

Fundraising

Changing lives, one donation at a time

LETS MAKE IT HAPPEN!



Hello!



Welcome to your VALLEY HOUSE FUNDRAISING PACK

Your generous support makes a real difference. Thank you for reaching out and taking the first step in changing the lives of service users. You're amazing!

Since its beginnings in 1977, Valley House has grown from a single house to an entire organisation offering a range of accommodation and community based services for vulnerable people in and around Coventry. Services include supported accommodation for victims of domestic abuse.

Each year, we support survivors of domestic abuse as they rebuild their lives. We become a part of their journey by providing safe havens, offering essential skills groups, and creating tailored support plans. Through these resources, survivors can heal from the trauma they've experienced, develop valuable life skills, and ultimately thrive in a safe and supportive environment.



Unleash your inner fundraising champion with our jam-packed toolkit of tips, tricks, and inspiration to reach any goal, big or small!

Ready to dive in?
Let's make it happen!

Valley House Coventry

Valley House provide tailored services to victims of domestic abuse, helping them feel safe by providing safe accommodation, one to one's, group work and much more.

A brief history

Since its beginnings in 1977, Valley House has grown from a group of volunteers with a single property to an entire organisation offering a range of accommodation and community based services for vulnerable people in and around Coventry.



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What do we do

Valley House, situated on Bell Green Road in Coventry, offers a comprehensive support system for survivors of domestic abuse. Our tailored services prioritise safety through secure accommodation, one to one's, and group support sessions. Furthermore, we collaborate with organisations like REACH and Talking Therapies to extend vital mental health support within the community.

Charity 'Shed' Shop

Tucked behind Valley House, you'll discover our charming little 'shed' shop. Here, you'll find a delightful assortment of preloved clothing, books, toys, household items, and more – a treasure trove for every taste! All proceeds from our shop go directly to improving the services we provide at Valley House. If you're interested in contributing through donations or volunteering, we'd love to chat with you!



4

Anytime Anywhere

For those unable to visit our dedicated team offers a comprehensive range of services and support through various channels. Reach out to us by phone at **02476 266 280** or visit our website: valleyhouse.org.uk for more information.

Become a champion for those seeking safety and support. Your generosity, whether financial or through donations, directly impacts the lives in our community.

How Donations Empower Change

Your support weaves a path of positive change.



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One morning, she found herself alone so grabbed her things and headed straight for the local council who put her in touch with Valley House.

1

Meet Lin, 42, from Leicester. Lysha lived with her partner for 2 years experiencing physical, verbal and sexual abuse.

WANT TO HELP MORE PEOPLE LIKE LIN? DISCOVER HOW YOU CAN BE PART OF THEIR INCREDIBLE JOURNEY – READ ON!

3



Lin secured a space despite past drug use and methadone treatment with Rail to Refuge helping with travel.

4



At Valley House, Lin received domestic abuse support. Which also helped her to better understand the impact on her children and began rebuilding relationships. She also gained trust in professionals and learned calmer communication.

5



Lin left Valley House, closer to her children than she had ever been and feeling stronger and better prepared for the future.

6



Lin has since returned to her home town and continues to strengthen relationships with her children.



Lin escaped her controlling ex who monitored her every move. With help from Valley House, she's rebuilding her life and reconnecting with her children.

Fundraising steps

Fundraising is as easy as:

1, 2... 3, 4, 5, 6

1. Find your fundraising fit!

Whether you're a lone wolf or a team player, decide the activity that works best for you.

2. Targets

If its big or small, it all makes a difference to us and the people in our care.

3. The 3 T's

Team, Tools and Timeline. Assemble your team and any tools or resources you may need and decide on a timeline.

4. Spread the word

Share your pledge, the build up to your event and photos of you in action. No matter what you're up to, we'd love to see or hear about it!

5. Fundraise

Get out there and make the magic happen!

