



**StandingStartTrust**



**FUNDRAISING PACK**

## What is Standing Start Trust

Standing Start was formed in 2008 to help individuals recover from spinal cord injury through exercise rehabilitation. In 2012 Standing Start became Standing Start Trust with the sole goal of raising funds to support individuals in the form of grants for exercise rehabilitation and research. Since 2012 the charities focus has spread to help other neurological conditions, such as Stroke, Multiple Sclerosis and Motor Neurons Disease.

## What we do

At Standing Start Trust we believe that every body who has suffered from a neurological condition has the right to exercise rehabilitation. Unfortunately often those who suffer from a condition or injury struggle financially. Despite this together we can help.

At Standing Start Trust, we work together with not-for-profit organisations such as Neurokinex in Watford, to deliver our goal of helping as many people as possible recover from a neurological condition through exercise rehabilitation.

## How the donations are used

Since its formation the charity has helped numerous individuals gain access to exercise rehabilitation through financial grants.

Money raised will be used in two forms;

1. The majority of the money raised will either be used to subsidise exercise sessions for beneficiaries who need financial assistance with their rehabilitation or to fund a trial period at one of our partners.
2. The Trust also supports research in the field of exercise for individuals with neurological conditions. In the past grants have been given to support research at the Peter Harrison Centre for disability sport at the University of Loughborough that focuses primarily on health and wellbeing.

## How you can help

There are numerous ways in which to help the charity, remember it's not just about fundraising it's also about raising awareness and little things like talking about the charity to others will help enormously.

## Fundraising Ideas

Below we have listed a range of different fundraising ideas, remember almost anything we do in daily life, from work to family can be used as a fundraising event.

- Bake and sell cakes
- Have a BBQ
- Have a raffle
- Sell unused items at a car boot sale
- Grow a beard or shave it off
- Have a non-uniform day
- Have a quiz night



## Challenge yourself

As we expect our beneficiaries to push themselves to the limit, we expect our fundraisers to get in the spirit and do some exercise and challenge themselves. Below we have listed some more challenging fundraising ideas.

- Do a Skydive
- Do a bungee Jump
- Climb a mountain
- Run a marathon
- Complete a sponsored walk
- Do a Gym Challenge
- Do a sponsored bike ride



## Organising your event

No matter how big or small your fundraising event is, its good to be prepared. One of the best ways to organise your fundraising is to open a fundraising page via Bmycharity, Give.net or BT Mydonate.

These fundraising websites are already set up to support Standing Start Trust and do not take any commission from the money that you raise. They will allow you to create a fundraising page where you can collect your sponsorship and share photos.

Below we have listed some top tips when organising your own event;

- **Prepare early**

Do not leave everything to the last minute, plan everything in advance so that you can relax on the day.

- **Think about the venue and audience**

Make sure that the venue is safe and that it is accessible to those who are taking part or spectating.

- **Have a good back up plan**

Always have a good back up plan, if the event is outside think about indoors alternatives.

- **Spread the word**

Maximise your fundraising by letting as many people know as possible be it via social media or by word of mouth.

- **Everything helps**

Do not worry too much about hitting unrealistic targets, remember anything is better than nothing and just fundraising itself will be raising awareness of the charity.

- **Contact us**

As Standing Start Trust is a small charity we can help individuals fundraise by advertising for them on facebook and social media. Don't forget to send us your photos and updates on your events. Also if you have any other questions feel free to contact us via [trustees@standingstart.org](mailto:trustees@standingstart.org)

# Legalities and Gift Aid

No matter what your fundraising idea, please be aware of the law. Below we have listed some helpful advice.

- **Public collections guidelines**

If you wish to collect money on the street or in public then you will need a licence from your local authority. If you are collecting in public please let us know for our own records. If you are collecting on private property you will need permission from the site manager or landlord.

- **Raffle and lottery guidelines**

If you are holding a lottery or a raffle please be aware that there are strict laws that cover gambling in the U.K. information on this can be found at [www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk).

- **Insurance**

Always make sure your event has suitable insurance cover in case of an accident or emergency.

- **Gift Aid**

Gift aid can be claimed on donations to the Standing Start Trust and allows the charity to claim back tax as a gift. So if an individual donates £100 the charity can claim £25 extra in gift aid. To qualify for this the donor must be a U.K. taxpayer.



## Sam's Story

*"I've been taking part in activity based rehabilitation since I left hospital in 2011. The standing start trust has made this possible through not only helping me fund the rehabilitation but also through the expertise and knowledge of activity based rehabilitation that they have.*

*My friends and family have been involved in lots of fundraising and the help that the standing start trust provides means that the fundraising is successful and can contribute towards my rehabilitation."*

## Good Luck!

Remember to enjoy the day and have fun, whatever you raise you are doing a great job for the charity. We promise that every penny will be well used to help those with neurological conditions, who would like the opportunity to exercise but cannot afford it.

## Contact

If you need to get in touch with the team please do not hesitate. We are available to answer any questions that you might have at the following;

Email - [trustees@standingstart.org](mailto:trustees@standingstart.org)

or

Click on contact on our website - [www.standingstarttrust.co.uk](http://www.standingstarttrust.co.uk)

