

islelisten.im



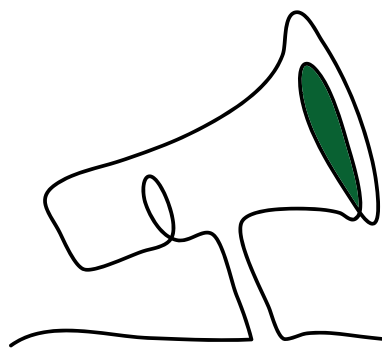
Get involved!

We couldn't continue to do what we do without the support of people like you.



Fundraising Kit





How your fundraising helps

Quite simply, you're making a real and lasting difference!

Your support helps us to continue our 'Stop the stigma' mental health campaign by enabling us to continue offering early intervention and building emotional resilience in young people on the Isle of Man.

£50

covers the production of our positive mental health resources pack for a child or young person

£100

gives a young person the opportunity to talk to one of our Listeners in school about feelings they're finding difficult to manage such as bullying or exam stress

£250

supports the delivery of a school holiday activity session or art workshop for up to 25 children focusing on confidence-building and self-esteem

£1,000

enables our schools team to deliver educational sessions in one school covering a range of issues that can affect emotional wellbeing in young people

£10,000

funds a year of our low-level Listening Service for two days a week in one secondary school on the Island

Fundraising ideas



Quick to get going...

Guess the... Name of the teddy bear, the weight of a cake, how many sweets are in a jar. Simply charge people to enter and the closest guess wins the prize.

Organise a sporting event sweepstake. The best events are the ones with a lot of possible winners such as The Grand National or the football World Cup. The winner takes home half of all the money raised as the prize and the rest goes to Isle Listen.

Collect pennies in a loose change pot or swear jar.



Need a little planning...

Hold a cake bake sale at school, at work or with your friends and neighbours.

Organise a dress down day. You can give this a theme or just keep it casual.

Set yourself a sporting challenge. You may decide to walk a certain distance, or maybe run a total amount over a month. Or you could cycle a distance as a family or do a step challenge of the height of a famous landmark like Big Ben or the Eiffel Tower.

Shout about it!

Sponsoring a little
goes a long way



Promoting your events will help you spread the word about your efforts and ultimately raise more money for Isle Listen.

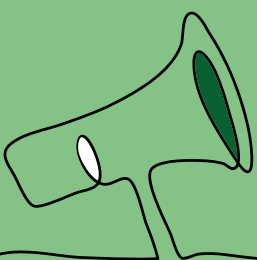
Look local - Tell people about your fundraising through local media such as your local newspaper, radio stations or even tv news.

Get social - sites such as Facebook and Instagram are a great way to tell all your friends and followers about your efforts.

Tell people what your target is - this will encourage people to help you reach that target.

Ask for help - ask local companies if they'd like to help by donating raffle prizes or offering their services as a prize. Maybe you want to sell cakes at your event and so you ask your local shops if they would like to donate them. Then every penny raised goes to the charity and not to cover your costs.

Make giving easy - provide people with various ways to support you, this could be a great sponsorship form, or a JustGiving page that you can share across your social media.



Sponsoring a little goes a long way

Keeping it safe and legal

While fundraising is great fun, there's also some laws and regulations you need to be aware of. Here's some things to remember...

Collections. These can be a great way to raise money in busy areas although you must have the right permissions. If you are planning a collection in a public place, you must obtain a licence from the Isle of Man Police and possibly the local council. You can find out more at iompolice.im/apply-for-charitable-collection-licence. You should also never shake a collection tin or bucket as this is not allowed by law.

Licences are not required on privately owned land but you must seek permission from the owner or business.

Raffles and lotteries. These are all governed by legislation so before planning one, please contact us or seek guidance from the Isle of Man Gambling Supervision Commission.

Insurance. When organising a fundraising event, it is your responsibility to ensure the event poses no risk to others and you will need public liability insurance for things like a sponsored walk or sporting event.

Food hygiene. No one wants a poorly tummy as a result of supporting a charity, so please take great care when handling food and keep to the basic rules for safe preparation, storage, display and cooking.

Data Protection. Make sure that any records you keep about people complies with the Isle of Man Data Protection Act 2018. Never keep any information longer than you have to and don't share information or data about someone without their permission.

Not sure? Get in touch on **01624 679118**
or getinvolved@islelisten.im



ISLE LISTEN
Because Minds Matter

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We're supporting



ISLE LISTEN

Because Minds Matter



Event:

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Date & Time:

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Location:

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More info:

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Sponsoring a little goes a long way

How to donate



Here are just a few ways you can donate to Isle Listen:

- Donate securely online using your debit or credit card at islelisten.im/donate
- Set up a fundraising page at [JustGiving.com](https://www.justgiving.com) which will collect money from your supporters automatically and take all the hassle out of collecting your sponsorship in cash.
- Donate by bank transfer:

Pay to: **MCH Psychological Services t/a Isle Listen**
Account no: **12822752**
Sort code: **55-91-00**
Reference: **Please state your event or activity**

Get in touch

01624 679118
getinvolved@islelisten.im
Skanco Court, Cooil Road, Douglas, Isle of Man, IM2 2SR

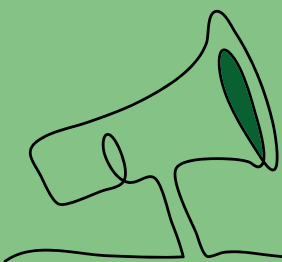


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ISLE LISTEN

Because Minds Matter



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Isle Listen is a registered trading name of MCH Psychological Services which is a registered charity in the Isle of Man Number 1024 and registered organisational member of the British Association for Counselling and Psychotherapy.