



FUNDRAISING PACK



www.survive-northyorks.org.uk



WELCOME TO #TEAMSURVIVE

Thank you for joining #TeamSurvive

Together, we can make a lasting difference for survivors of sexual trauma across York, North Yorkshire, and the East Riding of Yorkshire.

The following pages will give you some tips and advice on how to make the most of your fundraising. Every penny raised will go towards supporting survivors of sexual violence and abuse.

BACKGROUND

Survive is the leading provider of specialist trauma-informed services to adults across York, North Yorkshire, and the East Riding of Yorkshire, who have been subjected to sexual violence and abuse, including child abuse.

We help them to:

- Find relief from distress
- Discover their self-worth
- Rebuild their lives and relationships
- Explore and achieve their full potential

“Survive has changed my outlook on life”.

BACKGROUND

Many survivors of sexual violence will experience trauma symptoms including panic attacks, depression, anxiety, flashbacks and nightmares, PTSD and physical ailments.

Our services are **trauma informed**, meaning we understand and recognise the ways in which trauma can affect someone. Our counsellors understand the complexities of surviving sexual violence and abuse.

98%

of survivors felt empowered, in control and able to make informed decisions after using our services*.

99%

felt supported, listened to and understood by our team*.

BACKGROUND

1,589 PEOPLE

were supported by our services in 2022-2023

Female

87%

Male

10%

Trans/intersex/
non binary

3%

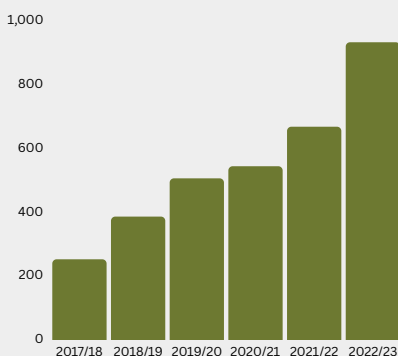
18

Years old

AND ALL AGES IN-BETWEEN

85

Years old



Survive has seen a

350%

increase in referrals
in just six years.

90%

could cope
better with
their feelings
and emotions
after using our
services.*

FUNDRAISING IDEAS

Be inspired or create your own fundraising event

Bake off

Love baking? Whip up a batch of yummy cakes and tray bakes and ask your friends, family or colleagues to donate for a treat!



Top tip: Get the kids involved for a fun weekend activity

Games Night

Charades, Monopoly, computer games, chess, a quiz... Whatever your choice, you can make a night of it with friends and family.

FUNDRAISING IDEAS

Open Garden

Especially proud of your garden or allotment? Why not open it to the public and let them enjoy the fruits of your labour?



Top tip: If you have extra produce, you may consider an honesty box where people can leave a donation for your yield!

Sports Day

If you have access to a playing field, consider inviting your friends/family/community down for a day of sport. You don't need to be David Beckham! You could make it a throwback sports day and host egg & spoon races, sack races or three-legged races, or make it a virtual sports day with games like Fifa.

FUNDRAISING IDEAS

Movie Night

Have your own cinema experience in your living room! Consider a theme for the evening and provide treats based on the film.

Ideas:

A Lord of the Rings marathon, showing all three films, with multiple breakfasts and po-tate-tooooooes...

A Halloween horror night, inviting your guests to dress up as their favourite monsters...

A cosy Christmas film marathon. Serve hot chocolate and pull crackers!

**“Survive
enabled me to
love and care
for myself.”**

FUNDRAISING IDEAS

Take part in a challenge!

You don't have to organise an event yourself.

You could take part in a marathon, sky-dive, walk the Yorkshire three peaks, or various other challenges.

Try asking your friends, family and colleagues for sponsorship.

Here are some professionally organised events:

www.toughmudder.co.uk

[York Marathon](#)

SPREAD THE NEWS!

The more you talk about your fundraising, the more successful you will be!

You could contact your local newspaper or radio before the event, and send the details to any local social media pages.

Use your workplace/university/college noticeboards or intranet to let more people know about your event. You could even ask them to match-fund whatever you raise?

Let us know what you're up to. With your permission, we could share your story to our followers.



Be careful about how and where you share any personal information.

CONNECT

Make sure you share your fundraising with us every step of the way!

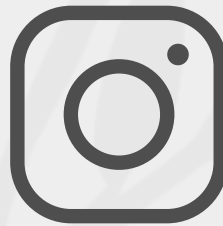
Connect with us on social media:



www.facebook.com/survivenyorkshire



www.twitter.com/Survive_NYorks



www.instagram.com/survivenyorks



www.linkedin.com/company/survive-northyorks

With your permission, we can share your story on our socials, website, or in our newsletter.



Link your event with our Just Giving page.

www.justgiving.com/survive-northyorks



Keep in touch directly with our team:

fundraising@survive-northyorks.org.uk

FURTHER TIPS

If taking part in a sponsored challenge, think beyond physical trials. You could give up something for a month instead, like chocolate or alcohol. Think about what suits you!

Check the calendar and make sure your event doesn't clash with other dates that may make it hard for people to attend, such as Mother's Day or a school holiday.

Ask your employer/university/college if they'd support you and perhaps even match fund.



Make sure your activity is FUN!

ADVOCATE

Fundraising events not only raise money but also raise awareness.

At the beginning of this pack, we included some background information about *Survive* and how our services help those affected by sexual violence and abuse.

The work we do can be sensitive and hard hitting. You may feel uncomfortable discussing it at your event. Instead, why not leave out some leaflets or wear a branded t-shirt?

Tag us or share our website on your social media, so that people can click through and find out more. Or link your event to our **[Just Giving page](#)**.

Contact us for more information:
fundraising@survive-northyorks.org.uk

DONATE

We have no doubt that your event or challenge will be successful!

We thank you for all of your efforts.

Please submit your donations via:

Cheque: Payable to *Survive* (Support for Survivors of Rape and Sexual Abuse). Posted to: 25 Micklegate, York YO1 6JH

Cash: Dropped off by appointment. Please call **01904 638 813** to arrange.

BACS: To transfer your donation, please email us at fundraising@survive-northyorks.org.uk

Via our **Just Giving** page: www.justgiving.com/survive-northyorks

On behalf of all those who used our services,
we would like to

**THANK
YOU!**

*“When I look in the
mirror I can now really
see myself again – it
has taken more than 15
years to do this.”*



www.survive-northyorks.org.uk

25 Micklegate, York YO1 6JH

01904 638 813

Registered charity 1069129

BACP membership number 00104488

Company registered in England & Wales

03455000

*Results from 126 feedback surveys Jan-Dec 2022 following support from **Survive**.

Quotes taken directly from survivor feedback.