

rape & sexual violence project

START YOUR FUNDRAISING

JOURNEY

YOUR ADVENTURE STARTS HERE...

In this booklet you will find stories, resources, ideas and encouragements to inspire you and help you to begin your fundraising adventure.

We're so grateful for your kindness in fundraising for us, and in return we promise that every penny you raise will go towards helping survivors of rape and sexual abuse flourish.

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GOING

YOUR MONEY GOES A *Long* WAY

WHY

1 in 5 women (16-59 years) have experienced some form of sexual violence.

HOPE RENEWED

Mark* is one of the brave survivors we have worked with. He suffered abuse as a child, but never felt able to tell anyone until he met with a counsellor.

"...the counsellor asked me if there was anything else I would like to talk about. Suddenly it came out, I replied, "Yes I was abused when I was 11", the counsellor said that she had been waiting for me to say it. I cried like I've never cried before, it had finally come out and I had finally opened up."

Mark said that without the help of counsellors at RSVP, he wouldn't be where he is today.

"I think and feel more clearly. If I'm struggling, I talk about it. I'm more open and honest about how I'm feeling...All of this would never have been possible without the help, guidance and support of RSVP."



Together we can ensure that counselling is available to those in need, and that survivors have the **confidence to live a hopeful future.**

Just **£15** will enable a counsellor to deliver one hour of counselling.

*Names have been changed to protect the identity of survivors

ENSURING SURVIVORS ARE HEARD

Lisa* is a survivor who has used our ISVA (Independent Sexual Violence Advocate) service. She found that a helping hand from her advocate was just what she needed.

"I was so confused after hearing different things from different police forces and was already in crisis when the latest attack occurred. My ISVA was amazing. Friendly, approachable, knowledgeable and explained everything really clearly. She was really flexible and patient and answered all my questions.."

Lisa said that the support of her ISVA was vital in helping her to restart her life after the abuse.

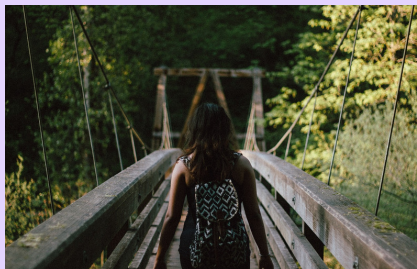
"I was long overdue for a smear test and also hadn't had a STI check since the last incident had occurred. I can honestly say I could not have gone through with the tests without this support.. She waited with me, despite the long wait at the clinic."

*Names have been changed to protect the identity of survivors

Together we can ensure that men and women have advocates they can rely on.

We can give a helping hand to survivors.

Just **£100** will enable an advocate to help a survivor through a day in court.



WHAT ELSE DO WE DO?

Child, Adult
and LGBT
Advocacy

Counselling

Visual
Evidence for
Victims

Helpline

Social Groups

Self-Help

Asylum-
Seeker and
Refugee
Advice

Coffee
Mornings

YOUR FELLOW

Fundraisers

WHO

1 in 10
rape survivors
are male.

THE MARATHON RUNNER

Lisa ran a 155 mile Ultra marathon in Iceland, raising a whopping £2000 for us! Before she set off she said this:

"I want to fly the metaphorical flag for the...millions of children, women and men who are coping, surviving and thriving after sexual violence and sexual abuse. I want to 'take' them to Iceland with me, knowing that the tough, challenging but short 6 days that I'll face cannot in any way compare to the trauma they've been through."



THE MOUNTAIN CONQUEROR

One of our fundraisers conquered Mount Snowdon in order to raise funds for RSVP. This is what they said about their fundraising adventure:

"I don't often do sponsored things, being not especially sporty or fit but ..I said a big "Yes" to the challenge of walking up Snowdon in aid of the amazing Rape and Sexual Violence Project in Birmingham."



THE WAXING WARRIORS

Businessmen from across Birmingham bared all by getting their chests waxed in aid of RSVP. Painful but effective! They raised an incredible £515 for us - real commitment to the cause.



WHO

**1 in 20
children
have been
sexually
abused.**

THE SAMOSA SELLERS



A team of committed bakers baked up a storm with a samosa-selling event with all proceeds going towards RSVP. They raised a fantastic £50 for us and filled lots of tummies with their scrumptious goodies!

WHAT COULD
You DO?

LET'S

Do

THIS!

HOW

A third of teenage girls
in a
relationship
suffer an
unwanted
sexual act.

Feeling **inspired** and **encouraged** to get out there and do some fundraising?! Great! The next few pages will give you all the information you need to get going, and some ideas to help you start thinking about what you could do.

Your journey is just beginning!

SOME IDEAS TO GET YOU GOING

Pub Quiz

Car Boot
Sale

Auction

Raffle

Dog
Walking

Dinner Party

Cake
Sale

Clothes
Swap

Fun
Run

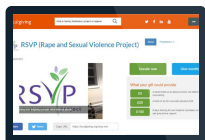
Wine
Tasting

Get

HOW

SPONSORED

ONLINE Fundraising online is a fast, safe, and secure option for collecting the money people give. Set up your fundraising page at:



localgiving.org/charity/rsvp-wm

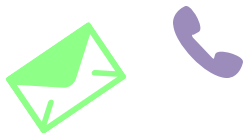
PAYING IN YOUR FUNDS

Download our free Sponsorship Form online from our website, and then send your money to us via:

Post: at RSV, PO Box
9558, Birmingham B4 7QE

Phone: call us on 0121 643 0301

Email: get in touch at
info@rsvporg.co.uk and
we'll tell you how to transfer
the funds straight into our
account



GIFT AID



Gift Aid allows us to claim back the tax on every eligible donation from Her Majesty's Revenue and Customs.

That means for every £1 you raise, we'll be able to claim at least an extra 25p. Encourage all your sponsors to choose the Gift Aid option to boost your fundraising total.

Get

SOCIAL



You're doing an amazing thing by fundraising for us, don't forget to tell people about it! Also, let us know what you're up to on our social media

Facebook: facebook.com/RSVPWVM

Twitter: [@RSVP_West_Mids](https://twitter.com/RSVP_West_Mids)

Instagram: instagram.com/rsvpwm



Get

SAFE

Whatever you do, do it safely. RSVP cannot accept liability for any loss, damage or injury as a result of fundraising for us. Make sure any venues used have adequate health and safety standards, and ensure there is a first aid kit and a first aider on hand at all times.

Check any legal requirements or permissions from local authorities which may be necessary e.g. for door-to-door. Ensure any food is stored and cooked appropriately. For more guidance see [food.gov.uk](https://www.food.gov.uk)

If under 18s are going to be involved, their safety is of paramount importance to us, and so please ensure there are measures in place to keep them safe and out of danger at all times.

HOW

THANK YOU!



We can't thank you enough for your support and hard work.
We couldn't do our vital work without people like you.
Thank you.

The RSVP Team

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RSVP
rape & sexual violence project
Charity number: 508669