



**Ready, set,
fundraise!**




Step One
A brighter path to wellbeing

 Registered with
**FUNDRAISING
REGULATOR**

Registered charity number: 235434

Hello

Thank you for choosing to fundraise for Step One Charity, your incredible efforts will help provide **essential mental health support** to adults in Devon. This includes preventing crises, offering support to those who don't know where to turn, and providing creative and transformative wellbeing activities.

The rate of suicides for Devon is significantly higher than the rate for England, and social isolation and loneliness are key risk factors. This means local services are essential. Your support could go **towards a wide range of life-enhancing activities and tools**, such as:

- Specialist equipment and facility improvements
- Sensory items to help calm anxious patients
- Day trips for those we support in the community
- Vital mental health support in people's homes and in the community
- Online and in-person peer to peer support through our BeWell@StepOne programme

At Step One, we have been providing support to people with mental health challenges, learning disabilities and neurodiversity in Devon since 1937. Your fundraising activities will empower people in building a path towards independence, living a fulfilling life, and achieving their personal goals.

This pack has all the information you should need to kickstart your fundraising, from first steps to top tips to paying in the money you have raised. Thank you so much again for all your support and for helping to build a society where everyone can thrive in their local community.

Best wishes,
The Team at Step One

Your support
transforms lives



Alison's story

“I'm not that person that didn't want to be here anymore.”

Alison, a single mum of three, had always worked hard, but years of buried mental health struggles finally took their toll.

“Everything just went. Mind, body, spirit, soul. My body gave up on me and it made me stop. I didn't want to be here anymore.”

Forced to give up work, Alison found herself in a dark place and contemplated suicide many times. But hope arrived through a doctor's referral to the social prescribing team, who suggested the BeWell@StepOne H.O.P.E course as a starting point for recovery.

“It does what it says on the tin, it gave me hope.”

Through the course, she learned to understand her mental health. It taught her to take baby steps towards reintegrating into society, accepting her limitations, and finding strength in small achievements.

“

I always say that BeWell saved my life, because if it wasn't for going with Step One to the course and then coming here [wellbeing craft group], I'd probably still be sat in my flat, hating the world.

The course led her to the BeWell@StepOne wellbeing craft group in Paignton, where she found a supportive community. The group has become a significant part of Alison's life. Despite arriving in tears some days, they always manage to share a laugh, talk about their problems, and support each other.

“Right from day one, I just felt that support. We all have our down days and sometimes this is the only place I'll go in a week, but it's the one place I come because I feel safe.”

With your support, we can continue to offer life-changing programmes like the H.O.P.E course, providing people like Alison with the tools and encouragement they need to rebuild their lives.



Getting to know us

Step One provides a wide range of services for our community ensuring we reach those who need us most.

Cypress Hospital

Intensive inpatient rehabilitation hospital providing specialist support to people with complex mental health rehabilitation and recovery needs.

Supported living housing

Safe and supportive environments for people with mental health challenges or/and autism spectrum conditions to live more independently.

Community enabling support

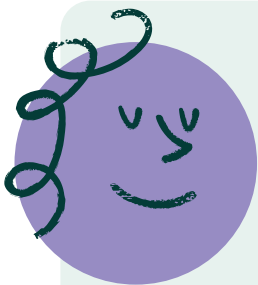
Empowering people with mental health challenges, autism spectrum conditions, or learning disabilities to thrive independently in their communities.

Recovery Practitioner support

Psychologically-informed interventions through one-to-one and group work, connecting people with the wider community and local resources.

BeWell@StepOne

Self-referral mental health and wellbeing support for the people of Devon, including online and in-person workshops, peer-support groups and activities.



Your support helps our essential services remain available to those who need them most.

You can find further details about our services on our website:
www.steponecharity.co.uk/what-we-do

Look what you can do!

Here's how **your** fundraising makes a difference.

