



LDN London Fundraising Guide

Make a difference and support people with learning disabilities to be happy stay safe and live well



Thank you for fundraising for LDN London

We're really pleased you want to help support people with learning disabilities to live the life they want .

Whatever you choose to do, we hope you find this pack useful and full of inspiration. We'd love to hear your plans and to help you through your fundraising journey. If you have any questions please get in touch.

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You can also check out our website for further inspiration and follow us on social media

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Learning Disability Network London



Learning Disability Network London (LDN London) is an award winning charity with nearly 60 years of experience in supporting people with learning disabilities and their families.

Our vision is to enable learning disabled Londoners to stay healthy, be safe, and to live well. We want to see a society where people with learning disabilities are valued as equal citizens, are part of their local community and can live a life full of opportunities.

Unfortunately learning disabled Londoners are becoming increasingly excluded from the very communities they should be a part of.

Many adults with learning disabilities are not eligible for fully funded services and receive little support. They can struggle with basic life skills, looking after themselves and experience loneliness, poor mental health and exploitation.

We want to change this by helping people with learning disabilities make genuine and supportive networks and connections and to be safer and healthier in their communities.

Our main fundraising project is to fund our Community Hub, where we provide a range of activities and initiatives, including help with learning life skills, and improving access to community resources. We know that this will make a real difference to the quality of people's lives and prevent this very vulnerable group from falling into crisis.

The aim of our Community Hubs, is to bring people together, tackle social isolation and address the effects of poverty on some of the capital's most vulnerable people.

We need your help to make this happen!

£50

Could pay for cinema tickets for a socially isolated person and their carer

£100

Could pay for a workshop for learning disabled people to help keep themselves safe in the community



£500

Could buy furniture for a person's first home on reaching adulthood



£1000

Could pay for a short break holiday



£5000

Could buy equipment for a sensory room for people with autism or profound and multiple disability

LDN's Community Hub has been a lifeline for Stephen

Stephen began coming to LDN's Community Hub last year when it first opened. Stephen, who is in his 40s and has a learning disability, receives minimal local authority funded support.

Stephen told us he was lonely and struggled with depression during the pandemic. Things were tough: his family members got ill and that was hard to cope with. When LDN opened the Community Hub after lockdown and started groups, he was the first person through the door.

Stephen came to the first session in 2022 for advice on voting. That gave him the confidence to vote in the local Council elections. He has been to almost every workshop since.

At LDN's Community Hub he has learnt to better manage his mental health. He said that he found the sessions delivered by Westminster Talking Therapies on cognitive behavioural therapy and understanding emotions extremely helpful.

The Hub has also helped him to stay in touch with friends, and make new ones, which has also boosted his mental health.

Stephen said he is grateful to have somewhere to go to socialise. He says: "I was so miserable during lockdown, so coming to the Hub has been brilliant. I can see everyone again."

Over the year, Stephen has grown in confidence. He has acted as our representative at local community fairs in Westminster, Islington and Camden, telling people about the charity and went to a learning disability conference as LDN London's ambassador.

Stephen has learned a lot and continues to gain life skills. He recently completed training sessions to improve his computer skills and is the Hub's resident tech support and the DJ for parties.



Fundraising ideas



At home or your community



Raise money at home, with family and friends or in your community

- You could organise a pub quiz down your local or online
- Take on a sponsored challenge such as a run, walk, skydive
- Ask family and friends to donate, instead of buying presents for a special occasion
- Hold a tea party or event with family and friends - ask a local business to donate a raffle prize or refreshments
- Organise a charity evening at a local group you are a member of such as WI, Rotary club, football club etc
- You could access your faith groups charitable fundraising activities
- If you are a member of a uniform group such as scouting or guiding you could organise a fundraiser as part of a badge

At School



Whether you are a student, a member of staff or part of the PTA you can get involved and encourage others to join in too

- Hold a non-uniform day
- Organise a talent show / play / music event
- Take part in a sponsored event such as a run or cycle

At Work



Get your colleagues and customers involved and help make a difference

- Hold a raffle
- Do a sponsored event in the office
- Hold a dress down day for a small donation
- Do a cake sale
- Sign up to payroll giving
- Ask if your company will match fund any fundraising you are doing
- Ask you employer if they have a charity pot that you can nominate a charity to access or to apply to



