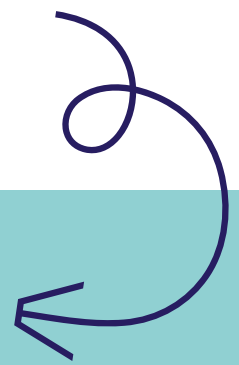




# Your Fundraising Guide



How to plan your fundraising activity for Hft's 1.5 challenge



# About this booklet



This booklet tells you how to join in with an Hft fundraising challenge called the **1.5 challenge**.

There are many parts to this booklet:

**Part 1** tells you about Hft and the 1.5 challenge

**Part 2** tells you about ideas for your 1.5 challenge

**Part 3** tells you how to make an online donation page

**Part 4** gives you top tips for your donation page

**Part 5** tells you how to send your donation to Hft

**Part 6** has a form to fill out so you can send your donated money to Hft.



Talk with your supporters about this booklet.

If you want to talk to the fundraising team about joining in, get in touch.

# Part 1 – About Hft and the 1.5 challenge



Hft is a charity. This means that Hft supports adults with a learning disability.



It is really important to raise money for Hft, so we can continue to support adults with a learning disability to be seen, heard and live the best lives possible.



Hft had an idea to help raise money called the **1.5 challenge**.

This is all about doing a challenge based on the numbers 1 and 5 or 15.



There are lots of ideas for your challenge in this guide. Thank you for raising money for Hft.

# Part 2 – Ideas for your 1.5 challenge



This part tells you about some ideas of things you could do for your **1.5 challenge**.

## To help raise money for Hft you could...



- 1** Try giving up something you really enjoy for 15 days!  
You could give up sweets, chocolate or watching TV.



- 2** Carry out 15 good tasks and ask people to sponsor you.



- 3** Try eating 15 healthy foods you haven't eaten before!  
Or, get your friends to blindfold you and feed you healthy foods, for you to guess what they are!

# More... Ideas for your 1.5 challenge



**4** Bake cakes and sell each slice of cake for £1.50 to friends, family or neighbours.



**5** Don't talk for 15 minutes, or try 15 hours!



**6** Get people to post a 15 second video of them doing something kind. Ask the viewers to either give money or share the **1.5 Challenge**.



**7** Ask your friends to get 15 of their friends or family to give money or share the **1.5 Challenge**.



**8** Walk, run or swim 15 laps – this could be just 15 laps or for 15 mins or 15 laps for 15 days.

# More... Ideas for your 1.5 challenge



- 9** Ask your family to read 15 chapters of a book in 15 days. People could sponsor you for every chapter or book your family reads.



- 10** You could tell 15 different jokes a day for 15 days!



- 11** Pick 15 of your favourite songs and get your friends to compete against you, or dance with you!

You could also get people to watch the dancing and charge them to enter.



- 12** Ask 15 people to do one of these 15 challenges to help you raise money, or give money to you to do some of these challenges.

# More... Ideas for your 1.5 challenge



13

Set up 15 different exercises.

Get your friends to do each exercise 15 times before moving on to the next exercise.

Get sponsored for each exercise finished or set of exercises finished.



14

Ask 15 people to give 15 items each, then sell those items to raise money.



15

Ask people to give you exactly £15. Tell them what £15 could do to support learning disabled adults.



Use any of these ideas or come up with your own idea!

# Part 3 – How to make a donation page



This part tells you about how to make a donation page online.

1

## JustGiving®

Go to a website called **Just Giving** [www.justgiving.com](http://www.justgiving.com).

2

Start fundraising

Click on the 'Start fundraising' button.

3

A charity

Donations go directly to the charity

When asked what you are raising money for, choose 'A charity'.

4

<https://home.justgiving.com>

Menu ▾ Start Fundraising

At the top of the page click 'Start Fundraising'.

5

Search for the cause

hft

Search for 'Hft'.

6



Choose 'The 1.5 challenge' from the list.

7

Give your fundraising page a name.

Choose your fundraising page web address

Tomsmith15challenge

[www.justgiving.com/fundraising/Tomsmith15challenge](http://www.justgiving.com/fundraising/Tomsmith15challenge)

Tip: make this something easy like your name and 15challenge. Example: Tomsmith15challenge

8

Yes, my page can claim GiftAid

No, my page isn't eligible

Tick the box to say 'yes' to 'GiftAid'.

9

I'm happy for Hft to keep me informed campaigns and appeals.

Yes please, opt me in

No thanks, opt me out

Tick 'yes' or 'no' to getting information from Hft in the future.

10

Create your page

Click 'Create your page' and you are good to go!

# Part 4 – Top tips for your donation page



Here are 6 top tips of things you can do when you make your fundraising donation page.

1



Put photos on your donation page.

2



Have a target for how much money you want to raise.

3



Write about why you are raising money for Hft.

4



Put a link to your fundraising page in your emails.

5



Share a link to your fundraising page on your social media like Facebook.

6




Thank people for donating to your challenge.

# Part 5 – How to send your donation




Learning disability allies

This part tells you how to send Hft your donation.




**Online:**  
You can pay using your debit or credit card.

1. Go to [hft.org.uk/donate](https://hft.org.uk/donate)
2. Go to 'One-off donations'
3. Click on the 'donate' button and fill in the form.




**By Post:**  
Complete the form and return with a cheque to our central Bristol office.

Make the cheque payable to 'Hf Trust Ltd'. **Please don't send cash in the post.**



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



**Pay in at the 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, for example: Smith 1.5

# Part 6 – Use this form to send your fundraising money to Hft



Please fill in this form to give your fundraising money to Hft.

**Supporter Care Team, Hft,  
Brook Office Park, 5/6 Folly Brook Rd,  
Emersons Green, Bristol BS16 7FL**

Please fill in your details below:

	<p><b>Your name:</b></p>
	<p><b>Event name:</b></p>
	<p><b>Address:</b></p>
	<p><b>Phone:</b></p>
	<p><b>Email:</b></p>

**For office use only:**

Constituent ID: \_\_\_\_\_

Campaign Code: \_\_\_\_\_

Amount Banked: \_\_\_\_\_



And finally, lots of luck with your 1.5 Challenge. Your support really does make a big difference to learning disabled people. We couldn't do it without you.

**Thank you!**




 0117 906 1699

 Hft, Brook Office Park, 5/6 Folly Brook Road, Emersons Green, Bristol BS16 7FL

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