



**Nottingham
Women's Centre**

come on in



Nottingham Women's Centre Fundraising Pack 2017

Charity Registration 1105837
Company Limited by Guarantees
5113835
Registered in England & Wales

30 Chaucer Street, Nottingham, NG1 5LP

admin@nottinghamwomenscentre.com Tel: 0115 941 1475



@nottswcentre

www.nottinghamwomenscentre.com



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About Nottingham Women's Centre

Nottingham Women's Centre is run by women, for women. We aim to help all women to gain the confidence and skills to achieve their potential and become stronger and more independent. We provide a safe and supportive environment in which women can do this, either by taking part in training or activities, getting support and services, or campaigning and becoming active in bringing about change.

Nearly 12,000 women come into Nottingham Women's Centre every year. We provide individual support to some of the most vulnerable and excluded women in our county, many of whom are overcoming trauma and abuse, are facing extreme poverty, who need to support with mental health recovery or support to access training and employment.



"I've become a better person and my mental health has improved through the Women's Centre, even popping in for a cuppa, sitting and knowing that not one person judges you. The Women's Centre has been my sanctuary. I've suffered years of abuse—the support the Centre gives is a lifeline and has helped me to move on"

DS, 2015

We are based in the heart of the local community, on Chaucer Street on the outskirts of the City Centre. We work with women from across Nottinghamshire and also deliver services from other locations to make our services as accessible as possible for women. The women we work with achieve amazing things.

We are a charity, partly funded through grants and commissioned services. However, we rely on the generosity of our local community to continue to support women to overcome difficulties in their lives and achieve amazing things.

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Choosing to support Nottingham Women's Centre will not only mean that your business is making a real difference to the local community, you will also be giving your people something to work towards together. Fundraising for us is a great way to motivate staff, encourage creativity, improve communications and promote team building. It also creates a buzz and imparts a positive culture within your organisation and raises your profile locally—plus, you will have lots of fun!

Here are some suggestions for how you and your teams can support us:

- Adopt us as your charity of the year
- Organise events such as dress-down Fridays, raffles, sports sweepstakes or coffee mornings
- Field a team in a local event or challenge such as the Robin Hood Marathon, the Great Notts Bike Ride or Dragon Boat racing
- Donate or help us source raffle prizes
- Have one of our collection boxes on your counter or in your office
- Arrange volunteering days or regular volunteering
- Share your expertise and skills with us to help us develop ours
- Raise awareness of our work and our impact
- Sponsor an edition of our e-bulletin or one of our events

Here are just a few examples of how local companies have supported us recently:



Shoosmiths Nottingham chose us as their 2016 charity of the year, raising money in the Robin Hood Marathon, a Euro 2016-themed sweepstake, a silent auction, plus they hosted our staff away day, gave free training sessions and individual time, expertise and advice on one-off projects.

CL4Women in West Bridgford have adopted us as their charity and so far have raised money for us through a raffle at their launch event in October 2016, with lots more planned.



Broadway Cinema sponsored our Women in a Man's World photography exhibition on International Women's Day 2016

For more information, contact Julia Carter on 0115 945 1475 or volunteers@nottinghamwomenscentre.com

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If you belong to a team, community group or school or college, choosing to support Nottingham Women's Centre is a great way for you to have some fun, learn some new skills and know that you are making a real difference to women in your local community.

Here are a few ideas for how you could get involved:

- Invite a member of the Women's Centre team to come and speak at your group meeting, event or school assembly
- Hold a Christmas Jumper day, non-uniform day, dress down Friday, Easter Bonnet parade, onesie day
- Hold a coffee morning, afternoon tea party or another event
- Get sponsorship for a park run, bike ride, ramble, skydive
- Keep an eye on our website for our featured events
- Come and help at the Women's Centre at one of our events
- Donate or help us source raffle prizes

Here are just a few examples of how members of the local community have supported us recently:



In 2016, pupils at Nottingham Girls' Academy held a toy sale and a non-uniform day to raise money for Nottingham Women's Centre

In December 2016, members of the craft club which meets every week at the Women's Centre held a sale of their goods at the New Art Exchange



Firewalking and skydiving events arranged by Nottingham Women's Centre



To get involved, or for more information, contact Julia Carter on 0115 945 1475 or volunteers@nottinghamwomenscentre.com



Planning an Event



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If you're planning your own event to support us, thank you! Here are a few tips to help you with planning what to do:

