

**Help
Arc to
change
lives!**



Fundraising Pack

Create, connect, feel better



Arts For Recovery in the Community

Hat Works, Wellington Mill, Wellington Road S, Stockport, GM, SK3 0EU

www.Arc-Centre.org



Thank you for choosing Arc



We're delighted that you'd like to fundraise for us!

By fundraising for Arc you will be supporting one of the UK's leading arts and mental health charities to provide opportunities for people to create, connect and feel better.

With unrivalled experience in delivering high impact, bespoke support programmes, we enable adults and young people experiencing a wide range of mental health issues to explore creativity, gain confidence, be more independent and feel more relaxed.

It can all start with your fundraising!

***“Arc is not just a programme, it's a community where people come together. It's a place where you can feel free, supported and safe”
- Arc Participant***

Why we need your help



More than 5 million people in the UK now meet the criteria for mixed anxiety and depression. Over 25% of people in Stockport reported having experienced high anxiety in 2020-21 compared to 15% in 2018-19.

At Arc we can see that the Covid-19 pandemic and cost of living crisis are having an ongoing impact on our participants and visitors, so your help is needed now more than ever.

We're grateful for any contribution, no matter how small. There are so many ways that you can fundraise to support us, from a bake sale to a bikeathon or from a silent auction to sponsored swim.

Our fundraising guide has ideas to suit everyone and you can be confident that we will be here to support you through the process if you need us.

Good luck!

Artistic Director / Lead Officer

How to raise funds



***Here are a few ideas for inspiration.
The possibilities are endless!***



***Silent
auction***



Quiz

***Wedding
fundraiser***



***Sports
Sweepstake***

***Bag
packing***



Raffle



***Birthday
fundraiser***

Where will your fundraising go?

Every penny raised will help adults & young people to access structured programmes of support, guiding them on a journey through recovery to wellbeing and independence.



£150
pays for...

A professional musician to engage a group of vulnerable teenagers in songwriting to build confidence and connections

£100
pays for...

A visual artist to lead a creative wellbeing session with a group of new mums experiencing mental health difficulties

£20
pays for...

A pack of art materials for a participant in our adult or young people's programme

£10
pays for...

Art materials and postage for one person to access our Art Pen Pals scheme

David's Story



I was diagnosed with Clinical Depression in 2000. I lost a successful career, my wife left me and I became the single parent to two young daughters.

Eventually I was recommended to join Arc's wellbeing programme.

I was nervous about attending Arc at first, as I had become quite isolated but I soon came to love the relaxation of it. Eventually I was asked to facilitate creative writing on the course.



"Arc literally turned my life around."



Over the next few years I progressed from volunteering to become a nursing assistant on adult acute mental health wards.

I am now a technical instructor in the Occupational Therapy department at Stepping Hill Hospital.

In August 2021 Arc asked me if I would like to become a trustee and I am thrilled, as I passionately believe in the power of the arts to aid recovery from mental ill health and improve mental wellbeing.

Fundraiser Case Studies!

We're hugely grateful to all of our previous fundraisers - here's how some of you have done it!



Teenager Becky aimed to cover 4 marathons in half term week and she made it! 'If you're thinking of fundraising for Arc just do it – you'll be surprised at how many people want to contribute, you'll enjoy challenging yourself and the good feeling of helping others'.

Local sisters Emily and Lizzie chose to fundraise for Arc by running a juice and mocktail stall at their local fair 'We love Arc's Saturday Art Club and had fun raising money'.



Cale Green WI chose to support Arc because 'we have at least one member who has been through an Arc programme and felt the difference it has made to their life. To see people's confidence rise and hear their stories is amazing.'

Boost your efforts!

***You're doing a brilliant thing.
Support from friends, family and
even strangers will spur you on,
so shout about it!***

We want your event to be as successful and fun as possible! Here are a few tips and ideas for boosting your event's profile.

Photos

Seeing you will make the difference! Take good photos and videos to share, before, during and after your challenge.

Templates

Find templates to make eye-catching designs for flyers, invitations or tickets online. Canva.com is a great tool for simple and effective graphic design.

Promotion

Get in touch with local journalists and contact local radio or even TV stations. You could write a press release and send it to some online local publications.

Social Media

Are there any Facebook groups who might be interested? Who could you tweet to or share with on Instagram? We'd love you to share your journey, so make sure you connect with us on our social media channels.



“It has really helped with my isolation and loneliness and gives me a sense of purpose” -Arc participant

JustGiving is the easiest way to raise money for us. It's simple to set up your own fundraising webpage and collect donations from friends, family and strangers online.

Just go to www.justgiving.com/Artsfor-recovery click Fundraise For Us then sign up/in and create your own page.

