

Let's get FUNDRAISING

YMCA

Herts • Beds • Bucks

OneYMCA.org



**You are supporting people to belong, contribute and thrive in their community.
This is how...**



▶ 1/5 1/5 of young people are homeless... you just can't see them

▶ 204,291 We provided 204,291 nights of safe and secure sleep in 2022/23

▶ 14,000 We are part of a global network of 14,000 YMCAs, celebrating 175 years of life-changing work.

▶ 119,590 We have helped over 119,590 local people to belong, contribute and thrive in 2021/22

Your Impact

One YMCA supports people across Hertfordshire, Bedfordshire and Buckinghamshire through a range of crucial services across multiple communities. With your support, we continue to provide crucial care to nursery children, young people, rough sleepers and vulnerable individuals...

Thank you so much for fundraising for One YMCA to support your local community.



Belong

Join our One YMCA STRAVA Club!

- ▶ Start documenting your activities.
- ▶ Work together to reach those miles.
- ▶ Get to know your team mates and encourage them with lots of kudos!

Contribute

Set up your JUSTGIVING page!

- ▶ Add your photo.
- ▶ Tell your personal story.
- ▶ Share your page to friends and family

Thrive

Choose the right TRAINING PLAN!

- ▶ Are you a beginner, intermediate or pro?
- ▶ Set your own, realistic goal.
- ▶ Don't underestimate the mental challenge.

Reaching my fundraising target...

Here are some great fundraising ideas to get you started!

Outdoors



- ▶ **Organise a summer BBQ or picnic.**
Give back for a snack!
- ▶ **Treasure hunt**
Who doesn't love looking for treats?
- ▶ **Organise a group activity**
How about a walk? - charge a joining fee.
- ▶ **Water balloon fight**
Or maybe an assault course?

At work



- ▶ **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!
- ▶ **Board game tournament!**
Unleash your inner child

Indoors



- ▶ **Become a gaming legend.**
Online stream your tournaments.
- ▶ **Host a Bakeathon**
Let's eat some cake!
- ▶ **Let's get quizzical!**
Plan a quiz and test your family and friends
- ▶ **Organise a movie night.**
Snacks and blankets optional...

Rise to the challenge



- ▶ **Plank up!**
Who can hold a plank the longest?
- ▶ **Ignore Insta!**
Give up social media for a week!
- ▶ **A sponsored Spinathon**
Spin against friends!
- ▶ **Costume vote**
Get people to nominate a silly costume to run in!

My Countdown!

Stick this planner on the wall and fill in each day, getting closer to your goal with each step.

January

1	Sun
2	Mon
3	Tue
4	Wed
5	Thur
6	Fri
7	Sat
8	Sun
9	Mon
10	Tue
11	Wed
12	Thur
13	Fri
14	Sat
15	Sun
16	Mon
17	Tue
18	Wed
19	Thur
20	Fri
21	Sat
22	Sun
23	Mon
24	Tue
25	Wed
26	Thur
27	Fri
28	Sat
29	Sun
30	Mon
31	Tue

February

1	Wed
2	Thur
3	Fri
4	Sat
5	Sun
6	Mon
7	Tue
8	Wed
9	Thur
10	Fri
11	Sat
12	Sun
13	Mon
14	Tue
15	Wed
16	Thur
17	Fri
18	Sat
19	Sun
20	Mon
21	Tue
22	Wed
23	Thur
24	Fri
25	Sat
26	Sun
27	Mon
28	Tue

March

1	Wed
2	Thur
3	Fri
4	Sat
5	Sun
6	Mon
7	Tue
8	Wed
9	Thur
10	Fri
11	Sat
12	Sun
13	Mon
14	Tue
15	Wed
16	Thur
17	Fri
18	Sat
19	Sun
20	Mon
21	Tue
22	Wed
23	Thur
24	Fri
25	Sat
26	Sun
27	Mon
28	Tue
29	Wed
30	Thur
31	Fri

April

1	Sat
2	Sun
3	Mon
4	Tue
5	Wed
6	Thur
7	Fri
8	Sat
9	Sun
10	Mon
11	Tue
12	Wed
13	Thur
14	Fri
15	Sat
16	Sun
17	Mon
18	Tue
19	Wed
20	Thur
21	Fri
22	Sat
23	Sun
24	Mon
25	Tue
26	Wed
27	Thur
28	Fri
29	Sat
30	Sun