6. Submitting your money

Flick to the back of this booklet and you will find a detailed guide on how to submit your money

How your money helps

£15



Youth Group

This covers materials and resources for up to 5 people

£20



Welcome packs

This covers an assortment of basic necessities when moving into our accommodation.

£25



Cooking Group

This covers the cost of ingredients for 10 people

£32



Nursery

This covers the cost of one session while a parent attends counselling

£35



Yoga Group

This covers the hire of the instructor and equipment for one session of upto 6 Service Users

£50



Arts & Crafts group

This covers materials and resources for up to 15 people

£800



Volunteer Expenses

This covers the expenses of 1 of our volunteer's for 1 year.

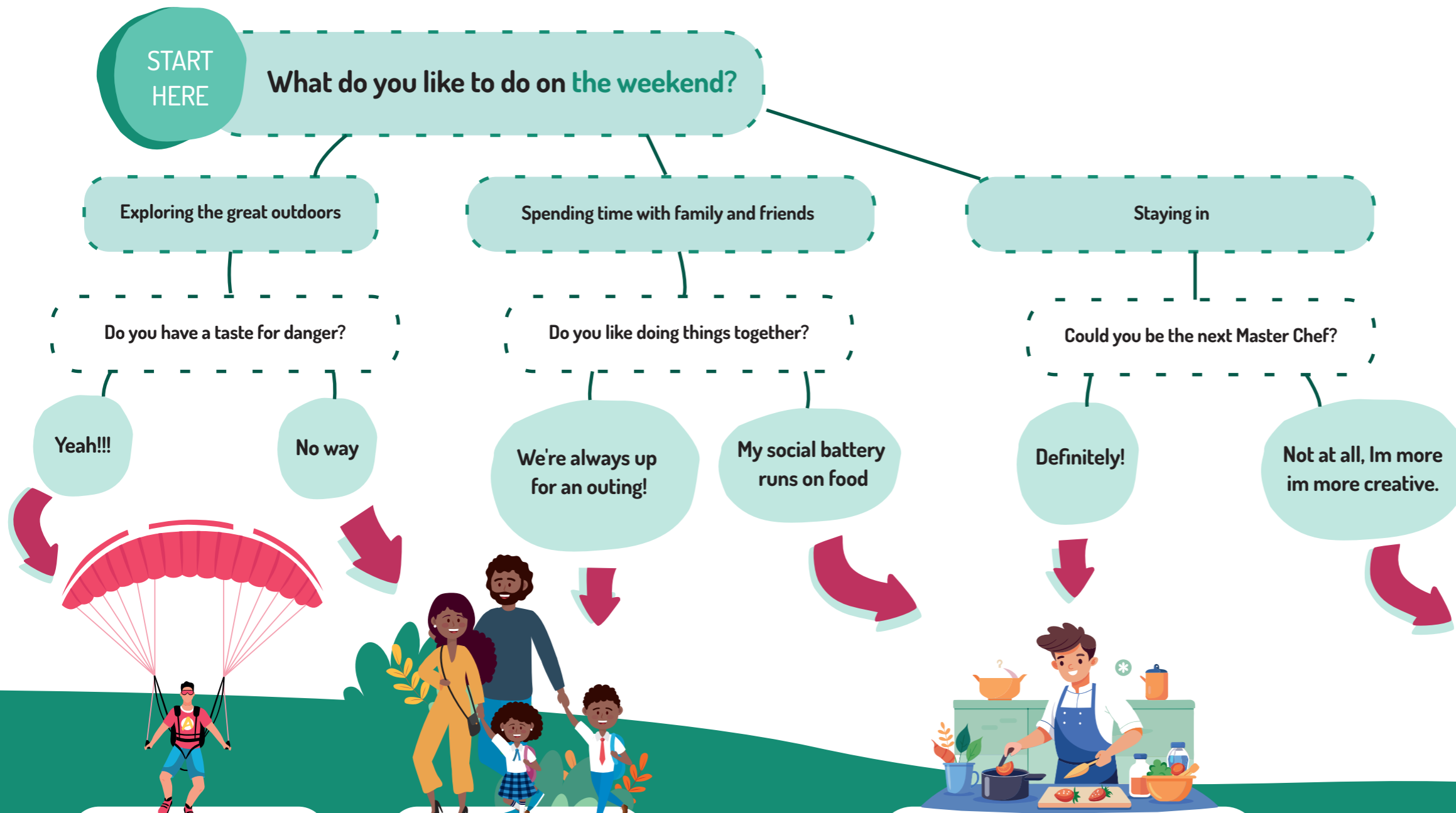
£1000



Summer Trip

This covers the hire cost of a 63 seater coach and trip to the seaside for all of our service users.

Looking for a little inspiration to get you started? Look no further



We'd love to see your journey on social media!

@ValleyHouseCov



Step outside your comfort zone and make a real difference for survivors of domestic abuse. Try:

- Skydiving
- Run a marathon
- Abseil

Fresh air, fun, and fundraising - all in one! Challenge yourself for a cause that matters! Try:

- A sponsored walk
- A sponsored treasure hunt

Looking for a fun way to give back? Try these delicious challenges:

- Baking some delicious treats for family / friends and holding a home bake sale.
- Hosting a sponsored dinner and games night with friends

There are lots of different ways that you can utilise your creative skills to support Valley House, here's a few examples:

- We're always looking for talented artists and crafters to feature in our shed shop. Would you be interested in donating your work to us?

Valley House fundraising

Calling All Gaming Heroes!

Transform your passion for gaming into a force for positive change. We challenge you to take on an exciting quest, conquer your favourite game in record time or embark on a thrilling 24-hour marathon with friends – all while raising funds for Valley House!

Flexibility is your superpower! Don't worry about conquering everything at once. Spread your wings and tackle the challenge over a week or a month. Stream your progress, raise funds with each session, and watch your impact grow! Every hour counts towards your goal and making a real difference.



