



FUNDRAISING IN SCHOOLS

Registered with



FUNDRAISING
REGULATOR

www.iowyouthtrust.co.uk

01983 529569

info@iowyouthtrust.co.uk

Charity Number: 1087163 | Company Number: 04149036

Thank you for choosing to support the Isle of Wight Youth Trust.

As a charity whose main mission is to help those aged between 5 and 25 with their mental health, working with schools all around the island is an important step for us to make.

In 2024, we had 1453 referrals and supported 1315 young people, this statistic will have included some of your students.

Through 2025 we will continue to help these young people and hopefully more, but we need your help.

As a charity, we rely on donations from the public to ensure that we can continue supporting our young islanders, and we hope that you can help support us by fundraising for us.

In this pack you will find everything you need to know about who we are as a charity, what our aims and goals are and how you can help us. You will also find posters and graphics with information which you can stick up if you chose to do so.

If you have any further questions please email fundraising@iowyouthtrust.co.uk or phone 01983 569529.

Kind Regards,

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



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 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



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

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.**

”

CAKE SALE

A cake sale is a great way to get everyone involved and build excitement about fundraising.

Benefits: It promotes team work amongst students.

Tips: Make sure to set clear guidelines for food safety, ensure students have a clear involvement and perhaps even offer some healthy options!

TALENT SHOW

Hosting a school talent show and charging a small entrance fee.

Benefits: This is a brilliant way to showcase students' talents while providing entertainment for the community. It also helps build confidence.

Tips: Promote the event to the community and consider using local businesses for prizes.

JUMBLE SALE

Families can donate any pre-loved belongings, such as toys, clothes and books. This is a significant way to raise money.

Benefits: This not only reduces waste, but is a great way to teach students the importance of recycling.

Tips: Promote this far and wide as it is a great way for people to have a chance to clear out their clutter.

MUFTI DAY

Although it may seem small, a mufti day is a low effort - high reward fundraiser. £1 from each student adds up!

Benefits: This encourages individuality amongst students and allows them to express themselves.

Tips: Perhaps look into different themes to align with the Youth Trust's Values. For example, Banish the Blues (not wearing blue) or wearing the Youth Trust's brand colours.

SCHOOL FAIR

A school fair is a brilliant way to bring together students while creating a fun atmosphere to raise money.

Benefits: It allows the students to get creative and come up with different ideas for stalls and games.

Tips: Invite parents and local communities to share the fun.

COLLECTION BOX

By holding one of our collection boxes in your main reception area, it not only gives visitors the chance to donate, but also sparks a conversation about who the Isle of Wight Youth Trust are. Having posters up also helps!

HOW YOU CAN HELP

Charity Number: 1087163

www.iowyouthtrust.co.uk

CRAZY HAIR DAY

Similarly to the mufti day, a crazy hair day is low effort high reward.

Benefits: This encourages creativity and sparks excitement amongst students.

Tips: Encourage the students to go as crazy as they can (as well as the teachers!)

SPONSORED CHALLENGES

Allowing students to come up with something that they can be sponsored for by friends, peers and families. Examples of this could include a sponsored cycle, walk, read-a-thon, the possibilities are endless!

Benefits: Allows the students to set their mind on something and could also promote healthier choices.

Tips: Help by guiding students and offering support when needed.
(sponsorship forms included in pack)

