



FUNDRAISING PACK



THANK YOU!



**CENTRE PLACE IS THE
HOME OF TALKZONE AND
LGBT+ NOTTINGHAMSHIRE
SERVICE.**

**Thank you for choosing
to fundraise for us. We
know there are many
wonderful charities
doing great work, and
we're really grateful
that you chose to
fundraise for us.**

**We work with 11 - 25 year olds in Bassetlaw and
Nottinghamshire, and their parents/carers.**

We are so excited that you want to fundraise for us, and know that you'll make a huge difference to the work we do as a Charity.

We have put together some information on the next pages about what we do and some ideas for how you can fundraise for us.

Our Vision: For children, young people, and their families in Nottinghamshire who experience inequalities to have access to preventive support services enabling them to achieve the best possible futures.

Our Mission: To reduce and relieve suffering and distress, and to improve the emotional well-being, of children and young people and their families throughout Nottinghamshire, with the object of improving the conditions of life.

YOUR FUNDRAISING PACK CONTENTS:

- **Talkzone**
- **LGBT+ Service Nottinghamshire**
- **Where to Start**
- **Fundraising and Sponsorship Ideas**
- **How to give**
- **Things to consider**
- **Sponsorship Forms**



Counselling is...

a safe space to explore your thoughts and feelings.
Your counsellor will work one-to-one to help you understand and manage your emotions in a way that works best for you.
Counsellors don't make judgements or tell you what to do.

Mentoring is...

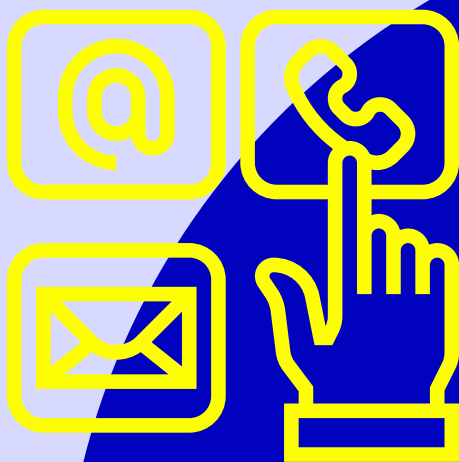
a space to figure out what things you'd like to change to improve your life. Your Mentor will work with you to make realistic goals and break them down into manageable steps. They can work with you and involve school, employer or help you to join groups and sessions that will support you.

Monthly Parent & Carers Group

Parenting when your child is struggling is really tough. We hold monthly groups to support parents and carers of children and young people who are finding life tough.

Mental Health & Wellbeing Support is...

to help you improve your mood and to feel better about yourself, explore parts of your life which you might find difficult. Together, we will explore different ways to cope and find solutions so that you can build resilience and overcome challenges. We will provide you with information so you can make helpful changes to your life and improve the way you feel.



talkzone@centreplace.org.uk

07368 323945

01909 479191

www.centreplace.org.uk





We support for children and young people who identify as LGBT+ or those who are questioning and/or exploring their gender identity and/or sexual orientation.

Weekly group sessions are:

- 11-16 LGBT+ group
- 16-25 LGBT+ group

Parents and Carers Group:

- Takes place Monthly

Services Offered:

- 1-2-1 Counselling
- 1-2-1 Practical Support and Advice
- Family Mediation
- Training and workshops for schools and other organisations
- Awareness Stands and Sessions

We offer specialised training around LGBT+ awareness.

Home of the **Rainbow Flag** Award

Appointments are available at our Centre in Worksop. Outreach appointments may be available at venues across Nottinghamshire. Remote appointments are also available.



01909 479191

07761 500169

lgbtplusnotts@centreplace.org.uk

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WHERE TO START



KNOW YOUR WHY....

Why do you want to fundraise for us? Have you or someone you know benefitted from our support? Does what we do align with your ethics, values and beliefs? Knowing why helps you get your message across to those who will be sponsoring or fundraising with you.



HOW YOUR MONEY HELPS

We're a local charity with big ambitions supported by a small team of hard working counsellors, mental health workers and admin staff.