Lets get Quizzicle

Think you've got what it takes to be crowned trivia champion? This epic night isn't just about bragging rights (although those are definitely included). It's also a fantastic way to raise money for a great cause. So come on down, test your knowledge across a variety of topics, and help us make a difference.

For more information check out our events page on our website at www.valleyhouse.org.uk/events for our next quiz night!

Seasonal Family Events

Get ready for year-round family fun at Valley House! We host three exciting events throughout the year: a springtime Egg-stravaganza with the Easter Bunny, a spooky Halloween bash with costume contests, and a festive Christmas celebration where kids meet Santa and receive a small gift.

Each event is packed with fun games and activities, making Valley House the perfect place to create lasting memories with your loved ones and support Valley House. So what are you waiting for, check out our website for more details about upcoming event.

www.valleyhouse.org.uk/events



Stacey's Story

An abusive relationship during pregnancy left Stacey with low self-esteem. Valley House helped her escape, rebuild her confidence, and become a strong single mum.

Valley House helped Stacey escape an abusive relationship, provided safe housing, and empowered her with parenting, budgeting, and life skills training.

"I never thought I'd be a single mum, but thanks to Valley House, I'm not just surviving, I'm thriving. They helped me escape a bad situation and gave me the skills to raise my boys and build a life for myself."

He chipped away at my confidence, but Valley House helped me rebuild it brick by brick

Without donors, Valley House wouldn't have the resources to offer the level of service, and dedicated support workers like the ones who helped Stacey



It's Time to Switch On!

Getting the best out of your fundraising through social media.



Share news instantly of your fundraising plans and progress with your friends and family on Facebook!

Whether you're planning an afternoon tea at home or a sponsored car wash, you can get the word out there in an instant about your great plans.



Planning on sending your fundraising viral?