For more ideas please contact fundraising@iowyouthtrust.co.uk

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

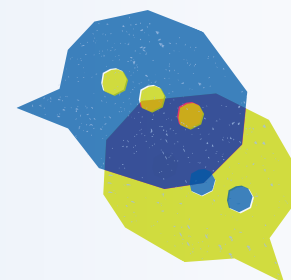
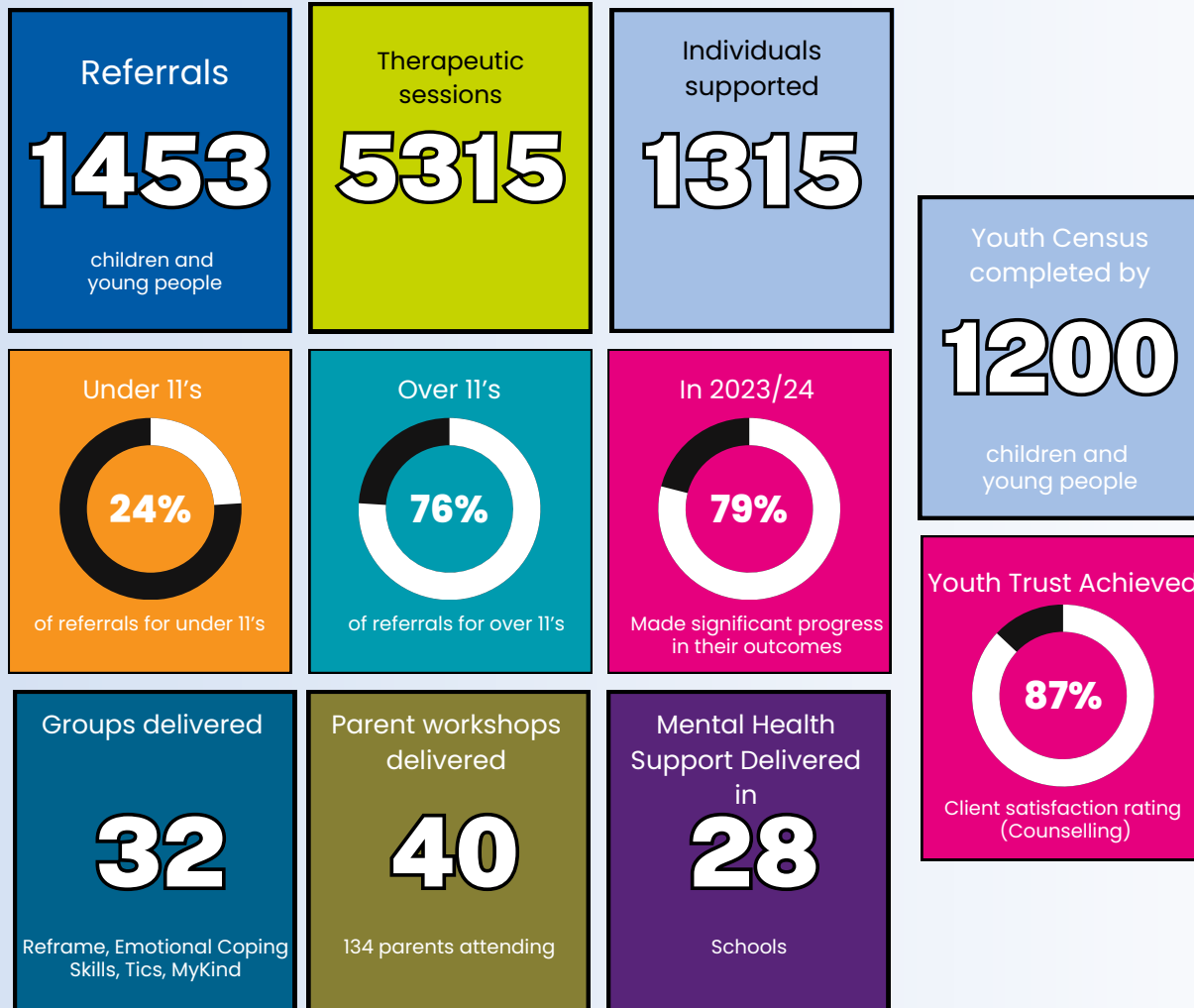
<https://isleofwightyouthtrust.enthuse.com/profile>

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

Service user:

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

MAKING A DIFFERENCE IN 2023/24



FEEDBACK



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 \(Information Commissioner's Office\)](#).

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.

”

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]