



Thank you!

It is fantastic that you've decided to raise much needed funds for Heads On, Sussex Partnership NHS Foundation Trust's charity. Thank you!

Living with mental health problems can be life changing, but we believe that with the right support extraordinary things can happen.

Anyone can experience a mental health problem. One in four of us every year.

At Heads On we do everything we can to make things better for the people who come to Sussex Partnership for help, by providing funding for special projects, patient and family support, pioneering research and the transformation of your local mental health hospitals into more comfortable and welcoming environments.

Thanks to your generosity, Heads On can help to provide the best possible support to people with mental health problems across Sussex and beyond. Be it a sensory room for people in hospital, music therapy for people with dementia, transformational research clinics for people who hear voices or art projects for children, every penny makes a difference.

This pack should give you everything you need to get your fundraising up and running! The Heads On team is always here to help and send you extra materials to make your fundraising fun, safe and successful.

Thank you again.

The Heads On fundraising team

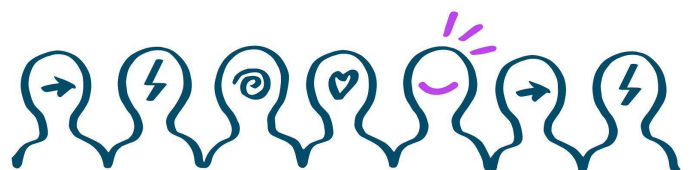
E: headsoncharity@sussexpartnership.nhs.uk

T: 01273 778 383 x 2140

www.headsoncharity.org

Registered Charity 1051736

Sussex Partnership NHS Foundation Trust's Charity



HEADS ON

Support for mental health

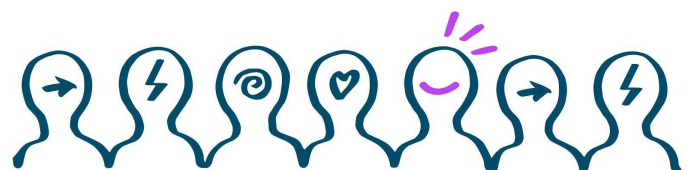
Getting Started...

There are so many ways that you can raise money, whether you are planning to do it by yourself, with a group of people or by putting on a large event.

But the first rule of fundraising is 'Who do you know?'

We've left this page mostly blank so you can fill it with a list of all the people you know. Family, friends, colleagues and their partners, your hairdresser, dog groomer, mechanic...

Write down everyone and you'll be amazed at what you have at the end. This list can then be used as an invitation list to an event; an inspiration list for prizes for an auction; or just a list of people who can support you in your quest to fundraise as much money as possible for Heads On.



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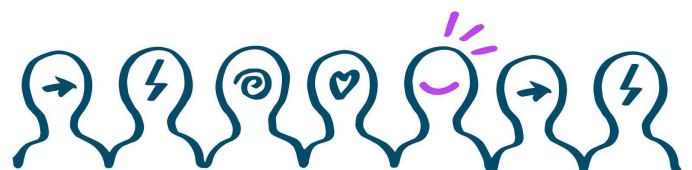
"I raised £800 with the Dog & Bacon Golf Society in Horsham for the ADHD & Mental Health Research Unit at New Park House. As a bipolar sufferer myself, I am only too aware of the devastating impact that mental illness can have on your life and how it can strike anybody at any time. Over the past few years, I have received wonderful treatment from the staff at New Park House who have helped me to learn to live with my condition and rebuild my life."

Margaret Brice

Some clever community fundraising ideas...

Fundraising together can be heart-warming and fantastic fun, so why not come together with your community to raise money for Heads On? There are loads of ideas to choose from, here's a few suggestions.

- Mine's a cappuccino – host a coffee morning, charge your friends for frothy coffee and scrumptious cakes, the gossip's free!
- Dress up or down – put on your glad rags or wear something wacky and donate for the fun! Whether it's a Christmas jumper, silly socks or staying in your pyjamas for school, everyone can dig deep and take part!
- Quote quiz – "Life moves pretty fast, if you don't stop and look around once in a while you could miss it." "Of all the gin joints, in all the towns, in all the world, she walks into mine..." Can you name the films? Get together a series of quotes and ask for donations for taking part, dressing up as your favourite movie stars is optional!
- Sponsored walk or jog – pound the pavements, run a marathon or a mile! Whatever you do, make it a challenge.
- Office collection – what could be simpler than a collection day at work? You could even add in tea and cakes for extra fundraising!



