



## Fundraise for MAP

You want to fundraise for MAP but don't know what to do? Here are some ideas....

### Sponsored Activities

Find something you enjoy (or hate!) and turn it into a challenge. If you like cycling, how about cycling 100 miles or devise a specific route with landmarks significant to you? Conversely if you are a bit of a couch potato, how about setting yourself a target to run 5k in 3 months time? Or maybe you could use your fundraising activity as an opportunity to make lifestyle changes; so if you normally take a bus to work, promise to walk every day; if you are addicted to social media, go cold turkey for a month!

***Your friends, family and colleagues are more likely to support and sponsor you if the challenge is personal and significant to you***

**Case Study:** Brothers Tom and Harry Atkins ran the Norwich 10K raising £250 for MAP to raise awareness of mental health issues.

**Action:** Download our Fundraiser's Action Plan to help you decide what you want to do and things you might need to consider.

### Turn your skills and hobbies into funds for MAP

Are you a keen gardener? A great cook? A talented artist? Maybe you play or sing in a band? Why not hold a produce sale, tea party, cake sales, exhibition or concert and invite your friends and work colleagues? We can help promote your event and provide information about MAP for you to display, so your guests understand why MAP is important to you.

**Case Study:** Norfolk chamber choir Viva Voce regularly donate the proceeds from their Christmas Candlelit Concert to MAP. Over the years they have raised over £11000 for MAP.

**Action:** Download our Fundraiser's Action Plan to help you decide what you want to do and things you might need to consider.

### Present perfect

Many people ask for donations to their favourite charity instead of presents at Christmas, at landmark birthdays or when they get married. By choosing MAP to benefit from your friend's and family's generosity you will be helping more young people get the support they need, when they need it.

**Case Study:** Paul Webb, a member of MAP's Youth Work Team, asked friends and family to donate to MAP instead of giving him presents on his birthday. Paul ran the London Marathon for MAP in and their donations helped him achieve his £2,000 fundraising target.

**Action:** Point friends and family in the direction of our Donate Page! If they would rather give a cheque please ask them to make it payable to MAP (Mancroft Advice Project)

## **Students: Nominate MAP to benefit from charity collections at your school**

Many schools raise money for charity through collections for Non-School Uniform Days or as part of their Christmas concerts. Some schools have a Charities Week where the whole school make a special effort to raise money for local good causes in a variety of fun ways. Why not suggest MAP to benefit from your school's fundraising activities? Choosing MAP will enable us to support more young people when they come to us for advice, guidance and counselling.

**Case Study:** Students at City of Norwich School (CNS) raised over £750 for MAP from their fundraising activities during Charities Week.

**Action:** Get in touch with our Development Team and we will provide you with leaflets and information to help you explain to your friends and teachers the difference that donating to MAP will make to young people in Norfolk.

## **At Work and Play: Nominate MAP to benefit from your organisation's charitable activities**

Companies and community groups often ask their employees/members to nominate a local charity to benefit from their fundraising activities throughout the year. Why not encourage them to choose MAP this year? The professional support, advice, guidance and positive activities we offer young people enable them to find, secure and maintain meaningful relationships and jobs, making a real difference to their life chances and opportunities.

**Action:** Get in touch with our Development Team and we will provide you with leaflets and information to explain more about what we do. We can also come to your workplace or group and give a presentation about MAP and the positive impact your fundraising will have on young people in Norfolk.

**We are grateful to and inspired by everyone who chooses to fundraise for MAP and we value all donations, however large or small. Choosing MAP and the young people of Norfolk to benefit from your fundraising activity is both generous and thoughtful. Thank you!**

### **Things you might like to do for MAP.....**

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|---|---|-----------------|
| Sponsored Cycle Ride                                  | Have a Cake Sale                          | Put on a gig    |
| Run a raffle  | Hold an auction                           | Sell your wares |
| Do a month's ironing for a friend                     | Host a meal and invite friends to donate  |                 |
| Sponsored 10K or Marathon                             | Dog walking for donations                 |                 |
| Have one of our collection tins in your place of work | Sponsored walk with friends               |                 |
| Put on a Pub Quiz                                     | Host a Golf Day                           | Sponsored Swim  |
| Wear something wacky for a day                        | Give donations instead of Christmas cards |                 |