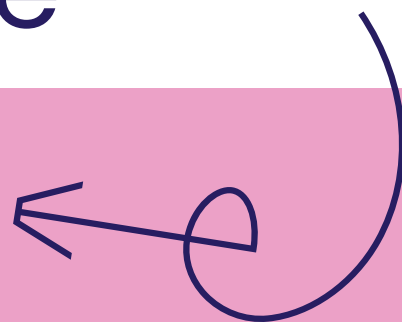


Your 1.5 Challenge Fundraising Guide

Everything you need to
organise your challenge



About Hft

Since Hft was established in 1962, some things have changed significantly. While others, like our relentless determination to provide support for learning disabled people, have stayed the same.

In the 1960s, there were limited opportunities available for learning disabled people when they reached adulthood. So a group of visionary parents who had learning disabled children set up Hft to ensure a better life for them.

These parents joined together to purchase Frocester Manor in Gloucestershire where their children would continue to learn, develop and fulfil their potential after leaving school. Here they created a home in which learning disabled people could be supported to take control of their own lives. From this small beginning, Hft has grown to support more than 2,000 learning disabled adults and their families.

The 1.5 Challenge



Throughout August, we're inviting you to take on the 1.5 Challenge to support learning disabled people.

1.5 represents the 1.5 million learning disabled people in the UK. And we're asking you to take on a challenge and raise funds for learning disabled people that works for you. This could be on one day, over a few days, or even every day of August! It's entirely up to you. You can run or walk 1.5 miles each day, skip for 15 minutes each day, dance for 15 minutes or 150 minutes, read 15 books or invite 15 people to attend a Come Dine with Me – do anything you like as long as it raises vital funds to support learning disabled adults!

This challenge is for all ages and abilities. We want you to get active, have fun and show your support for learning disabled people.

There are no limits on what you can do, so get creative!

Without funding, learning disabled people do not always have access to opportunities that enable and empower them to live the best lives possible.

Despite the challenges facing social care, with your help we can make sure learning disabled people can thrive.

Will you stand with us today and take on the 1.5 challenge to ensure learning disabled people are seen, heard, and supported?



Living my best life

By Sam Mitchell

I'm 34, and I live with three housemates who are also my friends. We all get along really well. Every Friday I cook dinner for everyone. Last week, I made risotto with asparagus. It was a hit! I planned the meal with my keyworker, Kate. We do the shopping list together and make sure we've got everything we need. I like being in charge of the kitchen.

I also go to Hft's Resource Centre three days a week. I do photography in camera club, drama with the Drama Llamas and sometimes pottery too. I've made lots of friends there and I'm always learning something new.

I've got a job at a cafe in town, which I love. I enjoy chatting to the customers and being part of the team. It gives me independence and I'm proud of that.

Music is a big part of my life. I've got synth drums in my room and I want to learn guitar. That's my next goal (that's just a prop in the picture!). I also go to the Horizon social group once a week. We do quizzes, play games and sometimes go out together. It's brilliant fun.

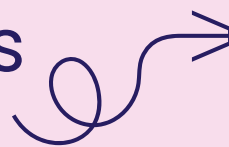
On weekends, I often go home to visit my family. I've got two brothers, a sister and my mum and dad.

And Ollie, my big brother, works at the Hft Resource Centre. He says he's proud of me, but I'm proud of him too.

Please support Hft today to help learning disabled adults like me be seen, heard and supported.



How Your Money Helps



£2,500

→ Could provide a 12-month travel and activity fund for one of our services to organise inclusive events, activities and day trips for learning disabled adults.

£2,000

→ Could buy a new catering oven for learning disabled adults to run their daily canteen group, providing healthy meals cooked from scratch by learning disabled people, for the people we support.

£1,500

→ Could buy sensory equipment to transform the living space of a person we support, providing a personalised, engaging and stimulating area for them.

£1,000

→ Could fund installing a defibrillator in one of our services to provide emergency support in the event of a cardiac arrest.

£900

→ Could help the people we support with more complex needs access community projects through our On My Doorstep service, providing a chance to socialise and learn vital life skills whilst enjoying the local community.

£650

→ Could fund a gardening club for the people we support at one of our services, for an entire year.

£400

→ Could fund an arts and crafts club for the people we support at one of our services, for an entire year.

£250

→ Could fund the installation of animation and design software, enabling learning disabled adults with more complex needs to learn new IT skills and online safety.

£100

→ Could provide 1:1 outreach support, developing confidence in the people we support to independently access their local community.

