

Let's get FUNDRAISING



One YMCA provide a range of community critical services across Herts, Beds and Bucks; supporting over 130,000 of the most vulnerable in society each year to **belong**, **contribute** and **thrive**.

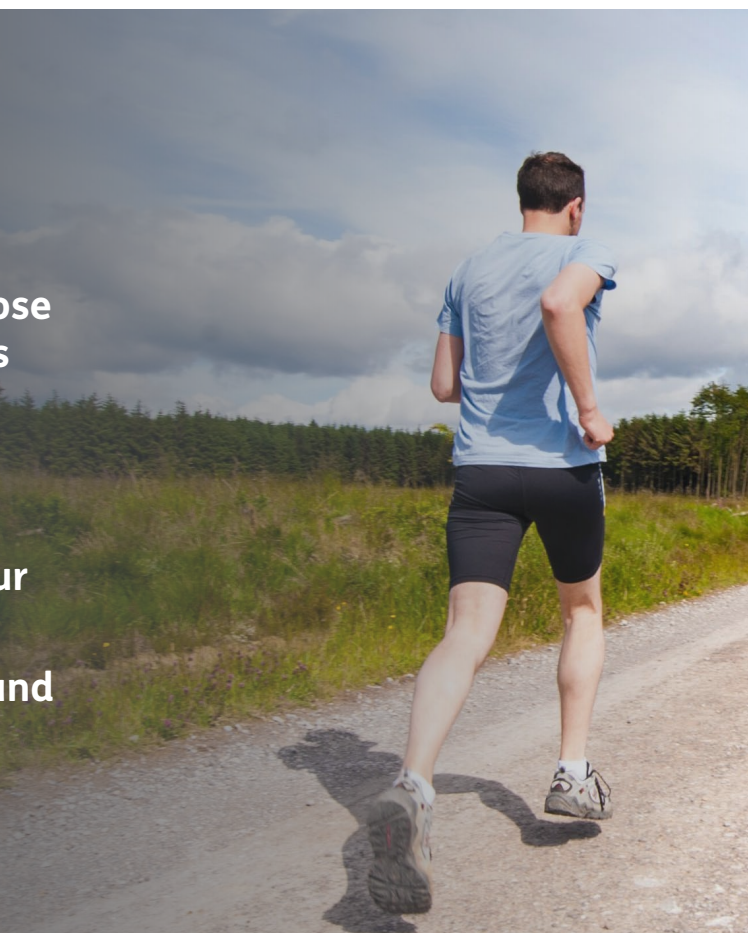
“ Your fundraising is crucial in helping us to continue our life changing work. Thank you! ”

Guy Foxell
CEO



You are helping One YMCA to provide:

- ▶ Accommodation and guidance to those experiencing or facing homelessness
- ▶ Domestic abuse and sexual violence support
- ▶ Early help for families through our Family and Children's Centres and our community nursery
- ▶ Places for improving overall health and wellbeing in our community hubs
- ▶ Support and advice, including counselling, for young people



We helped
over **115,000**
local people
**Belong,
Contribute
and Thrive**
in 2023/24

 **£15.8m**
cost saving to
the public purse

 **£6.3m**
added social
value


218,303
nights of safe and
secure sleep


65,086
children & young
people engaged with


72,758
families supported
and attended
universal sessions


1,155
vulnerable individuals
supported to escape
rough-sleeping and
avoid homelessness


387
young people
supported by
Signpost
Counselling


915
domestic and sexual
abuse survivors
supported (including
perpetrators)


211
residents took part in our
Project Resilience to develop
their health and wellbeing

Tips to get you started on your fundraising journey

- ▶ **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.**
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**
Look at your diary and set aside times to train and times to rest!

Reaching your fundraising target...

Here are some great ideas to boost your fundraising!

Outdoors



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

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

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...

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**
Other exercise classes available!
- ▶ **Costume vote**
Get people to nominate a silly costume to run in!

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 an online giving page

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

Then you don't have to do anything!

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

Easy peasy.



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.



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

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

Good luck!