

**YMCA**

Here for young people  
Here for communities  
Here for you

# Let's get FUNDRAISING



**YMCA**  
Herts • Beds • Bucks  
OneYMCA.org

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One YMCA provide a range of community critical services across Herts, Beds, Bucks and Oxfordshire; supporting over 200,000 of the most vulnerable in society each year to **belong**, **contribute** and **thrive**.



“ Your fundraising is crucial in helping us to continue our life changing work. Though it’s sad that our work is so necessary, we are better placed than ever to help even more people belong, contribute and thrive. In this 140th year since our charity was formed, we are taking every opportunity to celebrate the incredible work that takes place every day to support our communities and the endurance that has enabled us to be here for generations. Thank you! ”

Guy Foxell  
CEO



## You are helping One YMCA to provide:

- ▶ Accommodation and guidance for those experiencing or facing homelessness
- ▶ Domestic abuse and sexual violence support
- ▶ Early help for families through our family support services and our community nursery
- ▶ Community Hubs where people can come together to improve their health and wellbeing
- ▶ Support and advice for young people including counselling and help with building healthy relationships.





# We helped local people **Belong, Contribute and Thrive** in 2024/25



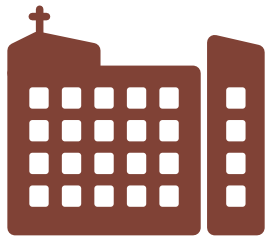
**£16.3m**

cost saving to the public purse



**£6.2m**

added social value



**218,228**

nights of safe and secure sleep



**65,086**

children and young people engaged with



**72,758**

families supported and attended universal sessions



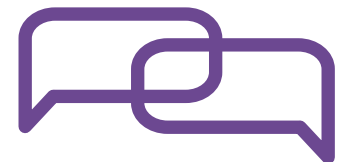
**1,276**

vulnerable individuals supported to escape rough-sleeping and avoid homelessness



**719**

residents moved on into settled accommodation



**351**

young people supported by Signpost Counselling



**211**

residents boosted their health and wellbeing through our Project Resilience programme



**1,360**

domestic and sexual abuse survivors supported

# Helping people like...

We offer a diverse range of services, programmes and initiatives in order to support our local communities to belong, contribute and thrive.

## Kelly

After attending a parenting course at one of the Family Centres, Kelly's relationship with her children has been transformed.



“ I was the mum shouting at her children, now I come down to his level and we talk about feelings. Things are much happier at home. I have been on courses where I just listened but with this course, I felt like I had input. I really feel heard and supported. ”

## Katie

Katie was homeless when she was offered a place at One YMCA. Project Resilience boosted her health and wellbeing and made a major impact on the rest of her life.

“ Although I've emotionally spiralled at times, One YMCA has given me the space to start living my life. I managed to get through some really awful things and I wouldn't have been able to do that without the support of the staff. ”



## Kai

Early trauma in Kai's life led to him self medicating with drugs and alcohol. When his mum had another child, she asked him to leave and he became homeless; sofa surfing and living on the streets.



“ I was over the moon when I was offered a place to stay at the YMCA. The staff understand me and genuinely want to help me build a better life. I want to become a football coach and be able to support myself and have a family one day ”

## Rachel

Rachel was enabled to grow and thrive after taking part in the YMCA's Get on Board training programme. She now sits on the Board of Trustees at One YMCA

“ The programme helped me enormously. The journey has been a whirlwind of transferable skills that I've applied in my workplace. I've been lucky to see the different walks of life of young trustees joining the programme, people that have been residents themselves, working mums and other professionals. ”



## Tony

Tony was abused when he was 15, and at 55 he feels this had ruined his whole life. He was supported by Kevin, one of our Independent Sexual Violence Advisors.



“ It wasn't until Kevin got involved that everything changed, he explained things and always said everything was going to be alright through the whole court process. We would chat on the phone if I was struggling - he's been my rock. I wouldn't have been able to do it on my own. ”



Find out more about the life-changing and life-saving work that your fundraising is supporting by reading our Annual Review



Watch a video about how your fundraising is having an impact



# How you are making a difference

Every pound you raise changes and saves lives. Here are some of the ways that the money you raise could be used.

## FAMILY & YOUTH WORK

**£140**  
could provide training for five adult mentors for young people

**£1,400**  
could provide a place on an overnight residential for 10 young people

## HOUSING

**£140**  
could provide a move in welcome pack for a resident

**£1,400**  
could provide an emergency support package for 10 young people

## TRAINING & EDUCATION

**£140**  
could provide a Parent Workshop equipping 30 parents with the tools to support their children to navigate the digital world

**£1,400**  
could provide sensory or SEND focused provision in our Charters Nursery

## SUPPORT & ADVICE

**£140**  
could provide a mobile phone with a pre-paid SIM card for someone escaping or experiencing domestic abuse or sexual violence

**£1,400**  
could provide 10 school workshops empowering children to enjoy healthy relationships

# Fundraising ideas

Here are some suggestions to get you thinking - give the events a 140 spin where you can.

