

Fundraising Pack

Life Chance TRUST

Lives, transformed



Welcome to the Life Chance Trust

Thank you for choosing to support us - with your help, we can make a real difference, because every pound you raise will get us closer to our goal:
transforming 25 young lives by 2025.

The devastating effects of childhood trauma and adversity - including abuse, neglect, and violence - can make growing up especially tough.

Young people need to know they have someone by their side - someone who understands and believes in them and can help them to overcome their difficulties, whether they relate to education and learning, relationships and social skills, confidence, resilience, health and wellbeing, or all of these things.

Through trusted mentors and personalised support, the Life Chance Trust is helping young people aged 16-25 to find their way towards happy, healthy, safe and independent adult lives.



We're here to help if you need us!

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Follow us online for news and updates:
www.lifechancetrust.org.uk

Did you know that...?



£10 Could give a young person a session with a trusted mentor for step-by-step help.

£25 Could train a young person in mental health awareness for self & others.

£50 Could pay for 1:1 therapy with a specialist trauma recovery practitioner.



£200 Could pay for certified training so a young person can support their peers with mental health.

£300 Could help get a young person mobile with a road confidence course and a bike.



£500 Could fund a documentary screening for up to 150 young people, to begin their learning about trauma and ACEs.

£1000 Could fund 5 socially-excluded young people to create a film / podcast raising trauma awareness.

**BIG JOURNEYS
BEGIN WITH
SMALL STEPS**

What your support means to us

Jessie:



“Year 10 at school was when my mental health really deteriorated; my depression spiralled, and I felt trapped in a black hole. I had a toxic circle of friends who did drugs and drank alcohol regularly. My self-image became extremely negative; I developed body dysmorphia and an eating disorder and started doing drugs.

It's taken a long time to get to where I am now, completely drug-free, recovered from my eating disorder and back in a mainstream setting. I still struggle with my mental health but have found strategies to help myself. I'm extremely proud of the person I have become - I want to encourage anyone in the same position to keep fighting and never give up. I want to help people to love themselves and believe in themselves and know that nothing is impossible!”



Excluded children are:

- More likely to have had Adverse Childhood Experiences
- 2 x as likely to be in Care
- 4 x more likely to be growing up in poverty
- 7 x times more likely to have an educational need
- 10 x more likely to develop mental health problems
- Overall, more likely as adults to be unemployed, develop severe mental health problems and/or go to prison.

Mikki:



“I joined the team because I grew up in a similar way to some of our young people. I lived in care homes, foster care, and was homeless a few times. I had a rollercoaster childhood with many events that impacted me. I was expelled from secondary school halfway through year 10 and so didn't take my GCSE's.

It's because of three inspiring people I met along the way, who saw something in me and took the time to guide me, that I managed to turn my life around and achieve what I have, and I'll always be grateful! That is why I'm involved. I want to be one of those people, share my experiences and give something back to those who need it”

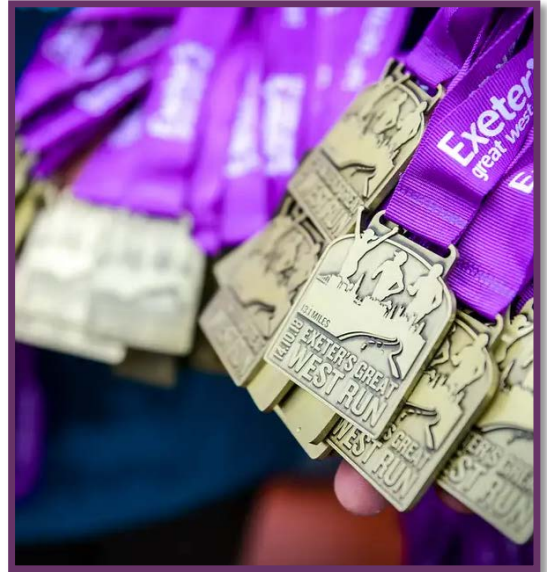
Online Fundraising

Great West Run, Exeter

The easiest way for friends & family to sponsor you is via an online page, such as our trusted partner, LocalGiving.

Visit: localgiving.org/charity/lifchancetrust

1. Hit 'Fundraise for us' and then Register or Sign In.
2. Select Life Chance Trust as your charity.
3. Pick your Category for 'What is your Fundraising Challenge?'
4. Give your Fundraising page a suitable title.
5. Choose an official event OR skip to 'Create Your Page'.



Top Tip: Make sure your UK tax-paying sponsors tick the 'Gift Aid' box: it instantly adds 25% to their donation, so £20 becomes £25!



