

# Revitalise

## Your Fundraising Pack



**Chris and his friend after completing the epic challenge of cycling from Lands' End to John O'Groats**



**Team Revitalise ready to cheer on our fantastic runners**



**Dave putting his best running foot forward during the London Marathon**



**Our Friends of Jubilee Lodge group hosting one of their brilliant fundraising events**

0303 303 0145

[events@revitalise.org.uk](mailto:events@revitalise.org.uk)

[revitalise.org.uk](http://revitalise.org.uk)

 [@RevitaliseCharity](https://www.instagram.com/RevitaliseCharity)

 [/RevitaliseCharity](https://www.facebook.com/RevitaliseCharity)

 [@RevitaliseNow](https://www.twitter.com/RevitaliseNow)

# Welcome to team Revitalise

We're the people who create revitalising holidays for disabled people and carers. It's everything you'd expect from a holiday, backed up by excellent nurse-led care and an army of brilliant volunteers. By joining us you're giving love a helping hand, through creating more holidays that are filled with unforgettable moments, friendship and loads of love.

This pack provides you with the ideas, tips and resources needed to make your fundraising a success. We hope you enjoy your journey with us, please do get in touch at [events@revitalise.org.uk](mailto:events@revitalise.org.uk) for support, advice or just a chat.

**Thank you for joining our team, and for recognising that absolutely everybody needs a holiday.**



By fundraising for Revitalise, here are just some of the things you will be helping to provide:



24-hour expert nurse-led care for our guests



Funding for disabled people and their carers who cannot afford the cost of a break



Exciting entertainment, activities and experiences for our guests to enjoy



## The difference you are making

Time away is an essential part of being well, of having healthy relationships. Too long without a break can put all this into crisis. Those who stay with us are no longer cared for and carer, but wife and husband, mother and daughter, volunteer and guest, old and new friend – one human being and another. Everyone needs valuable time away, and ends up better off for being together.

**30%** of people with **MOBILITY ISSUES** say that they are **ALWAYS** or **OFTEN LONELY**



**1 in 3** of us will **BECOME CARERS** at some point in **OUR LIVES**



**1 in 3** who have seen rising living costs have **spent less on visiting family** & **1 in 5 FEEL LONELY**



## The impact of COVID-19 for disabled people and carers

**As lockdown restrictions have been lifted, we look forward to the next chapter for Revitalise.**

It is estimated that the pandemic made 79% of disabled people feel stressed or anxious, 50% their mental health worse, and 23% feel like a burden on others. Around twice as many disabled people (40%) reported to feeling lonelier and more isolated.


During the pandemic, we supported the NHS by converting our Jubilee Lodge hotel into a step-down care facility, taking pressure off critical care capacity in local hospitals. We are so proud of our centre teams for transitioning so quickly. We also kept our Sandpipers centre in Southport open for holidays throughout the pandemic, offering disabled people and carers a vital respite opportunity.

In April, we saw the reopening of Jubilee Lodge after two years of lockdowns and refurbishments, and we look forward to seeing former and new guests at all our centres in the future.

**74%** of disabled people reported their **cost of living** had **INCREASED**



With the **rising cost** of living, **disabled people** are **2x** more likely to have a **COLD HOUSE**



**96%** of our **guests and carers** think proper breaks away are **ESSENTIAL TO SUSTAINING** a good caring relationship



# Get to know our guests

## Hilary & Shaun



At age 19, Shaun had an accident whilst on holiday with friends in Ibiza, resulting in brain damage. Now 32, Shaun's mother Hilary cares for him full-time.

**"For the last 15 years I've been caring for Shaun but I definitely wouldn't call myself a carer, it's just something I do as his mum.**

**He's my same old cheeky, cheeky chappy. But of course it wouldn't be true to call the last 15 years easy - in fact some were such struggle I can't even describe. 2013 to 2015 were so low that I did some**

**really stupid things, but I'm over that now.**

**I'm never, ever, going to give up on my son. Life is too short you know; you need to keep fighting."**

And slowly, through speech and physical therapy that Hilary provided herself, the changes she witnessed in Shaun have been incredible. Now at the age of 32, his changes seem to have plateaued, but Hilary is always going to keep trying and hoping that he can improve more.

Shaun's been going on Revitalise breaks at Sandpipers three times a year, for the last 12 years.

**"He really loves going to Revitalise as he gets loads of attention, hangs out with his friends and has fun. He looks forward to his holidays and always comes back with a big smile on his face. He especially enjoys going on the trips to Blackpool and to comedy evenings. Shaun also likes to get space away from me and be an independent young person"**

A story of a family who were helped by Revitalise during COVID-19...

## Sid, Liz & Christine

When Sid and his wife Sheila's first daughter Elizabeth was born with microcephaly, they were told she wasn't going to live. The condition meant her skull was too small, so her brain wasn't able to develop. It wasn't easy, but they stuck together as a family, and amazingly young Elizabeth came through.