Twitter is a great place to spread the word on what you're up to. Use popular hashtags such as #ValleyHouse and #CharityTuesday to reach new heights and add a few more pounds to your fundraising total

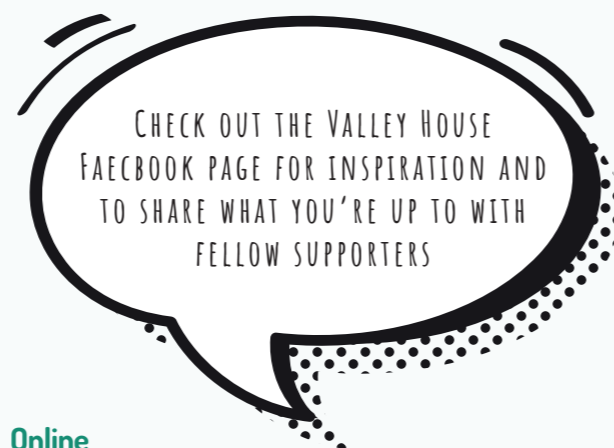


Get snap happy!

Whether you're running or baking, Instagram is a great way to not only share your progress with friends and the fundraising community, it also is a wonderful tool to document all your hard work and look back on the great things you have achieved.

Social media checklist

- Hashtags**
Use hashtag to spread your word far and wide
- Videos and photos**
Pictures and video get far more views than just text updates
- Links**
Don't forget to link your donation pages on your posts
- Share your totals**
Almost there? Let people know how close you are to your target for that little nudge you need.
- Tag us**
We would love to see what you're getting up to, so don't forget to tag us in your updates.



Online

Setting up an online fundraising page is an easy way to spread the word and collect your funds.

Using platforms such as Just Giving is a quick, easy and secure way to fundraise. Simply share your links on your social accounts and emails.

Offline

Although digital is increasingly important to your event never underestimate the power of the spoken word.

Be sure to chat to all your friends and family, bring it up in meetings at work, family gatherings or tell a stranger! Let people know the great work you're doing and ask if they'll contribute to your fundraising.

Things to remember

Fundraising Guidelines

Want to make your fundraising a breeze? We've put together a quick guide to keep things running smoothly. By following these simple tips, you can ensure a safe and enjoyable event for everyone involved. Let's make fundraising fun!

- If you are holding a large or public event, make sure you complete a health and safety risk assessment and that you have sufficient first aid cover for the size of your event. Please check with your local authority for more information.
- You will need a licence from your local council to do a street collection, so please contact the Valley House Events team for further information.
- If you plan to sell alcohol or have live entertainment at your event, please ensure you have the correct licences to do so.
- If you're selling food, be sure to check out the latest food hygiene regulations at food.gov.uk
- Publicity will be key to the success of your event, so please contact us to request our logo and charity number (a requirement by law)
- While raffles and lotteries are a great way to boost your fundraising, please make sure you check out the latest regulation with the Gambling Commission. Visit gamblingcommission.gov.uk
- Your event will be in support of Valley House, which means it is your responsibility to make it safe and legal. Valley House cannot accept any liability.



Sending in your money

It is really important to send in the money you raise as soon as you can.

The sooner you send your sponsorship money to us after your event, the sooner we can help more people in need.

By post

Write a cheque or postal order made payable to Valley House along with a cover note stating your full name, address and fundraising activity. Send it to: Events, Valley House, 55-57 Bell Green Road, Coventry, CV6 7GQ.

For security reasons, please do not send cash in the post.

By phone

Simply call us on **024 76 266 280** to pay by credit or debit card.

Great news for online donors!

If you've already donated through JustGiving, your contribution is on its way to Valley House. These platforms automatically send your donations to us.

Sponsorship forms:

To make your donation go even further, please return your completed sponsorship form. Gift Aid allows us to claim a tax supplement on your donation, which means more money for the adults and children in our care.

By bank transfer

Please call the team on **02476 266 280** to request our details.



CONTACT US

**Need more information?
We are here to help.**

Visit our website:

valleyhouse.org.uk

Email us:

info@valleyhouse.org.uk

Write to us:

Events
Valley House
55-57 Bell Green Rd
Coventry
CV6 7GQ

Call us:

02476 266 280

Social:

Follow us on social
channels to keep up
to date with latest
on fundraising

