



You are a
fundraising
star!

Thank you for supporting
Jeremiah's Journey



Welcome!

We're so excited you're here and thank you for choosing to support Jeremiah's Journey.

If you are on the hunt for fundraising ideas turn to page 6 to get inspired.

Ready to go with an idea which is out of this world? Head to page 10 to find useful information to help you get your donations off to a flying start.

Don't forget that we have a digital resource pack ready and waiting for you online; just head over to jeremiahsjourney.org.uk/fundraising to find your downloads.

"The staff connected really well with my children. They were amazing with them. They actually looked forward to going because of those people. They are absolutely amazing people." – Jessie



Jeremiah's Journey: supporting Rachael and Toby through their grief



Following the death of her husband Steve, a sergeant in the British Army, Rachael sought support for herself and her son, Toby. Jeremiah's Journey are a charity who specialise in supporting young people who have suffered a significant or complex bereavement. They focus on the child's general understanding of the situation, their feelings and help them to express their grief. Rachael noticed the impact Toby's tailored sessions straight away: "Instantly after the first session, he was enthusing about [it] and couldn't wait to go back"

Preserving memories

Jeremiah's Journey helped Toby to preserve positive memories of his father. He made a 'compassionate kit bag' which contains something linked to each sense and serves as a reminder of the person who has passed away. They also helped him to create a memory box which contained items including his dad's medals and beret, along with articles about his service in the army. "When I hold my dad's medals, it makes me feel good because of all the things he did in the army and all the people he helped" – Toby



Supporting parents

In addition to supporting the young person directly, Jeremiah's Journey also supports the parent, so that they can help the child through their grief. Once they are ready, they can attend group support sessions featuring age-appropriate activities for both parent and child. This helps provide both parent and child with a support network which they can relate to. It helped Rachael to process her own grief. She said: "It was affirming for me. I would sit there and say 'my child is doing this or experiencing this', to which other people would say 'I had that, this is what helped us.'"

"For any parent trying to navigate a child through grief... you can't do it on your own. You don't have all the answers and you can't begin to understand what might be going through your child's head. Everyone at Jeremiah's Journey has that training, they have that understanding, they have the ability to unpick that with children, with young people, teenagers and adults. I would 100% say to parents, do reach out to Jeremiah's Journey, even if it's for support from a distance. There's lots of resources they can send you that can really help. The more support people can give them [Jeremiah's Journey], so they can carry on doing that work, the better."



"Jeremiah's Journey helped me a lot. It helped me progress through the pain. It's okay to be angry or sad about it and he'll always be in my heart. I don't have to forget about him, just think of the good memories" – Toby

Each and every single one of our fundraisers are crucial in helping us to support more children, young people and their families, who are impacted by grief. Our fundraisers raise money by jumping, baking, running, sailing and partying their way through the year.

Every penny you raise will make a huge difference.

Did you know?

£25

covers the cost of a 'care pack' for a child, this includes a teddy bear, a book and other useful resources

£50

could pay for a child to attend a Memory Day where they can meet other children and young people and explore ways to remember their loved one in a way that feels right to them

£150

can support a child or young person through two sessions of specialist traumatic bereavement therapy

£1000

will enable us to support a family through a programme of 'family therapy' bespoke to them. These sessions support families where the situation or family dynamic is more complex

£500

is the cost of supporting one child or young person through one of our longer-term programmes

The sky is the limit!

There are so many ways you can get involved, our team are here to support you. Perhaps you have an idea, or a challenge you want to complete, but if you're stuck for an idea then here are a few of our favourites to inspire you:

Take on a challenge; perhaps you've always wanted to run a marathon or maybe a 5k is more your thing, whether you run, cycle, swim or sail, there are plenty of challenge events across the country you could choose to enter and raise sponsorship whilst you have fun.

Ready, steady, BAKE! Challenge your friends, family or colleagues to a community bake off. What is not to like? Eat cake, donate per slice (or two!) and share a cup of tea whilst you raise money.

Host an event: from stand-up nights to gala dinners, there are so many fun events you can put on to raise money, from glitzy to golf days, Christmas shows to Easter Egg Hunts, you're sure to find something to bring your community together.