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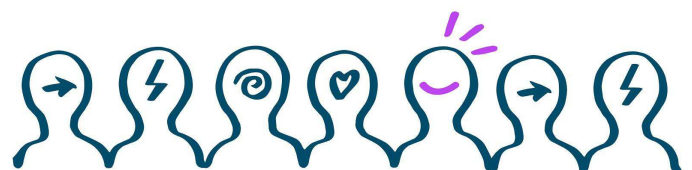
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"Chalkhill played a big part in helping me with my recovery. The people who worked with me gave me the courage and support in wanting to change. I participated in Walk for Wards to raise awareness of the fact that young people can and do suffer with mental illness and I was delighted to raise nearly £300 to help other people in Chalkhill benefit from the same help I received."

Bethany Harris

- Get sporty – organise an action packed event like a salsa night, golf challenge or football tournament and get friends, family and local businesses to take part or sponsor you.
- Community groups – if you're a member of a Women's Institute, Rotary Club or Lions Club, why not nominate Heads On to benefit from your fundraising? Cake baking, summer fetes, sponsored walks and cycle rides are all great ways to have fun whilst supporting people with mental health problems.



HEADS ON

Support for mental health

Support

Whatever you decide to do, the Fundraising Team at Heads On is here to help.

If you're struggling to make up your mind, we are on hand to match a fundraising activity to your lifestyle, and to help make your activity as fun and successful as possible.

Plus once you've decided, we can help you with:

- Fundraising materials: collection tins, T-shirts, balloons, banners, sponsorship forms and much more
- Marketing materials: posters, press releases, logos, guidance on key messaging and much more
- General advice: raffle licences, permits and any risk assessments you might need

Any questions? Just get in touch, we'd love to hear from you.

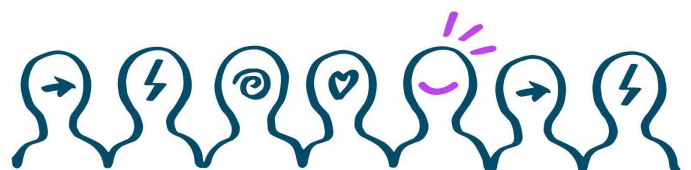
Email: headsoncharity@sussexpartnership.nhs.uk

Call: 01273 778 383 x 2140

Write to us:

Fundraising Team, Heads On, Sussex Partnership NHS Foundation Trust, Aldrington House, 35 New Church Road, Hove, BN3 4AG

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HEADS ON

Support for mental health

Money, money, money!

So how do you collect all that lovely money you are going to raise? And how do you return it to us so that we can quickly get it to where it's needed?

Sponsorship forms

You can download sponsorship forms from www.headsoncharity.org or contact us at headsoncharity@sussexpartnership.nhs.uk and we'll post or email more to you.

Do make sure your sponsors fill in their full names and addresses (including postcodes) so that we can claim AN EXTRA 25P in Gift Aid for every pound you raise.

Return completed sponsorship forms, along with a cheque for the total amount raised, to:

Fundraising Team
Heads On
Sussex Partnership NHS Foundation Trust
Aldrington House
Hove
BN3 4AG

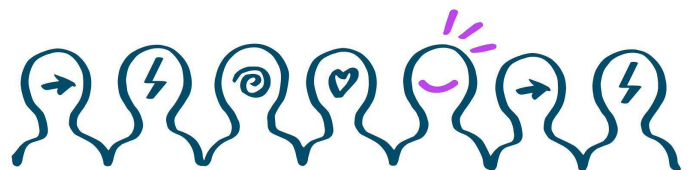
Just Giving - donating online

Set up a Just Giving page and people can donate to you electronically. Nice and simple, no counting piles of pennies! If you'd like help on setting up your page, feel free to contact us. See www.justgiving.com for more details.

Gift Aid

Gift Aid is a really important part of your fundraising as it means you have the potential to raise an extra 25% of your total... FOR FREE!

In order for us to claim Gift Aid back from the government, make sure all your donors (those who are UK tax payers) complete their names and full addresses (including postcodes) when donating, and that they tick the Gift Aid box.



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HEADS ON

Support for mental health

Feeling ready?

On your marks, get set, go!

Hopefully this pack has inspired you to get out there and start fundraising for Heads On. So, if you're feeling all fired up and enthusiastic here's some space to start planning your fundraising activities.

Remember we're always here and happy to help in any way we can.

So, good luck, enjoy yourself, and from all of us here at Heads On...

An enormous thank you!

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