1. **Decide what you're going to do** - Use our A-Z guide in this booklet or inspiration.
2. **Let us know** - Please let us know what you're doing so we can offer you the right support and promote what you're doing
3. **Choose a date and time** - Check that this doesn't clash with any major events e.g. Red Nose Day and give yourself enough time to plan.
4. **Set deadlines and stick to them** - Helping you to keep on track for a successful fundraising event. Make sure you are sending out invitations a minimum of 4 weeks in advance.
5. **Think about a budget** - What will it cost? Can you get sponsorship?
6. **Pick a venue that is suitable** - Tell the venue that it is a charity event. Has it got the correct facilities that you will need? E.g. Accessible toilet, suitable lighting, correct number for your projected capacity.
7. **Ask for help** - Delegate tasks among team members, family and other friends.
8. **What equipment do you need** - Work out what equipment you may need and think about how you will secure it for your event and how it will get to your venue.
9. **Don't rely on the weather** - Think of a contingency plan in case the weather is not suitable for your event.
10. **Do you want a member of the Women's Centre to attend?** - If you would like a representative from the Women's Centre, we will always do our best to attend, but we are a small team and so this may not always be possible. If we can't be with you, we will help you in other ways.

**Good luck and don't forget to let us know what you're doing on
0115 9451475**

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Paying in Your Money



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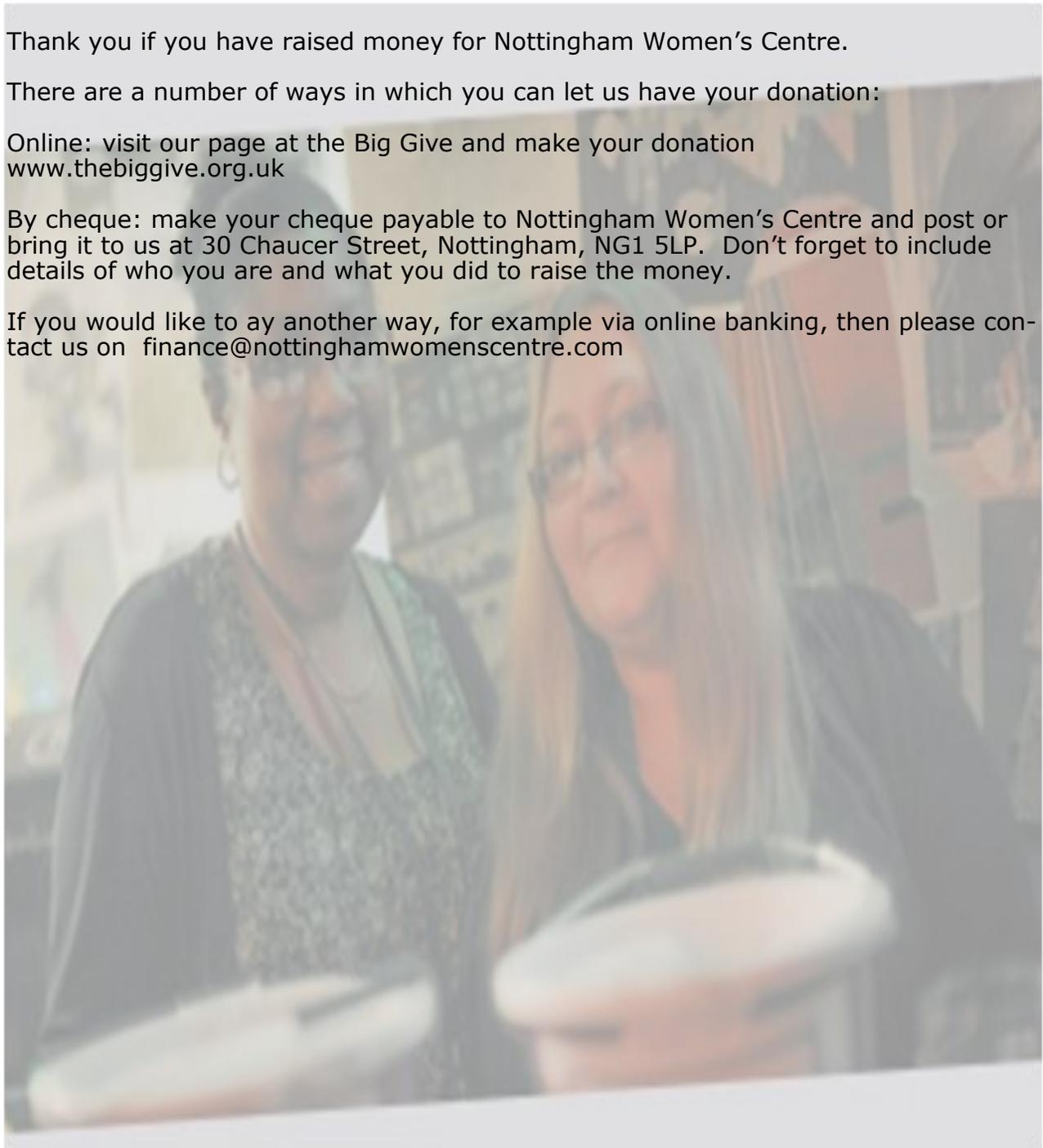
Thank you if you have raised money for Nottingham Women's Centre.