Will you be the Batman to my Robin? Fancy dress will get EVERYONE talking! Whether you choose a simple 'dress down' day at work or school, or get creative with a fancy dress theme, you can charge a few £s to participants and get some great pictures to boot. Why not combine with a bake sale as well?

It's time to declutter: a table-top sale or car-boot sale can be a great way of spring-cleaning your house whilst raising cash. Whether you choose to host your own and charge stallholders or simply take a pitch at a community event, there are plenty of ways to get involved.

Always dreamed of being a record breaker? Sitting in a bath of beans, hours spent doing Zumba, number of ice creams eaten or maybe a mass head shave – we're sure you can come up with a crazy idea to raise money AND get noticed!

The battle of the brains – sometimes the oldies are the best, a pub quiz not only pulls your friends, family and colleagues together but gets the competition going and offers plenty of opportunity to raise some dosh whilst you're at it. Don't forget the team trophy!

Place your bets! – With the Olympics, Six Nations, Football World Cup and even Strictly Come Dancing, there are all sorts of opportunities for an office sweepstake to raise a few pounds and boost morale whilst you do it.

“Jeremiah’s journey was there when we needed them. They really helped us as a family, their staff are committed to the needs of everyone’s different situations. Since having their help, we have joined in on their charity events as our way of giving back and will continue to contribute.” – Tony





**Plymouth Waterfront
Partnership donated
£2,000**
following their Braniac and
Pirate Fun Run events.



**Ben & Steph took on
an extreme zipwire
and raised
£500**



**A delicious bake sale
by Issy cooked up
£737.89**



**Full Moon Tattoo 23 day
event & raffle raised
£1,010.20**



**Mayflower Community
Academy took part in the
School Pirate Fun Run raising
£639.32**

**Kyle donated
£500**

**after his daredevil
skydive.**





Team coasters got on
their bikes to raise
£2,265



John's first ever half marathon
successfully raised
£1,014.30



Piano pupils
from Lizzie Houlton
music put on a concert
which raised
£381.50



Andrew and Ella walked 70+
miles between Exeter and
Well's cathedral to raise
£3,475



Our ambassador Tom
took on a tripleheader
challenge raising
£1,025

Hitting the
road netted
£1,838

in donations for
John's 60th birthday
cycling challenges.



What's next?

Getting your donations to us:

Raising funds online

If you're collecting sponsorship then we recommend setting up an online sponsorship page as it provides a link you can share on social media, collects gift aid for eligible donations and the money comes straight to us with no more hassle for you. If you would like help in setting up your online donation pages please get in touch.

[JustGiving/Jeremiah's Journey](#)

Collecting cash donations

If a paper sponsorship form works better for you, you can download one from our website: jeremiahsjourney.org.uk/fundraising

Once you've collected cash donations in from sponsorship, your fundraising event, raffle or sweepstake there are a number of ways you can get the money to us:

- **By online donation** – you can make a one off donation of the full amount raised via our website:
- **By cheque** – send us a cheque made out to Jeremiah's Journey at our office address.
- **By paying directly into our bank account** – email us at hello@jeremiahsjourney.org.uk to let us know that you'd like to transfer some money and we'll talk you through how to do that.

Gift Aid it: make sure you ask your offline sponsors to include Gift Aid if they are UK taxpayers. It adds 25% to the amount they donate, it makes a huge difference!

Sharing your Story!

Here are our top tips to promoting your fundraising:

1. **Use social media:** Don't forget to share your fundraising adventure online with your social networks and please tag us too:

Facebook - jeremiahsjourneyplymouth

X (Twitter) - @JeremiahsJourne

Instagram - jeremiahjourney

Share your videos, photos and sponsorship links regularly to raise the profile and increase donations.

2. **Tell your local media:** if you're doing something pretty amazing or hosting a fun community event, don't forget to tell your local newspaper or radio station – chances are they'll want to feature you.
3. Add it to your work; community or school newsletter to spread the word.
4. Make it personal – tell people why you're choosing to fundraise for Jeremiah's Journey, have we helped you or someone you know?
These are helpful ways to raise the profile of what you are doing and also engage your friends on a personal level.