£70

→ Could help a person we support attend a Voices To Be Heard group where they can speak up for their community and care - including return travel, refreshments and lunch.

£40

→ Could fund a three-hour pottery session for someone we support, including a hand decorated item to take home.

£25

→ Could fund a person we support to attend a Luv2meetU event, ensuring they receive the additional care and support they need to access and enjoy their local community.

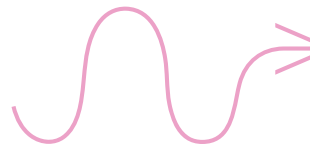
£15

→ Could fund one month of online activities for members of our flagship friendship programme, Luv2meetU.



Your generosity has had a profound impact for the learning disabled adults we support here at Hft.

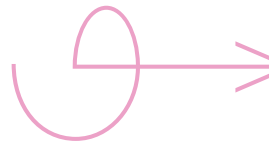
Fundraising Ideas



Join us by taking on The 1.5 Challenge to help us raise vital funds to support learning disabled people this August! Here's some inspirational ideas to help get you started and remember to have fun!

- 1 ► **Give it up:** Whether it's sweets, chocolate, gaming, social media... why not try giving up something you really enjoy for 15 days and get sponsored to do it!
- 2 ► **15 Good Deeds:** Carry out 15 good deeds and ask people to sponsor you.
- 3 ► **Taste 15 Different Healthy Foods Challenge:** Challenge yourself to create and try 15 healthy food options or better still blindfold challenge taste and guess.
- 4 ► **Bake Sale:** Spend the weekend baking a selection of cakes and treats and offer them to neighbours, friends or family for a suggested donation of £1.50 per treat.
- 5 ► **Sponsored Silence:** One we know the parents will love! Can you encourage the kids to stay silent for 15 minutes or for adults try 15 hours?
- 6 ► **#15 Seconds Of Kindness Video Challenge:** Encourage people to post 15-second videos doing good deeds, with our donation link in the caption.
- 7 ► **15 Friends Challenge:** Ask each supporter to tag or recruit 15 friends or family to donate or share the 1.5 Challenge.
- 8 ► **15 Lap Challenge:** Walk, run or swim 15 laps – this could be just 15 laps or for 15 mins or 15 laps for 15 days.
- 9 ► **Reading Challenge:** Set your family a goal of reading 15 chapters of a book in 15 days. You could get friends and family to sponsor you for every chapter or book your family reads.
- 10 ► **15 Jokes A Day:** Come up with 15 different jokes a day, over 15 days! Keep everyone laughing whilst they sponsor you.
- 11 ► **15 song dance-a-thon:** Pick 15 of your favourite songs and challenge your friends to compete against you or with you to party away. You could also invite people to watch and enjoy and charge them a donation to enter.
- 12 ► **Ask 15 people to take up 15 challenges to help you raise money:** Share this list with 15 people and convince them to help you raise money or support you to do some of these challenges.
- 13 ► **15 Reps Fitness Challenge:** Participants perform a circuit of 15 different exercises, get sponsored per rep or round completed.
- 14 ► **15 Items Garage Sale:** Ask 15 people to each donate 15 items for a large community sale.
- 15 ► **Ask donors to contribute exactly £15:** Highlight what £15 could do to support learning disabled people.

Online fundraising

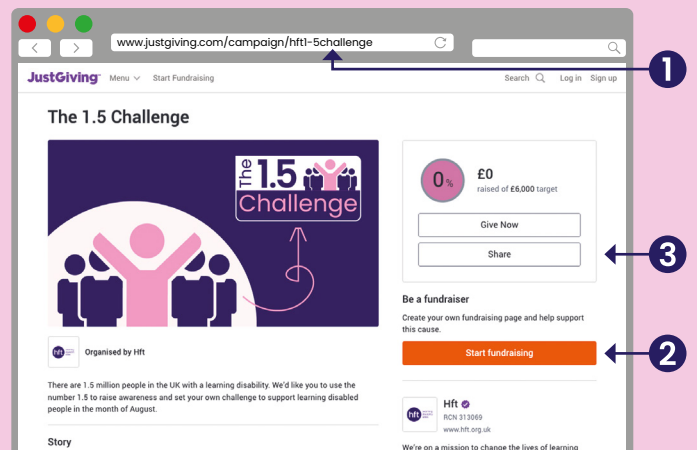


Having your own personal fundraising page allows you to concentrate on your 1.5 challenge fundraising event, while collecting money and Gift Aid declarations are taken care of automatically. Not to mention it's a simple way to reach dozens, hundreds or even thousands of people! It gives them a secure way to sponsor you using their Credit or Debit card, wherever they are in the world.

