



OUT OF THE WOODS CIC

PLAY & CREATIVE
ARTS THERAPY



Fundraising Ideas



Help children and young people in Cornwall who have experienced Adverse Childhood Experiences (ACEs), such as physical or emotional abuse, sexual abuse, witnessing domestic violence, or parental loss or separation

www.outofthewoods-therapy.co.uk
fun@outofthewoods-therapy.co.uk

GETTING READY FOR YOUR EVENT

- Set clear fundraising goals to stay motivated, break them into milestones, and celebrate each accomplishment along the journey.



- Develop a Plan- Begin by choosing the type of fundraising event you want to host and brainstorming ideas to ensure its success. Use this foundation to create a detailed checklist outlining tasks and deadlines. Thorough planning is crucial, as a well-structured plan serves as the foundation of any successful event.
- Work with a Team - Collaborating with a team allows you to share ideas, divide responsibilities, and promote the event more effectively. Team members can also bring.



Promote Your Event

Share the Purpose - Inspire support by explaining how the funds raised will be used. If you're comfortable, consider sharing your personal reasons for choosing Out of the Woods CIC. A personal touch can make your event more meaningful and impactful.

Explore Media Coverage - Local radio stations and newspapers often welcome the chance to promote community events, especially those with compelling stories. If you'd like to pursue this option, email us at fun@outofthewoods-therapy.co.uk, and we'll assist you in connecting with media outlets.

Leverage Social Media - Take advantage of social media as a free and powerful promotional tool. Create an event page, invite your friends, and keep everyone updated on your progress. Encourage your network to share the event with their own circles to maximize your reach.

Use Posters for Local Visibility - For local events, posters can be highly effective. Display them on community noticeboards or in shop windows to attract nearby participants.

By combining these strategies, you can ensure your event reaches a wide audience and gains the support it deserves.

FUNDRAISING IDEAS

Bake Sales and Coffee Mornings -

Who can resist cake? Organise a bake sale at work, school, or among friends to bring people together, enjoy delicious treats, and raise support for Out of the Woods CIC.



Pamper Nights and Themed Evenings - Bring friends and family together for a cosy beauty, spa, or pamper night at home. Alternatively, plan a themed evening for a fun and memorable gathering.

Game Nights - Host a game night or quiz with friends for some friendly competition and fun. With countless online resources available, planning an engaging event has never been easier!



Book Sales and Car Boot Sales -

Clear out your home and raise funds at the same time by hosting a book sale or car boot sale. It's a great way to declutter while supporting a good cause!

Sport Days - Host a golf day at your local club and spice things up with fun challenges like "Beat the Pro" or "Nearest the Pin" to increase donations. If football is more your style, why not try "Beat the Goalie" ?



Skydives and Bucket List

Activities - Skydiving is an exhilarating way to raise funds! Perranporth Airfield offers sessions, and if you raise over £500 by booking through us, your jump is free. Visit www.cornishparachuteclub.co.uk for more details. If you're seeking other thrilling challenges, head to www.charitychallenge.com for inspiration.

Whatever event you choose, we're here to assist you every step of the way to help you raise as much as possible for Out of the Woods CIC.



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Where your money goes

£60 funds one play therapy session.

£600 funds a minimum play therapy plan for one child. (12 sessions)

£2,400 can fund travel expenses for a therapist for a year.

£6,000 can fund a part time administrator for 1 year.

£10,000 would cover the cost of our new IT services development.



How to collect donations

Choose a donation method based on your event:

- **Online:** Use Giving Gain (preferred for direct transfers) or create a JustGiving fundraiser and transfer funds to us.
- **Cash:** Bring cash to us for banking or deposit it yourself and transfer via BACS.

Need help setting up? Let us know!

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