



FUNDRAISING PACK

Registered with



FUNDRAISING
REGULATOR

www.iowyouthtrust.co.uk

01983 529569

info@iowyouthtrust.co.uk

Charity Number: 1087163 | Company Number: 04149036

Thank You for Fundraising for the Isle of Wight Youth Trust.

We're so grateful that you've chosen to raise money for the Isle of Wight Youth Trust.

As the Island's largest independent provider of youth mental health and wellbeing services, we support children and young people aged 5–25. For over 40 years, we've been here for young islanders, offering a wide range of therapeutic services—from one-to-one counselling and group sessions to parent support groups and holistic help with housing and employment through our Hub team.

At the Youth Trust, we believe that while life can be tough, accessing support shouldn't be. Thanks to your fundraising efforts, we can continue to reach more children and young people who need our help. Because of people like you, we're able to keep making a difference.

What's Inside This Pack

To help you on your fundraising journey, this pack includes everything you need to get started:

- Who we are and what we do
- Ideas on how you can fundraise
- Top tips when fundraising
- Sponsorship form
- How to pay in donations
- How to fundraise legally
- How your fundraising will support us

If you have any questions or need support along the way, please don't hesitate to get in touch at fundraising@iowyouthtrust.co.uk. We're here for you every step of the way.

Thank you again for choosing to support the Youth Trust—we're thrilled to have you on board!

Best wishes,

Jo Dare
CEO

Patrons
Josie da Bank
Rob da Bank
Lord Michael Grade

The Isle of Wight Youth Trust
is a registered charity and
a company limited by guarantee

Charity Number: 1087163
Company Number: 4149036

listening resilience
confidence self esteem
counselling relationships

Our Vision

An Island where children and young people's mental health needs are well recognised and supported

Our Mission

To listen to, and work with, young islanders and their families so they can get the help they need, when they need it, to support their mental, and emotional wellbeing. To campaign for change that has a positive impact on young people.

Our Values

Trusting

In our skill, honesty, integrity, openness and mutual respect to create a safe environment

Kind

Through our compassion, understanding and support for one another

Positive

About being non-judgmental, hopeful, optimistic, creative, empowering and celebrating success

Collaborative

In our approach by being flexible, adaptable, engaging – 'no decision about us without us'



Service user:

**“ I liked how I didn’t
feel judged for
mentioning my
thoughts ”**

Our Services



- 1:1 counselling
- Cognitive Behaviour Therapy
- EMDR
- Art Therapy
- Play Therapy
- Mindful Self Compassion
- Tics and Tourette's group
- Autism support workshops
- Groupwork for anxiety, low mood, anger and self harm
- Parent information sessions
- Parent led 1:1 work for younger children
- Youth Hub
- Employment Support
- Housing Support
- Care Leaver Support
- Sexual Health
- Social Activities



Our History

1984

Working with young people aged 13 and over.

2005

Services expanded to work with children aged 4 and over.

2019

Expanded and added space to develop a drop in Hub.

2021

Launch of the Mental Health Support Team (MHST) working in partnership with Barnardo's and the Isle of Wight NHS Trust. Supporting young people aged 5 - 19 in Island schools.

Now

We are the Island's largest independent provider of youth mental health and wellbeing services



Service user:

**“I am slowly taking
steps towards
accepting I am
autistic, thank you! I
am learning how to
stand up for myself!”**

Ultra challenge

Walk, jog or run the Isle of Wight coastal path. Choose from 106km, 50km or 25km distance options.

The route takes you along the spectacular southern cliffs, past the iconic Needles, and up to historic Cowes at the half way stop. For Full Island challengers it's on to the cliffs of Ventnor, and back to base camp in Chale after an epic 106km journey. This event is part of the Ultra Challenge Series – for more information visit -

<https://www.ultrachallenge.com/isle-of-wight-challenge/>



FUNDRAISING

ideas

FOR MORE IDEAS ON HOW TO FUNDRAISE FOR US
PLEASE CONTACT

FUNDRAISING@IOWYOUTHTRUST.CO.UK

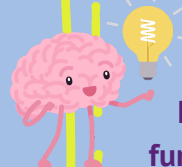
Quiz nights

Quiz nights are a brilliant way to raise money while spreading awareness of the work we do here at the Youth Trust. They're fun, engaging, and a great way to bring people together – whether in person or online.