Share the link to let your supporters see how your fundraising is going and please let us know so that we can help to share it too! Let people know why you've chosen Arc and what your challenge means to you. It'll help people relate to what you're doing. Put it on social media and don't be afraid to remind people, lots of people want to give but will just forget! Set a target and say what the funds could be used for at Arc. If people give you donations in person, add them to the offline section of your online page to keep that fundraising total climbing.

Other ways to pay us

If you're not collecting funds via JustGiving, please remember to send the money to us within 2 months. Send **cheques** to Arts for Recovery in the Community, Hat Works, Wellington Mill, Wellington Road South, Stockport, SK3 0EU or **bank transfer** to Account Name: Arts for Recovery in the Community Sort Code: 05-09-33 Account No: 42961828.

If paying by bank transfer please remember to send us your Gift Aid form by post.



Facebook.Com/ArcCentre



@ArcCentre



@ArcStockport

You've done it!

Well done, you deserve a sit down, a brew and a chance to reflect on what you've achieved!

We'd love to hear about how it went! Knowing about your fundraising experience could help us to describe our cause better to potential fundraisers or make the process easier. If you'd like to share your experiences and help to inspire others, please email us at info@arc-centre.org

After your fantastic fundraising, we'd love you to stay involved and continue helping us to help others. Here are a few ways that you can support us:

Volunteer with us

Book onto one of our public courses



Shop in The Gallery Cafe or on our online shop

Fundraise again! Maybe with friends or as a workplace?

“It's a life changing place! What happens here spills out into your whole world - Arc participant”

Gift Aid



Gift Aid is an HMRC initiative where for every £1 donated to a charity by a UK income tax payer, they donate an extra 25p.

In order for us to turn every pound you raise into £1.25, please make sure all of your qualifying supporters use Gift Aid on their donations and we will be able to raise even more money to support our charitable work!

If you are an individual and a UK income taxpayer and add a lump sum of money that you have raised money via JustGiving, it will provide the option to add or decline Gift Aid. Please do not add Gift Aid if you are part of a charity or group who raised the funds or you are an individual who is not an income tax payer.

If you ask sponsors to donate via your JustGiving fundraising page they can make their own declaration for Gift Aid eligibility.

Arc Charity Gift Aid Declaration Form

Boost your donations by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.

I want to Gift Aid my donation of £ **to:**

Name of Charity: Arts For Recovery in the Community

I am a UK tax payer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Title*:

Full Name*:

Full Home Address*:

Postcode*:

Date*:

* Mandatory information

Please notify Arc (0161 474 1462 or Admin@arc-centre.org) if you:

1. Wish to cancel this declaration
2. Change your name or home address
3. No longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher rate or additional rate and you want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Arts for Recovery in the Community is a company limited by guarantee number 1107607 and a registered charity number 05288784, Registered in Cardiff,

Registered office Arts for Recovery in the Community, Hat Works, Wellington Mill, Wellington Road South, Stockport, SK3 0EU



Stay safe and legal!

Things you need to know

If you organise a raffle or lottery

- You can't sell tickets to anyone under 16.
- You'll need to apply to your local authority or council for a licence if you want to run a public raffle or lottery.
- You don't need a licence for a private raffle or lottery, as long as tickets are only sold to staff at a workplace or members of a club.
- You don't need a licence for a raffle at a social event, as long as the raffle isn't the only reason for the event, you sell tickets where the raffle is held and you draw and announce winners at the event.

If you're serving food and drink

- Please take great care when handling food and work to basic rules for safe preparation, storage, display and cooking.
- You need an alcohol licence from your local authority to sell alcohol. This currently costs £21.

If you're putting on a show

- You might need a Public Entertainments Licence from your local authority if you're organising entertainment (like music, dancing or a film screening) at a venue that doesn't already have a licence. Licences are free for charity events.

If you're collecting money

- You need to get permission from the owner if you're planning a collection on private property.
- You have to be 18 in London and 16 everywhere else to collect money.
- You need a licence from your local authority or police to collect donations on the street or any other public property.

Consider Health and safety

- Do a risk assessment for any fundraising events, looking at what might happen, how risks can be reduced and what's in place to maximise safety and to deal with emergencies.
- Consider your own safety. For physical challenges, make sure someone knows what you are doing and that you've got adequate back-up.
- Remember that Arc can't be held responsible if you don't stay safe.

You might need insurance

- Venues usually have their own insurance, so just ask at the venue you will be using, as you may be covered on their policy. Make sure that you have permission from the venue or business owner. Unfortunately, Arc's own insurance policy will not cover you and we can't accept liability for any event you organise.

Consider Data protection

- Make sure any electronic or paper records you keep about people involved in a fundraising event complies with the Data Protection Act. As a rule of thumb, do not take more information than you need or keep information about people any longer than you have to. Do not share information or data about someone without their permission. For further details of our Data Protection policy, please contact us via: info@arc-centre.org