In the last year:

550

people

received group-based
mental health support
through BeWell@StepOne

70

individuals

were **supported**
to thrive in their
communities

33

patients

with complex mental
health needs were
expertly cared for

Here's how the money you raise can make a difference:

£50

could fund an online course or workshop on managing stress and anxiety. This could teach people the skills and knowledge to manage their stress and anxiety levels and improve their overall wellbeing.

£150

could fund an in-person peer support session or activity with our wellbeing practitioners for people struggling with mental health, providing them with a safe space to share their experiences and learn from others.

£300

could fund vital repairs in our community facilities helping our patients and residents to recover and thrive in their environment.

£800

could fund a series of in-person peer support groups, promoting a sense of belonging and understanding for those facing mental health challenges.

"Coming here has changed my life, for two years I didn't really leave the house, now I go out every day."



Take on a challenge for Step One



Skydiving

Take on this bucket list challenge through our partnership with **Skydive Buzz**.



Run

We have places every year in the Great West Run, or take on your own running challenge.



Wing Walk

Take to the skies strapped to the wing of a 1940's Boeing Stearman Biplane for 10 minutes through our partnership with **Wingwalk Buzz**.



You can find further details and upcoming events on our website:
www.steponecharity.co.uk/take-on-a-challenge

Flying Fundraiser

Amie's 15,000ft skydive for Step One

Amie took part in a 15,000ft skydive for Step One, the highest possible dive in the world without an oxygen supply.

Her target was £395 but **she raised an incredible £765**, almost double her intended total.

“Mental health awareness and charities such as this are important, now more than ever. The work of Step One Charity is invaluable as they help so many people in Devon.”

“I, like many, have my own battles with mental health and I think it is that battle and understanding that drew me to the charity. Everyone is struggling right now but these awesome people are dedicated to helping those in need.”

“It was amazing, and terrifying, and I want to go and do it again... You'll love it if you do it”
- Amie



Taking the first step

Not sure where to begin? Get started with these fundraising ideas:



Bake sale

Everyone loves a sweet treat, especially for a good cause, so you could arrange a bake sale in your office or local community.



Birthday giving

Tired of thinking of present ideas? Ask your family and friends to donate to Step One for your birthday instead.



Quiz night

Organise a charity Quiz Night to show off your general knowledge whilst also making meaningful change.



Fundraise at work

Get your colleagues involved and come together to do something extraordinary for your local community.



Set up your JustGiving page

1. Head to www.justgiving.com/step-one to set up a fundraising page. (Or scan the QR code on this page).
2. Click the **fundraise button** to set up your page with Step One.
3. Decide your **fundraising target**.
4. **Personalise your page** – upload a profile picture and add a photo or video to show your supporters what you're doing.
5. **Share your story** – add a description of your event and why you're fundraising.
6. Start sharing **your fundraising page** with as many people as possible!



JustGiving[®]

7 fantastic fundraising top tips

1

Set a target

This will make it all less daunting and more achievable. You can always increase your target when you're nearly there!

2

Plan your event

Give yourself plenty of time to organise your fundraising activity to ensure you're fully prepared. This will help to protect your own wellbeing too!

3

Make the first donation yourself

This gets the ball rolling! People who donate to their own page on JustGiving raise up to 42% more. It's the best way to kick-start your journey.

4

Share updates with us

We are here to support you every step of the way - keep the fundraising team up to date on your progress and we can support you in your journey and amplify your mission.

5

Find a friend to join you

A challenge shared with someone is double the fun!

6

Proudly wear your Step One t-shirt

Get in contact with our fundraising team if you would like a t-shirt or running vest to wear for your fundraising.

7

Enjoy yourself

Stay motivated and have fun by tailoring your event to you and your interests.

Get in touch

Email us at fundraising@steponecharity.co.uk
or call us on 01392 255 428



“

The Step One fundraising team were superb from start to finish. From sending out a fundraising pack with helpful ideas, support throughout the fundraising process, and meeting us at the venue to help ease anxieties on the day. They went above and beyond to make the fundraising process and actual skydive as stress-free as possible.