You can:

- Charge an entry fee or ask for donations
- Include themed rounds (e.g. music, local history, mental health)
- Offer small prizes or certificates for the winners
- Share a short presentation or video about the Youth Trust during the event

It's a fantastic way to combine fundraising with community spirit!



Raffle

Hosting a raffle is a quick and easy way to raise money while bringing people together. It's a great addition to events or can be run on its own. You can approach local businesses, friends, or community members to donate prizes – anything from gift vouchers and hampers to handmade items or experiences.

Just make sure to check the legal guidelines for running raffles (we've included a section on this in your pack!).



Fitness challenges

Fitness challenges are a fantastic way to raise money while boosting your wellbeing. Whether it's a fun run, a marathon, or a personal challenge like daily yoga or a set number of steps, getting active for a cause is always a win!

You could:

- Run, walk, or cycle a set distance
- Take on a "couch to 5K" challenge
- Do a sponsored swim or hike
- Try a month-long fitness streak (e.g. 30 days of movement)

Ask friends and family to sponsor your efforts and share your journey on social media to inspire others!



Charity of the year

If you work for a business or are part of a company that supports charitable causes, why not put the Isle of Wight Youth Trust forward as your Charity of the Year?

By choosing us, your company will:

- Champion our mission to support young people's mental health
- Help raise awareness of the challenges young islanders face
- Support us through fundraising activities and events throughout the year

It's a meaningful way to make a lasting impact – and we'll be here to support your team every step of the way.

8 TOP TIPS TO TO MAXIMISE YOUR FUNDRAISING

Set a target

Having a clear fundraising goal helps you track your progress and stay motivated. It also shows your supporters how close you are to reaching your target, which can encourage more donations!



Learn about our Charity

Before you start fundraising, make sure you understand the charity you're supporting. In this pack, you'll find everything you need to know about the Youth Trust—who we are, what we do, and the difference your support makes. The more you know, the more confidently you can share our story!



Be kind to yourself

You're working hard to support an amazing cause—don't forget to look after yourself too! Celebrate your efforts, take breaks when needed, and don't push yourself too far. Rest is part of the journey.



Reach out

We are so grateful that you've chosen to fundraise for us. Your support means the world, and we're here for you every step of the way. If there's anything you need—advice, resources, or just a bit of encouragement—please don't hesitate to reach out.



Enjoy it

Fundraising should be an exciting and rewarding experience. Celebrate every step, enjoy the moments, and remind yourself how incredible you are for making a difference!



Keep it simple

Don't overcomplicate things—you're already doing something incredible! Focus on what feels manageable and meaningful to you. There's no need to add pressure or make things more tricky. You've got this!



Document your journey

Take lots of photos and capture the moments that make your fundraising special. Use social media to share updates, celebrate milestones, and show how hard you're working. Don't forget to tag us and use our hashtag so we can cheer you on too!



Share your story

Let people in on your journey. Share what our charity means to you and why you've chosen to support us. Your personal story can inspire others to get involved and make a difference too.



**THE ISLE OF WIGHT YOUTH TRUST IS A CHARITY FOR YOUNG MINDS,
IT IS IMPORTANT TO REMEMBER THIS.**

LOOK AFTER YOURSELF AND OTHERS WHEN RAISING MONEY!

Service user:

“

**It has definitely
helped me gain
confidence in trying
to start my own
business and
overcoming mental
health challenges I
had that were
stopping me from
getting there.**

”

WE CAN RECIEVE MONEY RAISED IN LOTS OF WAYS...

01

You can set up your own fundraising page on Enthuse or JustGiving and link to our page. Once your fundraiser is complete the money will be sent to us automatically.