£300 would pay for a child or young person to access 8 sessions of counselling

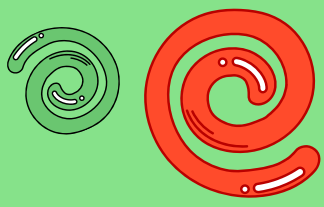
£90 would pay for 90 minute student workshop

£30 will pay for a meal at one of our groups

£60 would pay for a 60 minute student workshop

£10 would pay for new pens and pencils for our youth groups

£38 would pay for a child or young person to have an assessment appointment



IDEAS



Bake Sale or
Coffee Morning

Sponsored Dive or
Dog Walk

Fancy dress or
Fashion show

Head Shave or
Jumble Sale

Karaoke or Litter
Pick

Music Night or Pie
& Peas Event

Sponsored Run or
Swim

Treasure Hunt
or Wine Tasting
Night



HOW TO GIVE



Online

The Centre Place – JustGiving Page. You can create your own fundraiser.

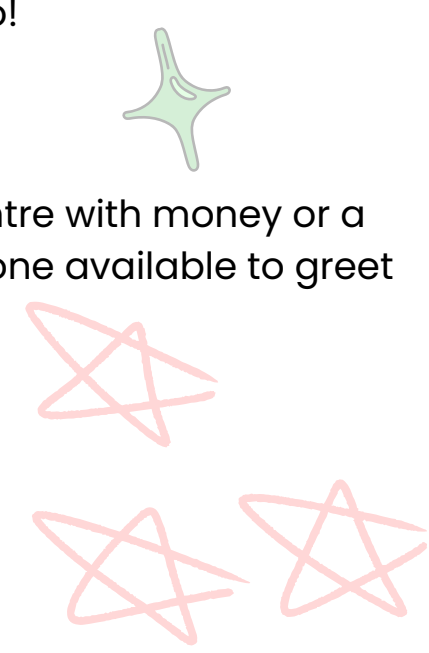
Shopping as normal

Shop with Easyfundraising.org.uk. Get the Easyfundraising app and download the reminder. Whenever you buy from somewhere that donates, the retailer will donate money to our service at no cost to yourself!

Help us raise money, through shopping as you normally do!

Cash or Cheque

Please contact us before you come to the Community Centre with money or a cheque, to make sure the service is open and have someone available to greet you to the building.



Registering Your Fundraiser

Register your fundraising event with us by emailing info@centreplace.org.uk

Please give your name, address, telephone number and email address

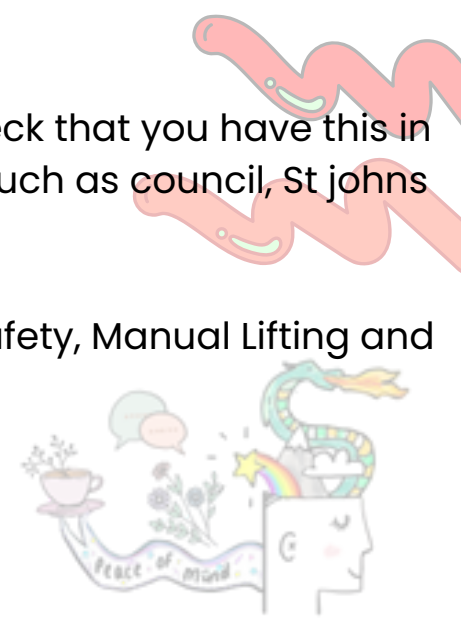
The date, time of the event

The nature of the event (e.g. cake sale)

If you wish for a representative from the charity to attend, please let us know so we can try to arrange this.

We cannot provide liability insurance for you, please check that you have this in place, as well as any other necessary bodies informed such as council, St Johns ambulance etc etc

Please check you have relevant training such as Food Safety, Manual Lifting and permissions from landowners





THINGS TO CONSIDER



Check the date
for any other big
events

Give yourself
enough time to train
/ Prepare

Share our just giving
page details to start
donations

Give yourself realistic
targets

Would your workplace
double your
sponsorships?

Make sure you have
insurance in place if you
need it

thank everyone who has
donated their time and
resources

use your social media to
get attention

SPONSORSHIP FORM



Charity Number 1074728

I want to raise to support the mental health
of Young People by
to donate online:

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SPONSORSHIP FORM

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