May

1	Mon
2	Tue
3	Wed
4	Thur
5	Fri
6	Sat
7	Sun
8	Mon
9	Tue
10	Wed
11	Thur
12	Fri
13	Sat
14	Sun
15	Mon
16	Tue
17	Wed
18	Thur
19	Fri
20	Sat
21	Sun
22	Mon
23	Tue
24	Wed
25	Thur
26	Fri
27	Sat
28	Sun
29	Mon
30	Tue
31	Wed

June

1	Thur
2	Fri
3	Sat
4	Sun
5	Mon
6	Tue
7	Wed
8	Thur
9	Fri
10	Sat
11	Sun
12	Mon
13	Tue
14	Wed
15	Thur
16	Fri
17	Sat
18	Sun
19	Mon
20	Tue
21	Wed
22	Thur
23	Fri
24	Sat
25	Sun
26	Mon
27	Tue
28	Wed
29	Thur
30	Fri

My Countdown!

July

1	Sun
2	Mon
3	Tue
4	Wed
5	Thur
6	Fri
7	Sat
8	Sun
9	Mon
10	Tue
11	Wed
12	Thur
13	Fri
14	Sat
15	Sun
16	Mon
17	Tue
18	Wed
19	Thur
20	Fri
21	Sat
22	Sun
23	Mon
24	Tue
25	Wed
26	Thur
27	Fri
28	Sat
29	Sun
30	Mon
31	Tue

August

1	Tue
2	Wed
3	Thur
4	Fri
5	Sat
6	Sun
7	Mon
8	Tue
9	Wed
10	Thur
11	Fri
12	Sat
13	Sun
14	Mon
15	Tue
16	Wed
17	Thur
18	Fri
19	Sat
20	Sun
21	Mon
22	Tue
23	Wed
24	Thur
25	Fri
26	Sat
27	Sun
28	Mon
29	Tue
30	Wed
31	Thur

September

1	Fri
2	Sat
3	Sun
4	Mon
5	Tue
6	Wed
7	Thur
8	Fri
9	Sat
10	Sun
11	Mon
12	Tue
13	Wed
14	Thur
15	Fri
16	Sat
17	Sun
18	Mon
19	Tue
20	Wed
21	Thur
22	Fri
23	Sat
24	Sun
25	Mon
26	Tue
27	Wed
28	Thur
29	Fri
30	Sat
31	Sun

October

1	Wed
2	Thur
3	Fri
4	Sat
5	Sun
6	Mon
7	Tue
8	Wed
9	Thur
10	Fri
11	Sat
12	Sun
13	Mon
14	Tue
15	Wed
16	Thur
17	Fri
18	Sat
19	Sun
20	Mon
21	Tue
22	Wed
23	Thur
24	Fri
25	Sat
26	Sun
27	Mon
28	Tue
29	Wed
30	Thur
31	Fri

November

1	Wed
2	Thur
3	Fri
4	Sat
5	Sun
6	Mon
7	Tue
8	Wed
9	Thur
10	Fri
11	Sat
12	Sun
13	Mon
14	Tue
15	Wed
16	Thur
17	Fri
18	Sat
19	Sun
20	Mon
21	Tue
22	Wed
23	Thur
24	Fri
25	Sat
26	Sun
27	Mon
28	Tue
29	Wed
30	Thur
31	Fri

December

1	Fri
2	Sat
3	Sun
4	Mon
5	Tue
6	Wed
7	Thur
8	Fri
9	Sat
10	Sun
11	Mon
12	Tue
13	Wed
14	Thur
15	Fri
16	Sat
17	Sun
18	Mon
19	Tue
20	Wed
21	Thur
22	Fri
23	Sat
24	Sun
25	Mon
26	Tue
27	Wed
28	Thur
29	Fri
30	Sat
31	Sun

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.



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: HSBS plc

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



Donate via the website

Go to www.oneymca.org, click DONATE and follow the instructions

Don't forget to email fundraising@oneymca.org to confirm donation.

This can then be added to your overall fundraising target.



Got an online giving page?

Then you don't have to do anything!

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

Easy peasy.

Let us know if you need support and we'll be there.
Get in touch by emailing us on fundraising@oneymca.org

Good luck!