## Outdoors



- ▶ **A summer Fun Day**  
Organise a BBQ or picnic with games.
- ▶ **Organise a group activity**  
How about a guided walk? - charge a joining fee.
- ▶ **Water balloon fight**  
Or maybe an assault course?
- ▶ **Treasure hunt**  
A great family friendly game.
- ▶ **Sponsored 140-minute walk or run.**  
How far can you go?

## At work



Be sure to clear any activities with your manager!

- ▶ **Leave early raffle**  
Winner takes the afternoon off.
- ▶ **Guess the baby photo.**  
Pay a fee and win a prize!
- ▶ **Dress UP for the day.**  
No dressing down, dress crazy!
- ▶ **International food day**  
Spice up your lunch hour.
- ▶ **140 mile challenge**  
Go the distance as a team.
- ▶ **Silent Auction**  
Bid for items donated by the team.

## Indoors



- ▶ **Guessing game**  
How many sweets in a jar, guess the weight of the cake.
- ▶ **Hold a cake sale/coffee morning**  
Who doesn't like cake!
- ▶ **Let's get quizzical!**  
Plan a quiz and test your family and friends.
- ▶ **Organise a movie night.**  
Snacks and blankets optional.
- ▶ **Board game tournament!**  
Unleash your inner child.

## Rise to the challenge



- ▶ **Plank up!**  
Who can hold a plank the longest? 140 seconds anyone?
- ▶ **Sponsored Spinathon**  
Other exercise classes available!
- ▶ **Ignore Insta!**  
Give up social media for 14 days!
- ▶ **Sponsored silence**  
140 minutes of shhh.
- ▶ **Donate your birthday**  
No presents just sponsorship.



# Tips to get you started on your fundraising journey

## ▶ Get in touch with us to let us know you are fundraising

We want to help as much as we can! Email [fundraising@oneymca.org](mailto:fundraising@oneymca.org) to get in touch!

## ▶ Set up your JustGiving page

Go to <https://www.justgiving.com>

Sign up and select One YMCA (RCN 1102301) as the cause you'd like to support. Doing this guarantees the money you raise will automatically come straight to us without you having to do anything else.



## ▶ Let everyone know you are fundraising

Share why you are taking part:

- ▶ Tell your friends, family and colleagues
- ▶ Post it on your social media pages: Facebook, Instagram, X (Twitter), LinkedIn, TikTok, Strava...
- ▶ Share it on your WhatsApp groups

## ▶ Share regular updates

Let everyone know how you are getting on with your training.

## ▶ Share stories of people One YMCA has helped

There are some great stories about our life changing work on this webpage:

<https://oneymca.org/who-we-help/your-journeys/#content-2>



## ▶ Send out a last minute reminder

As the day of your event approaches, remind everyone what you are doing and why you are doing it.

## ▶ Set yourself realistic training goals.

If you are doing an endurance event, be honest with yourself about your physical fitness level and build your training up gradually - don't push yourself too hard and become ill or injured.

## ▶ Plan time to train

If you are running, cycling walking etc, look at your diary and set aside times to train and times to rest!

**Our Children's Centres offer support for families facing a wide range of challenges in their lives.**





## Paying your money in

Now that you've reached your fundraising target, you need to make sure the money gets to us. You can send your sponsorship to us in a range of different ways, whatever suits you.



### Create a Just Giving page

Create your online fundraising page and select One YMCA (RCN 1102301) as your chosen charity.

The money donated to your page will automatically be transferred to us.

Easy peasy.



### Donate via the website

Go to [www.oneymca.org](http://www.oneymca.org), click DONATE and follow the instructions

Don't forget to email [fundraising@oneymca.org](mailto:fundraising@oneymca.org) to confirm donation.

This can then be added to your overall fundraising target.



### Bank transfer

You can easily transfer funds to us via online banking.

Account name: One YMCA

Sort code: 40-40-01

Account number: 42263262

Bank name: HSBC plc

Don't forget to add a relevant reference for the event, fundraiser or area of One YMCA you are donating to

Let us know if you need support and we'll be there.

Get in touch by emailing us on [fundraising@oneymca.org](mailto:fundraising@oneymca.org)

**From all of our beneficiaries and staff, thank you for your support and good luck!**