There are a number of ways in which you can let us have your donation:

Online: visit our page at the Big Give and make your donation
www.thebiggive.org.uk

By cheque: make your cheque payable to Nottingham Women's Centre and post or bring it to us at 30 Chaucer Street, Nottingham, NG1 5LP. Don't forget to include details of who you are and what you did to raise the money.

If you would like to try another way, for example via online banking, then please contact us on finance@nottinghamwomenscentre.com



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How your Donations Help



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A one-off or regular donation to us makes all the difference to the women who use Nottingham Women's Centre.

Just £1 will pay for a woman who is vulnerable and isolated to come and have two cups of coffee in our welcome space, often the first step women in real need take to accessing help with us.



£2.50 will pay for woman who has gone without food to feed her children to have a hot meal with us

£5 will pay for a woman to have a complementary health therapy such as massage



£20 will pay for a woman to have a session of counselling for a woman to support mental health recovery following trauma such as domestic abuse, or sex-trafficking.



**It's really quick and easy to make a donation to Nottingham Women's Centre, simply visit our website www.nottinghamwomenscentre.com and click on the donate button at the top of every page.
Thank you.**

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A-Z Fundraising Ideas



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A: Assault course challenge, Afternoon tea party, Arts/crafts stall/exhibition/fair, Abseil, Auction of promises, Arm Wrestling

B: Bad hair day, Balloon race, Bingo, Bring & Buy sale, Back-to-front day, Baked beans bath, Battle of the Bands, Beat the goalie, Bike ride, Beard Shaving.

C: Cabaret, Car washing, Carol singing, Coffee morning, Cooking Competitions, Computer games marathon, Concert, Conker Championship, Chocolate ban, Cartwheel Competition

D: Dance marathon, Darts tournament, Disco, Dog walking, Drawing competition, Duck race, Dress down day, Doughnut eating challenge.

E: Easter egg hunt, Egg and spoon race, Egg painting, Exhibitions, Eating baked beans with a cocktail stick.

F: Face painting, Fancy dress party, Fancy dress sports, Fashion show, Football tournament, Fun-run, Film show/premiere, Fair/Fete, Flower Show.

G: Game shows based on TV quizzes, Guess the height/weight/amount, Gigs.

H: Hula Hoop competition, Hair Beading/plaiting, Halloween Party, Hopscotch.

I: Ice cream & movie night, International Cooking Evening.

J: Juggling competition, Jigsaw Marathon, Jumble Sale, Jewellery Making/selling.

K: Karaoke, Kite flying, Kiss-a-thon, Knobbly knees competition, Kiss-selling.

L: Line dancing, Loud Tie Day, Limbo Competition.

M: Magic show, Musical chairs, Music quiz, Movie night, Marathon, Masquerade ball, Music quiz.

N: Name the face, Netball tournament, Non-uniform day, Nature Trails, Name that Baby.

O: Obstacle course, Odd clothes day.

P: Pancake day, Pantomime, Pet show, Pie eating competition, Pool competition.

Q: Quiz night, Quasar nights.

R: Record breaking attempts, Raffle, Roller-blading, Rock `n` roll night, Relays, Rowing marathon, Rugby match.

S: Swim-a-thon, Salsa dancing, Scalextrix Grand Prix, Sack Races, Santa's Grotto, Sponsored anything!

T: Talent competition, Tea party, Three-legged races, Treasure hunt, Tug of war

U: University Challenge, Umbrella dancing, Uniform-free-day.

V: Valentines ball, Variety show, Video-athon, Vegetarian evening.

W: Welly-throwing competition, Wine-tasting evening, Wheelbarrow racing, Word search.

X: Xmas ball, Xmas pantomime, Xylophone competition, X-files quiz.

Y: Yogathon, Yodelling competition, Yo-Yo competition, Yacht racing.

Z: Zany clothes day, Zoo quiz.

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