02

Cash. If you are handing in cash donations please pop into our building to hand it in.

03

Bank transfer. If transferring the money straight from a bank account, please let us know and we shall give you our bank information.

04

Cheque. If delivering a cheque to us, either send it by post or hand deliver it to us.

Justgiving:

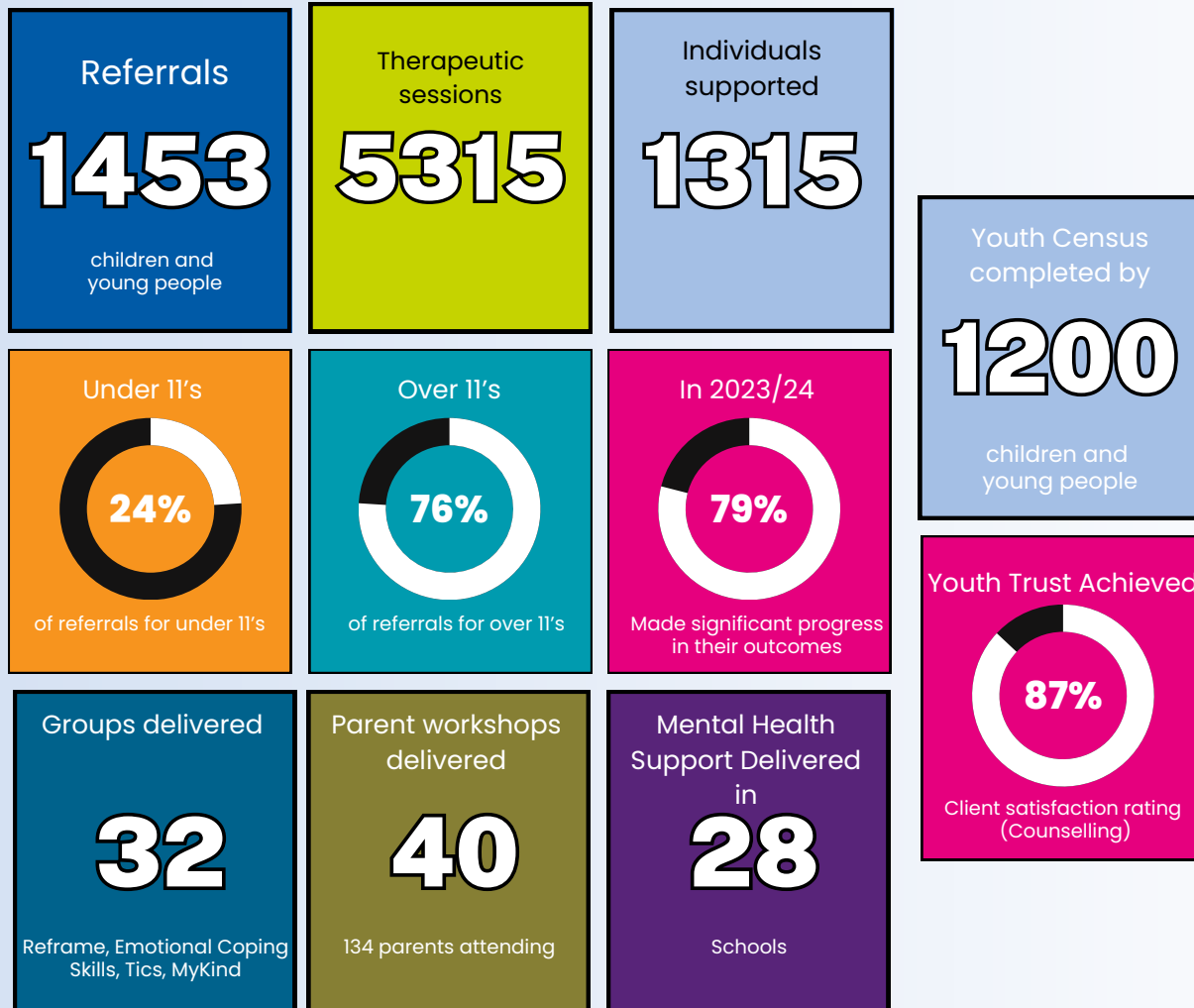
<https://www.justgiving.com/charity/iow-youthtrust>

