing spectacle!

Cycle Vietnam: Prepare to be overwhelmed by Vietnam's natural contrasting beauty - patchwork of bright green

from the rice paddies to the rugged mountains and white sandy beaches you can't fail to be bewitched by its traditional charm!



Peru: This year sees 100 years since explorer Hiram Bingham brought Machu Picchu back to the

world. Immerse yourself in ancient Peruvian culture and explore the remote Lares region of the Peruvian Andes...

Petra: Without a doubt the Jordan Rift Valley with its dramatically beautiful landscape really is a place to visit. Did you know that at the Dead Sea you will be at 400m below sea level?

What an experience!

Sahara: Imagine the feel of the desert underfoot, taking in mesmerising landscapes beyond your wildest expectations and dramatic sand dunes as far as the eye can see.

China: Join us on the trip of a lifetime as we trek the Great Wall, visit Beijing and discover China's amazing cultural past!!

Iceland: With its striking mix of wild volcanic landscape dotted with streaming lava fields, icecaps, glaciers, waterfalls, bubbling hot springs and geysers, the stunning Icelandic landscape is



Events

You can support Eaves by organising a number of different events, from small cake sales to large scale events such as a Charity Ball.

Events not only raise vital funds for our work but also raise awareness around trafficking and other forms of violence towards women.

You can use an event to help you reach your fundraising targets if you're taking on a challenge. When arranging an event be sure to tap in to all the opportunities a university offers - use the union, magazine, notice boards and get other people involved to help you out.

You can run a number of small scale events, a couple of medium events or one large one.

When running an event of behalf of Eaves it is important that you make sure the event does not negatively impact upon our reputation or misrepresent the organisation

Benefits

- You can do any event you want
- Organisational skills
- Events management skills
- Tangible results – looks excellent on your CV – events planning experience shows that you can handle suppliers, marketing and logistical challenges.

in any way. Please also ensure that you are accurate in what you say about funds raised – your material should read 'All profits will be donated to Eaves' and not 'All money raised will be donated to Eaves'. It's an important difference! If you have any questions about events please let us know.

Take a look at the events below for inspiration!

Small Scale

Boot sale

Cake sale

Car washing

Medium Scale

Sponsored walks / silence / cycle

Street party

Coffee morning

Curry night

Cheese and wine evening

Raffle

Plays and performances



Film screenings: This can be an excellent way to engage people with themes around violence against women and raise money. Examples of films and documentaries about human trafficking:

- It's a Girl! (2012)
- Trading Women (2003)
- The Price of Sex (2011)
- Not My Life (2010)
- The Jammed (2007)
- Trapped (2007)
- Modern Slavery (2007)
- Trafficked (2005)
- Born into Brothels (2004)
- Dying to Leave (2003)

Large Scale

Charity ball

Supper club event

Gig

Casino night (make sure you comply with gambling law)





Start a Society for Eaves

Through an Eaves Society you can promote a challenge and recruit a team to get involved in a large scale fund raiser.

You could also keep members up-to-date with our work and raise awareness of the issue of violence against women and trafficking. Our campaigns and PR stunts will have greater impact with your support.

You can host film screenings, start a blog, recruit volunteers and give talks and presentations about Eaves, violence against women and trafficking – whatever drives you most.

A society is a great base from which you can spread the Eaves message, and the skills you'll develop from setting one up are plenty. Plus, it looks great on your CV!

In all roles we will provide you with advice, materials and plenty of support.

Agreement

When you sign up to be a student representative we ask you to sign an agreement that outlines what you can expect from Eaves and what we will expect from you. This includes support, training and what happens in the event of a problem. It will outline the hours you should put in, progress reports and confidentiality.

Being a Student Ambassador is an important role therefore we only want people who are fully committed to take up the position. Asking you to sign an agreement is simply a good way to ensure you fulfil your responsibilities to us and we will in turn agree to fulfil our responsibilities towards you as a volunteer. It's important to realise that the agreement is not legally binding; it is just a statement of honour between Eaves and yourself. If you have any questions about what's in the agreement please don't hesitate to get in touch.

References & Recognition

We know how important it is for volunteers to get the recognition they deserve for dedicating so much spare time to a cause they love.

During your time with us you will be working towards an Ambassador Award, this is based on successfully completing the programme.

Your Future

If you're interested in working within the third sector in the future, volunteering is key to finding employment after graduation. Almost all charity employers will be looking for you to have a good stretch of voluntary work, particularly if you want to work within women's rights.

By working as a Student Ambassador for Eaves, you will gain some great experience which will be an invaluable addition to your CV. We'll involve you in any appropriate training we have running and also provide you with a gleaming employer reference! You'll have the opportunity to apply for any roles coming up within the charity.

We look forward to hearing from you!





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