



LET'S CHANGE LIVES!

So you're interested in fundraising for Changing Lives? Thank you!

21,000 people use our services to change their lives for the better every year, and people like you are absolutely essential in the transformations we see every day.

Changing Lives isn't just a charity. We're a network of like-minded individuals, who share a passion for social justice and helping people to help themselves.

Whether you work for us, volunteer with us, fundraise for us, donate to us, or support us in another way, you're a life-changer, and we couldn't do it without you.

Changing Lives run specialist services across England, designed to help people change their lives for the better.

We rely on the goodwill of people just like you to provide life-changing opportunities and support to the vulnerable people who use our services. They include:

- men, women and children fleeing domestic abuse
- people with drug and/or alcohol dependency
- those who live on the streets
- women and men engaged in sex work or 'survival sex'

Will you help these people build a better future for themselves and their families? Become a life-changer today.

CHANGING LIVES

Changing Lives is the operating name of The Cyrenians, registered charity number 500 640, and registered company number 995799, in England.

TOP 5 REASONS TO FUNDRAISE FOR CHANGING LIVES

Why stop at five? Here's 21,000 reasons...

We help 21,000 people a year. People escaping domestic violence, getting off the street and into a home, or finding work after years of unemployment. But we can't do it without the generosity of fundraisers like you.

Be the change you want to see in the world

That's what Gandhi said, and who'd argue with Gandhi? If you want the world to change in an age of austerity and crisis, you **CAN** make it happen.

If not you, who?

You're amazing. The fact you're reading this suggests you're the kind of caring can-do person that makes great things happen. You're a life-changer alright – let's make this happen!

This time it's personal

Everyone has a charity that is close to their heart. Maybe you've overcome a challenge with our help and you want to give back? Or you've seen the real difference you can make because you know someone who uses our services? Whatever your reasons, you're a life-changer!

What we do really works

505 people into employment, 1609 out of addiction, 3,048 people in safe and stable accommodation.* Changing Lives have been delivering effective services since 1970. By raising money for Changing Lives, you know that your money is going to make a real impact.

NEED FUNDRAISING IDEAS?

WE'VE GOT LOTS!

EAT CAKE



- Host a bake sale at your business - sell cake for £1 a slice. Who doesn't want to eat elevensies?
- Run a bake off competition - charge people to enter and compete to be named star baker
- Host a coffee morning and ask for voluntary donations



GET COMPETITIVE

- Set up a 5-a-side football competition - charge £5 per team
- Run a step-o-meter challenge - charge £1 for each entry and split the total between the winner and Changing Lives



DANCE LIKE NO-ONE'S WATCHING

- Run a disco at your local community centre
- Get glamorous with a formal ball or banquet
- Prefer making music? Hold a carol concert or battle of the bands



BRAVE THE SHAVE

- Get sponsored to shave your head, wax your legs or wave goodbye to your chest hair
- Or go the other way and see how long you can grow your beard - you could sell strokes or the chance to shave it off



GIVE IT UP FOR GOOD

- Get sponsored to stop smoking or give up chocolate for the month
- Have a swear box for those stressful days at work!



WORK UP A SWEAT

- Sponsored bike ride / walk / swim - get sponsorship for a physical challenge
- 24-hour stationary bike challenge - raise funds with a 24-hour challenge at work or school
- Aerobics challenge - run an exercise class after work and ask for voluntary donations



SELL SELL SELL!

- Run a raffle, tombola, or jumble sale - ask for donations then set up a stall
- Host an auction - what will you sell? You could ask businesses for donations, or get people to donate a skill like DIY
- Guess the number of sweets in a jar, the weight of a Christmas cake, the name of a bear... sell each guess for 50p
- Have a car boot sale - clear out your junk and raise money for us!



GET CRAFTY

- Sell your crafty creations for Changing Lives - knit, stitch, paint or sew!
- Run a craft class and donate the fee to Changing Lives
- Upcycle a piece of furniture from our charity shop then sell it for us online

PUT THE FUN IN FUNDRAISING



- Fancy Dress Friday - charge £1 to wear fancy dress (or £2 to not have to!)
- Wear-your-wedding-dress disco - charge people £5 to relive the happiest day of their lives, with wedding wear, buffet and a cheesy disco
- Host a quiz or bingo game in your lunch break
- Don't forget the good old bath of beans!



BE HELPFUL

- Pack bags at your local supermarket - most have a community champion who can help set this up
- Mow lawns or weed gardens in your local community and donate any money you raise
- Offer to wash cars or walk dogs (but please be very careful!)



MAKE THE MOST OF SUMMER

- Have a BBQ or garden party
- Put your boss in stocks and sell wet sponges
- Family fun day - if you've got the time and space to spare!
- Stage a treasure hunt



SPREAD THE FESTIVE CHEER

- Wrap presents for a small fee
- Offer to decorate trees in exchange for a donation
- Sell 'wish' baubles on your community Christmas tree
- Queue for a few - brave the post office queue so other's don't have to

£5



Often, women come to us with nothing, after fleeing a violent relationship. £5 can buy a comfort kit of sanitary towels and toiletries for them to start their new life.

£15



We provide the people we support with the life skills they need to build a brighter future. £15 can pay for food for someone in our housing and homelessness services for a week.

£25



Civilian life can be a huge challenge for people who've spent all their life in the military. £25 can provide veterans with specialist support to learn new skills and find work.

£50



Interlaced throughout all of our services is employment coaching and support. £50 can provide smart clothes and shoes for someone's first interview.

Inspired? Fill in our fundraising form to let us know what you're planning, and download our fundraising resources to help you promote your event!