Enthuse

<https://isleofwightyouthtrust.enthuse.com/profile>

EMAIL - FUNDRAISING@IOWYOUTHTRUST.CO.UK
ADDRESS - 114 PYLE STREET, NEWPORT, PO30 1XA
PHONE NUMBER - 01983 529569

MAKING A DIFFERENCE IN 2023/24



FEEDBACK

Service user:

“

I have felt treated like a person and not a label for the first time, thank you for that. I knew I could trust you after the first session when you noticed my Marvel T-shirt and were interested in what I like rather than my flaws.

”



Did you know that fundraising is subject to laws and legislation?

**STAY SAFE
AND KEEP IT
LEGAL**

Budgeting

Fundraising should be enjoyable and not leave you out of pocket! Since this is your event, you're in charge of managing any costs involved. To keep things stress-free, we recommend setting a clear budget before you get started and keeping track of any expenses as you go along.

Communication

When promoting your fundraising activity, it's important to make it clear that you're organising it yourself. A simple way to do this is by saying: "This fundraising activity is independently organised by [Your Name/Your Business Name] in aid of the Isle of Wight Youth Trust."

We'd really appreciate it if you included this in all your communications—whether that's on social media, or on any posters or flyers you create. This helps keep everything clear for everyone involved.

Collections

Collections can be a fantastic way to raise funds, and we're happy for supporters to collect donations at private events held on private property. Just remember that all funds raised must be handled, counted properly, and paid in full to the Isle of Wight Youth Trust. Unfortunately, we're unable to provide collection tins for community fundraisers. There are strict regulations around public and door-to-door collections, so we don't endorse these. To learn more about the rules, please visit

[Fundraising Regulator – Donations Code](#)

Insurance

When organising a fundraising event it's important to make sure it's safe for everyone involved. As the event organiser, you're responsible for managing any risks. The Isle of Wight Youth Trust can't accept liability for independently run events. For activities like sponsored walks or sports events, we recommend taking out your own public liability insurance, as our insurance won't cover you.

Food Hygiene

We all love a good old-fashioned charity bake sale or a dinner party with friends to support a good cause. Please observe basic rules for the safe preparation, storage, display and cooking whenever handling food. For more information please click visit [Food Safety for Community and Charity Events](#)

Raffles and Lotteries

Raffles, lotteries and prize draws are all governed by legislation, and you may need a permit to hold these. Further information can be found at [Fundraising Raffles and Lotteries Guide](#)

Data Protection

When collecting or storing information about people involved in your fundraising event, please make sure you follow data protection laws, including the Data Protection Act and GDPR. Only keep personal data for as long as you need it, never share someone's information without their permission and store data securely to protect people's privacy. If you're unsure about handling data, you can find more guidance at [ICO \(Information Commissioner's Office\)](#).

NAME _____ DATE _____

SPONSOR SHEET



*GIFT AID IS A UK TAX INCENTIVE THAT ENABLES TAX-EFFECTIVE GIVING BY INDIVIDUALS TO CHARITIES IN THE UNITED KINGDOM. BY TICKING THE GIFT AID BOX, YOU ARE CONFIRMING THAT YOU ARE A UK TAX PAYER AND UNDERSTAND THAT IF YOU PAY LESS INCOME TAX AND/OR CAPITAL GAINS TAX IN THE CURRENT TAX YEAR THAN THE AMOUNT OF GIFT AID CLAIMED ON ALL MY DONATIONS, IT IS YOUR RESPONSIBILITY TO PAY ANY DIFFERENCE.

TO VIEW OUR PRIVACY POLICY PLEASE USE THIS LINK WWW.IOWYOUTHTRUST.CO.UK/PRIVACY/

Charity Number: 1087163

[illegible]