- Laura, skydive participant

Shout it out!

Let people know about your fundraising efforts for Step One:

- **Get family, friends and colleagues involved.**
- **Reach out to businesses**, including your own, as they may have match funding opportunities where you could double the funds you raise.
- Share your fundraising journey with your **local paper or radio stations** to reach a wider audience.
- Include a link to your **JustGiving page in your email signature.**
- Share a heartfelt **thank you to those who donate.**
- **Use social media** to raise awareness:
 - Take plenty of **photos and videos** if you can throughout your fundraising journey and during your event
 - **Share your JustGiving page**
 - Don't forget to **tag us in all your social media posts.** Keep the fundraising team up to date with your fundraising journey – if you tag us, you might be featured on Step One's social media channels!



@steponecharity_



steponecharity



Follow us on LinkedIn

How to pay in the money you have raised

It's easy to make sure your funds go straight to supporting our community:

- If you have already set up your JustGiving page, the funds will be transferred to Step One automatically.
- Donate your funds raised online via our website:
www.steponecharity.co.uk/donate
- You can also donate through bank transfer:
Account Name: Step One Charity
Account Number: 32639600
Sort Code: 56-00-49
- You can send us a cheque by post, payable to Step One Charity. Address it to:
'Fundraising, Step One Charity, X Centre, Commercial Road, Exeter, EX2 4AD'

Scan QR code to donate online



We're here to help!

Email us at fundraising@steponecharity.co.uk
or call us on **01392 255 428** for more information.

Thank you

Thank you for fundraising for Step One and creating a brighter path to wellbeing.

Congratulations, you are taking the first step in making a difference across Devon by helping people to fulfil their potential and thrive in the local community. We are grateful for all your support, and we wish you the best of luck with your fundraising!



Important and legal information

Make sure to have a read before you start your fundraising.

- **Insurance and licences:**

These may be required for events that include collections on private or public property. You will need to get permission from the owner, and/or a licence from your local authority or police to collect donations on the street or any other public property.

- **Lotteries and competitions:**

There are lots of rules and regulations about running a lottery or raffle and you may need to apply for a licence. Please seek information from the Gambling Commission and your local authority who will be able to give you more guidance.

- **Food:**

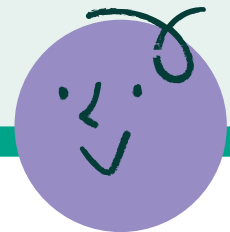
There are some guidelines to follow if you're selling food at your event. You can contact your local council for advice.

- **Personal safety:**

Be mindful of personal safety during both the planning stages and on the day of your activity. We cannot assume responsibility for your actions, so we recommend conducting your own risk assessment to mitigate potential hazards and legal issues.

- Make sure to refer to your activities as 'in aid of Step One' (rather than 'on Step One's behalf') because you'll be fundraising independently.
- We'll need the permission of a parent or guardian for you to fundraise for us if you're under 18. Please get in touch with us for a copy of our consent form.

If you want to discuss your event with our team, please don't hesitate to get in touch via fundraising@steponecharity.co.uk or **01392 255 428**.



Our promises to you

- We will always follow the Fundraising Regulator Code of Fundraising Practice.
- We will support your fundraising to the best of our ability.
- The funds you raise will go towards helping people with their mental wellbeing in Devon.



Stay up to date with all the latest activities and opportunities at Step One. Sign up to our newsletter at www.steponecharity.co.uk

Get in touch

Phone: 01392 255 428

Email: fundraising@steponecharity.co.uk

Follow us on

 @steponecharity_

 steponecharity

 Follow us on LinkedIn

Registered Charity Number: 235434

Registered Address: Step One Charity, X Centre, Commercial Road, Exeter, EX2 4AD

www.steponecharity.co.uk