Hft's preferred online giving site is JustGiving as it's easy to set up and offers helpful tools to make sure your fundraising is as successful as possible.

How to create your perfect JustGiving page:

- 1 Visit: www.justgiving.com/campaign/hft1-5challenge
- 2 Click on 'fundraise for us' button in the top right hand corner and follow the instructions to create your own page
- 3 Once created, share, share, share!



Top tips for creating the perfect page:

1. Upload a photo: They say a picture tells a thousand words so uploading lots of photos is one of the easiest and most effective ways of personalising your page. When your supporters first visit your page, greet them with a picture of yourself.



2. Set a target: We've set your target to £150, this is a great way of motivating yourself, but it's also great for encouraging your supporters to donate. Letting them know that they are getting you ever closer to your goal may just encourage them to give that little bit more.



3. Tell Your Story: Fundraising is a story so use your JustGiving page to tell people why you are supporting Hft and what it means to you.



4. Email: Add your JustGiving link to your email signature so your friends, family and work colleagues can click straight through and donate as soon as they receive an email from you.



5. Social Media: Social Media is an absolute gem for fundraising, helping you reach out to a huge community. So share, share, share your JustGiving link on all of your social media channels!



6. Say Thank You! Saying thank you is super important and there are plenty of ways you can say thank you to your supporters and acknowledge how their support has made an incredible difference. You can update the story on your page, send emails out to your donors, or even a post on your social media.



Remember to

send us your donation using this form

Every gift, large or small, empowers learning disabled adults to be seen, heard and supported.

Thank you for standing with us and being a learning disability ally. Your kindness, dedication and belief in Hft makes all the difference.

1. Your details

Full Name: _____

Event Name: _____

Address: _____

Phone: _____

Email: _____

Please complete all sections and return to: Supporter Care Team, Brook Office Park, 5/6 Folly Brook Rd, Emersons Green, Bristol BS16 7FL

2. How to send your donation

Online: You can pay quickly and easily online using your debit or credit card. Visit hft.org.uk/donate then underneath 'One-off donations' click on the 'Donate' button and complete the form. Remember to also post us your sponsorship forms so that we can claim Gift Aid on all eligible donations.

By Post: Complete the form and return with a cheque payable to **Hf Trust Ltd** and send to Supporter Care Team, Brook Office Park, 5/6 Folly Brook Rd, Emersons Green, Bristol BS16 7FL. **Please don't send cash in the post.**

On the Phone: You can call us on **0117 906 1699**

3. Pay in at a bank

Bank: **Lloyds Bank Bristol Branch**

Account Name: **Hf Trust Ltd**

Sort Code: **30-00-01**

Account Number: **01262850**

Reference: **please use your surname and event name as the reference**

Please ensure you follow the above guidance carefully as this will help us save a lot of admin time.

4. Keeping in touch with Hft

Being able to communicate with amazing supporters like you helps us do more for the people we support by sharing stories, raising awareness and vital funds. We'd love to tell you how you're making a difference as well as events, volunteering and fundraising opportunities you might be interested in. Please let us know how you'd like to be contacted.

Yes, please contact me via:

☐ Email ☐ Phone ☐ SMS

We might send you news, updates and marketing through the post, if you would prefer NOT to receive anything via post, please tick here: ☐

5. Fundraising support

For any fundraising support please contact:

Email: hello@hft.org.uk

Phone: **0117 906 1699**

For office use only:

Constituent ID: _____

Campaign Code: _____

Amount Banked: _____

Other ways to get involved



If the 1.5 Challenge is not for you, there are many other ways you can support learning disabled adults and we would love your support.

You can become an Hft Volunteer, a Corporate Partner, a Regular Giver, leave a gift in your will, or support our vital campaign work.

Supporter Care Team

-  0117 906 1699
-  Hft, Brook Office Park, 5/6 Folly Brook Road, Emersons Green, Bristol BS16 7FL
-  hello@hft.org.uk
-  hft.org.uk

-  [@hft.org.uk](https://twitter.com/hft.org.uk)
-  [Hftlearningdisabilities](https://www.facebook.com/Hftlearningdisabilities)
-  [Hftlearningdisabilities](https://www.instagram.com/Hftlearningdisabilities)
-  [Hft](https://www.linkedin.com/company/Hft)
-  [HftTV](https://www.youtube.com/HftTV)

And finally, lots of luck with your 1.5 Challenge. Your support really does make an incredible difference to learning disabled adults. We couldn't do it without you. **Thank you!**



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