Auction, arts & crafts fair, afternoon tea, abseil, aerobicathon



International Party, ice cream sale



Quiz, quit smoking / drinking / chocolate



Yoga



Beard shave, bag packing, bike ride, birthday donations, barn dance, book sale



Jumble sale, jazz night



Raffle, race night, run



Zumbathon, zipwire challenge



Car wash, cheese & wine night, coffee morning, comedy night, chocolate tasting, Christmas fair



Karaoke, knitting contest, knitting items to sell



Sky dive, sponsored silence, swimathon, Santa run, summer fair



Dress down day, dinner party, donations



Litter picking, limbo contest



Tombola, treasure hunt, team building day, table top sale, talent show



Easter egg hunt, Ebay jumble sale, eighties night



Marathon, murder mystery, music evening



Unwanted gift swap, uniform free day, university challenge



Fashion show, football match, face painting, film night, fun run, fête, fancy dress



Nearly New Sale, non-uniform Day, name the soft toy



Variety show, Valentine's party



Games night, golf day, gift aid



Obstacle course, office workout, open gardens, office party



Walking challenge, wedding donations, wine tasting



Head shave, Halloween party



Pancake race, pub quiz, pop up shop, pantomime, plant sale



Xmas events: carol singing, gift wrapping party etc



Luke, aged 5 took part in the 3.6 challenge and read 36 books in a day to raise money for LDN London.

Luke does not like reading but really wanted to take part in the challenge and prove he could do it.

He rose to the challenge and read from the moment he woke up until he went to sleep and raised an amazing £600 for LDN London.

Luke said “I really enjoyed doing this challenge, it was really hard and I had to read all day but I did it!”



Top tips for planning your fundraiser

- 1 Set a target – decide how much you want to raise. Make this a realistic target - it'll feel great when you exceed it!
- 2 Decide on your event – now you have a target in mind, decide how you are going to achieve this. Plan an event that plays to your strengths and interests. Above all make sure you have fun doing it!
- 3 Get in touch – let us know what you are planning to do and answer any questions and give you any help you might need throughout your fundraiser.
- 4 Plan of action – have a plan of what you're doing, both before and after the event. This will help you smash your target and be well prepared.
- 5 Budget – keep track of how much it costs to put on the event and try to keep costs as low as possible. You can download our budget planner to help you.
- 6 The legal bit – there are a few rules you have to keep in mind when running your event – download our legal dos and don't s for more info.
- 7 Shout about it – make sure you are shouting about the event on social media and to all your family and friends. You could contact your local press to see if they can spread the word. Don't forget to tag us in your social posts so we can help tell people about it too.
- 8 On the day – make sure you have a plan and most importantly enjoy yourself.
- 9 Thanking – after the event thank everyone involved and relive the memories through photos.
- 10 Pay in your money – You've done the hard part and raised lots of money! If you have collected cash or cheques then fill in our payment form and send the money to us, so you can start making a difference.

Online fundraising

Whatever your fundraising event, an online fundraising page is a quick and easy way for people to support you.



Setting up a Just Giving page or People's Fundraising page is very simple:
Visit <https://www.justgiving.com/wspld> and click on fundraise for us.



Top Tips

- Use social media to help you spread the word about your fundraising
- Ask your most generous supporters to donate first so that others will follow suit.
- Personalise your page with pictures and your story
- Remind people – people are busy and might want to donate but forget to. Remind them about the great things you are doing.

Gift Aid – make your donation go further

Gift Aid is an easy way to give more. If you are a UK taxpayer LDN London can claim an extra 25p for every £1 you donate at no extra cost to you.

Just tick the Gift Aid box when donating online or, if using paper sponsorship forms, make sure that each person fills in their full name, address and postcode and ticks the Gift Aid box on the sponsor form. Then send the information to us when your fundraising is complete. You can also download a Gift Aid declaration form from a link on our website.

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And lastly don't forget to ask for permission from us

Please let us know about your fundraising ideas and plans. As you will be raising funds on our behalf, we will need to give our consent for your fundraising activities. You can use this letter when fundraising to show you have our permission.

We would be delighted to help you create fundraising materials and send you our logo and any other branding you may need. Please get in touch- we're always happy to hear from our amazing supporters.

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Good luck with your fundraising and we hope to hear from you soon!





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 [LDN-London](https://www.linkedin.com/company/LDN-London)

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