You can say that your event or fundraiser is being held 'in aid of Jeremiah's Journey' and please get in touch if you wish to use our logo so we can supply it to you in the format you need.

Please also include our charity number using these words: **“Registered Charity no. 1144431 (England and Wales)”**

Happy Fundraising!

Our top tips for making the most of your fundraising:

Set a target

You can choose an example of the difference your money will make from page 5 to help you set a target. Not only will this be a great way to persuade your friends to help you and a great way to keep yourself motivated too.



Have fun

Enjoy every minute and don't forget to share your fundraising plans with us so we can cheer you on, support you with resources and tell others what you are up to!



Share the love

Just been for a practice run? Tell your friends and share your sponsorship

link! Tested a new cupcake recipe? Snap a photo and remind your colleagues to get their donation money ready!



Remember why you are doing this

Every year we support over 700 children and young people. We want to help them to rebuild their lives in a sad time and fundraisers like you play a critical part in helping us to be there for more young people. Thank you!

Ask for help

If you are running an event or training for a big challenge, rope in friends and family to help you. Not only will you be able to share the workload but it'll also be a more sociable experience.



Say thank you

Always thank all those who have helped you along the way. Tell them how important they have been and the difference their donations will make.



The details

We want to keep the fun in fundraising, as well as keeping you safe and legal, so here are a few things you need to know:

Your responsibilities

You need to ensure that any money given to you as part of your fundraiser is given to Jeremiah's Journey in the way that the donor intended. You must inform donors if any of the funds you raise will not be paid to the charity, for example if you are only donating profits from an event.

Lotteries and Raffles

If you are planning to run a lottery or raffle to fundraise then please call our fundraising team to get advice on whether you will need to get a licence from your local council.

Volunteers

If you use volunteers to help you at an event, then you need to fully brief them on their roles and make sure you provide any equipment or safety clothing they need for the event.

Food and Alcohol

Visit food.gov.uk for up-to-date advice on how to handle and cook food that you are serving at a public event. If you have asked a caterer to supply the event then they must provide you with a copy of their food hygiene certificate and public liability insurances.

Health and Safety

Please make sure you have adequate first aid cover, public liability insurance (for events) and a risk assessment in place. If you have any questions or concerns, please do get in touch with our Fundraising team and we will try to support you. Any event that you organise as a fundraiser for Jeremiah's Journey remains independent and will not be covered by our insurances.

Collections

You'll need written permission to conduct a bucket collection on the street from the local authority, or speak to the property owner for collections at supermarkets or train stations. If you are leaving a tin in a shop, pub or office then you'll need written permission from the manager. Collections can only be done by those over 16 years old. Boxes and buckets must be clearly labelled with Jeremiah's Journey name, address and charity number. They must be sealed during the collection and counting should be done with a witness.

Under 18s

If you are under 18, your parent or guardian is responsible for you and your fundraising. Please show them this pack and discuss your ideas to make sure they are happy with your plans.

Other ways to get involved

Join our 'Friends of the Jeremiah's Journey'

Make a difference every single month by signing up as a regular supporter. You can set up a regular donation via [JustGiving/Jeremiah's Journey](#) or you can contact us if you would like to set up a direct debit

Become a Volunteer

If you enjoy fundraising for us then perhaps you'd also love being a volunteer! You could become a community champion and start a fantastic supporter group in your area, or perhaps you could volunteer to speak to Rotary Clubs and other community groups close to you. We also have lovely volunteers who work with our Grief Services team who help our young people to access our support.

If you are interested in becoming a volunteer then please email:

volunteering@jeremiahsjourney.org.uk

Sign up to our newsletter to receive updates on our services, events and fundraising initiatives.

Leave a gift in your will

By including a gift in your Will, you will be helping us to continue to provide support to children, young people and their families who are struggling to manage their grief.

After you have decided on your legacy gifts to loved ones there are different types of legacy you can leave to Jeremiah's Journey:

Pecuniary – this type of legacy is a fixed sum of money

Residuary – this is the amount left of the estate after all other claims and liabilities have been paid

Specific – this can be a valuable item such as a house, car or antique

Your gift will ensure that we can continue to make a difference both now and in the future.





Jeremiah's Journey

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