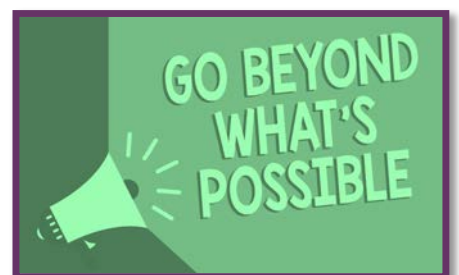
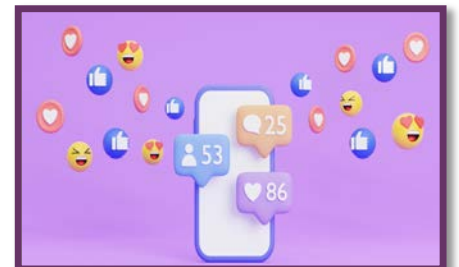
Top Tip: A sponsorship form is also included at the end of this pack for signing-up sponsors offline.

Run Plymouth

1. After signing up with Run Plymouth, you'll be sent an email asking you to create an account with RaceNation & SportsGiving.
2. RaceNation holds all the details of the event and allows friends and family to track you whilst you run!
3. SportsGiving is the online sponsorship page. You can include some detail about your challenge and then share with friends, family & colleagues to sponsor you!

Spreading the word

- Start early! Support from friends & family puts the FUN into FUNdraising.
- Tell the world what you're doing! The more you talk about your efforts, the more people will donate!
- Share photos and videos of your planning, training & preparations AND explain why you've chosen to support the Life Chance Trust.
- Share several updates on your progress – people need reminding more than once, they may not see your first post, and your 'bad hair day' story or mishap might just prompt extra donations!
- Use Social Media and WhatsApp groups to send your fundraising page far and wide – it WILL pay off. Include @lifechancetrust in your posts on Facebook, and also #lifechancetrust on Instagram. Tag friends and family to help promote your cause.
- If you'd like help getting your efforts featured on local newspaper or radio, email us and we'll send you a press release template.
- Check with your employer – are they able to match your charity fundraising efforts? Many large companies do, and small employers might contribute if you ask!



If you need to explain what the Life Chance Trust is about, you can use this text:

The Life Chance Trust is a new Devon-based charity seeking to transform the lives of some of the most vulnerable young people in our communities: those for whom childhood trauma – including abuse, neglect and violence – and social or educational difficulties – have made growing up especially hard. Life Chance Trust's personalised mentoring and coaching, practical and wellbeing support ensures each young person gets the right help on their journey to adulthood – creating the good health, happiness, confidence and resilience they need and deserve, and transforming their chances in life – from one generation to the next.

For more information about Life Chance Trust please visit www.lifechancetrust.org.uk

Fundraising FAQs:

What can I do to help?

Apart from our organised group events, it's really up to you. Running, biking, swimming, hiking – anything goes! There are also lots of great things you can do without having to climb mountains! For example, you can create a Birthday Fundraiser on your social media – Facebook in particular makes this simple to set up and promote. You could rally your friends, colleagues or neighbours for a pub quiz, cake sale, or drinks night or you could host an auction, dinner, or other work social event.



Can I use your logo to promote my event?

Yes – you can use this special supporter's logo!



What about health & safety?

If you're organising an event, please check to see if you need insurance, a risk assessment, or a license. Your HR / H&S / Marketing colleagues at work might be able to help - or try this online resource: <https://ciof.org.uk/events-and-training/resources/starting-to-fundraise>

Proud to support:

Life Chance
TRUST

Lives, transformed

How do I send you cash or offline donations?

Email or call us and we'll arrange a BACS payment from your account to ours, plus Gift Aid form if applicable.

How do I claim Gift Aid?

This should happen automatically for sponsorship through LocalGiving. For anyone preferring to make a cash donation, we can send you a short gift aid form to complete.



THANK YOU!

Sponsorship Form



Name: _____						
I am taking part in (please tick):	Run Plymouth - 14 th May:					
	5K	<input type="checkbox"/>	10K	<input type="checkbox"/>	Half marathon	<input type="checkbox"/>
	Great West Run Exeter - 21 st May:					
	5K	<input type="checkbox"/>	10K	<input type="checkbox"/>	Half marathon	<input type="checkbox"/>
					Community mile	<input type="checkbox"/>

****Make sure your UK tax-paying sponsors tick the 'Gift Aid' box: it instantly adds 25% more to their donation, so £20 becomes £25!**

Sponsor's name (Please PRINT)	Home address	Postcode	Amount donated £	Date given dd/mm/yy	Gift Aid **