



# FUNDRAISING PACK

Information Pack

2021



@lampmentalhealth



@lampcharity



@lampleicester



@lampadvocacy

Leicestershire Action for Mental Health Project  
**lamp**



# 01

## FUNDRAISE FOR LAMP

### WHO ARE WE?

What does Lamp do?

Lamp provides free community mental health advocacy for people living in Leicester, Leicestershire and Rutland as well as Carers Advocacy for people in these areas. Our aim is for you to feel valued, listened to and more able to cope, and to be able to access the services to support your needs through:

**EXPRESSING  
YOUR VIEWS**

**UNDERSTANDING  
MENTAL HEALTH**

**SUPPORTING  
CARERS**

**FINDING THE RIGHT  
INFORMATION**

**KNOWING YOUR  
RIGHTS**

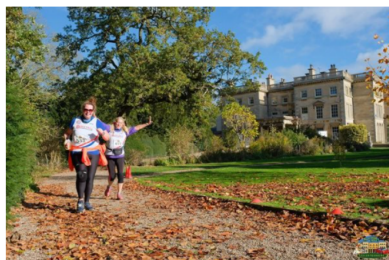
**SUPPORTING  
PEOPLE WITH  
MENTAL HEALTH**



## 02

# FUNDRAISING IDEAS

Join a pre-planned event and fundraise on behalf of LAMP



### Leicestershire Half Marathon

This closed-road half marathon will start and finish in front of the beautiful Prestwold Hall in Loughborough!

📍 Loughborough, Leicestershire, UK 🇬🇧

📅 Sunday 18 April 2021 09.30 AM

🏃 13.1 miles road running



### Tough Mudder Classic - Midlands Sunday

The majestic 16,000 acres of Belvoir Castle promises many lung-busting hills in addition to woodlands, water & tons of mud.

📍 Grantham, Leicestershire, UK 🇬🇧

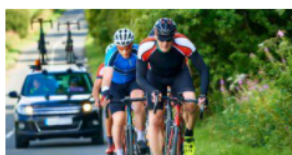
📅 Sunday 13 June 2021 08.00 AM

## LOOKING FOR SOMETHING PHYSICALLY CHALLENGING?

[WWW.TIMEOUTDOORS.COM/EVENTS](http://WWW.TIMEOUTDOORS.COM/EVENTS)



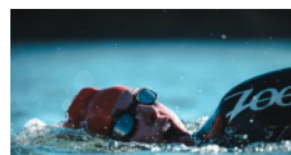
RUNNING EVENTS



CYCLING EVENTS



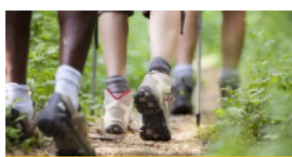
TRIATHLONS



SWIMMING EVENTS



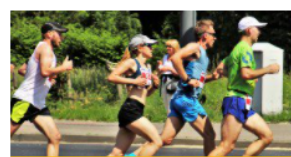
ADVENTURE RACES



WALKING EVENTS



10K RUNS



HALF MARATHONS



TRAIL RUNS



SPORTIVES



SPONSORED WALKS



BEGINNER TRIATHLONS

## 03

# FUNDRAISING IDEAS

Do your own thing!?!

Share your passion, share your skills and challenge yourself!

## ARTS AND CRAFTS

Run an arts or craft workshop for people to attend

## FASHION AND DESIGN

Design and sell clothing - A percentage of the profit can be donated to the charity

## MUSIC, GIGS AND CONCERTS

Host a music event, either online or at a venue. Raise money through tickets sales or donations

## EXERCISE

Whether you're a beginner to exercise or a semi-professional, why not challenge yourself and do something you've never done before

## DARING ACTIVITIES

## AUCTION

Sell unwanted items online or host an auction event

## ONLINE GAMING

Host or attend an online gaming event, work as a team or against each other for a great cause

## DANCEATHONS

Host or attend an event full of fun, but something that will challenge your endurance.

## SPORTING EVENTS

Organise a cricket game, football match or Family Fun Sports Day

## PLUS SO MUCH MORE



**WE WOULD LOVE TO SHARE YOUR FUNDRAISING STORIES AND IDEAS  
SO PLEASE GET IN TOUCH TO SEE HOW WE CAN SUPPORT YOU**



## 04

# GETTING STARTED

See below our preferred fundraising platforms. Once you know what type of fundraiser you would like to organise then create your page using the below sites and start raising money



[Virgin Money Giving](#)



[GoFundMe Page](#)



[Facebook Donations](#)



[JustGiving](#)

We would love to hear from you and support you so please do inform us of any fundraising efforts so we can share your posts and thank you!

### Donation Payments

If you use Virgin Money Giving, GoFundMe or Facebook to collect donations then this will be transferred automatically so as long as you have selected **Leicestershire Action for Mental Health Project**, you just need to create your page and share!

Of course, any other platforms of fundraising can be used if required. Fundraising amounts can be sent individually via the website or bank transfer but please do get in touch so we can thank you personally.

You can also send a cheque in the post if required (please do not send cash).

Make sure to include your name and address so we know the money came from you. Send it to our Freepost address:

Lamp,  
Freepost (LE5683), Leicester LE1 6YF

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# HOW YOUR DONATION BENEFITS LAMP?

## **£10 FUNDS**

30 MIN PROFESSIONAL MENTAL HEALTH SUPPORT FOR SOMEONE  
IN NEED

## **£75 FUNDS**

PROVIDES A FULL DAY OF ADVOCATE SUPPORT

## **£450 FUNDS**

A FULL TIME SPECIALIST MENTAL HEALTH SERVICE FOR ONE  
WEEK AND COULD SUPPORT UPTO 50 PEOPLE IN NEED

# ANY SUPPORT YOU CAN GIVE WILL HAVE A HUGE IMPACT TO SOMEONE IN NEED



Lamp, 65 Regent Road, Leicester, LE1 6YF  
Registered Charity No. 702057