**"The doctors told us there was a million to one chance that we'd have another child with a disability, but we did. Our youngest Christine had the same thing."**

The couple never looked back, giving their daughters all the love, care and support they need.

**"They love music and laughing, they are just sisters."**

Sadly, since Sid's wife Sheila died in 2019, he has been looking after them on his own.

**"I'm 75 and I look after my daughters myself, the best I can. I just have to get on with it"**

Sid got in touch with Revitalise, as like many people

who care for their loved ones, he was worried what might happen to them if he got ill during the COVID-19 pandemic. He could not afford for his daughters to be cared for anywhere else right now.

Christine and Liz were able to go to Sandpipers during the crisis, and were safely looked after by our dedicated team of healthcare staff.

**"I can't fault Revitalise...they have the best care. We would never be able to afford for them to go there now, no way."**

This would never have been possible without the kind donations we have received.



# 10 WAYS to smash *your* fundraising target

- 1 Download the Revitalise Fundraising pack.
- 2 Decide how you want to raise money for Revitalise, you can find lots of ideas on page 7.
- 3 Ask your employer if they run a donation match scheme, or if they are able to support you in another way.
- 4 Set up your online fundraising page, we recommend using JustGiving to keep people up to date with progress or training updates and keep fundraising after.
- 5 Download and order your merchandise, details are on page 7.
- 6 Think about groups of people you could ask for support and show them how to do so; friends, family and colleagues are usually a good place to start.
- 7 Get in touch with us! We love to hear the creative ways our supporters fundraise and we can offer you help if you want it.
- 8 Remind people to Gift Aid their donations.
- 9 Spread the word about your fundraising using social media channels or by contacting your local newspaper or radio station.
- 10 Keep fundraising after your event; many people will still donate when you have already achieved your goal.

# Everyday fundraising heroes

## Rob

Rob is a long-time supporter of Revitalise, having taken part in event challenges for us in the past. He is hoping to take on the epic challenge of the London Marathon in the coming years.

He is no stranger to running, taking on his first half marathon in the 1980s, and running his latest half quicker than his first!

During the lockdown period for COVID-19, he was self-isolating and had to be particularly careful because he has COPD (chronic obstructive pulmonary disease).

He is especially aware of how important it is to support carers, as he cared for his mum full-time for 5 years before she died. She had strokes which left her disabled, so she needed 24/7 care. At the time, he didn't know Revitalise existed, and he relied on the visits of district nurses for him to be able to take a bit of time off. He is committed to supporting Revitalise, as he understands how important breaks are for carers.

**“When you're a carer, the be all and end all is to look after that person, it closes down the rest of your life”**

Although the London Marathon 2020 was cancelled due to COVID-19, this didn't stop Rob from taking part in his own challenge. He did the 26.2 mile run from his own home using his treadmill - now that is dedication! We look forward to seeing Rob run for Revitalise in future marathons.



Thanks so much Rob, and well done on completing your own marathon challenge for Revitalise!

Revitalise takes part in the London Marathon and Great North Run every year - to find out more email us on [events@revitalise.org.uk](mailto:events@revitalise.org.uk)

**Top tip: make your online fundraising page personal, write a biography of yourself, include why you are supporting Revitalise and don't forget to post regular updates and photos of your progress.**

# Ideas and materials

## Ideas to kick-start your fundraising



### RUNNING EVENT

Join us for the London Marathon or Great North Run



### SKYDIVING



### SWEEPSTAKE



### HEAD SHAVE



### RAFFLE

Share prizes online with family and friends



### AUCTION YOUR SERVICES

Could you help a neighbour? Or auction your drawings?



### QUIZ NIGHT

Can be done in person, over Zoom or Facebook!



### SPONSORED DANCE-A-THON

Bust a move in your own home for 1 hour straight, record it and share it online!



### SET UP A BIRTHDAY FUNDRAISER ON FACEBOOK



### DONATE OLD BOOKS AND CLOTHES

Got some items that you don't need anymore? Donate them through Ziffit or EbayForCharity



### BAKE SALE

Host a coffee morning, or get your friends to bake some cakes in their own home and set up a fundraising page

## Fundraising resources for you to use

Available by emailing the events team

Collection tins • Balloons • Pens • Leaflets • Sponsorship forms • Posters

Email [events@revitalise.org.uk](mailto:events@revitalise.org.uk)

Fundraise and donate with Amazon [smile.amazon.co.uk](https://smile.amazon.co.uk)

Did you know you can donate to Revitalise whilst doing your online shopping through Amazon?

All you need to do is use this link [smile.amazon.co.uk](https://smile.amazon.co.uk), start shopping and choose to donate to Revitalise at the checkout. It's really easy and won't cost you a penny.

**Share the link on your fundraising page and on social media!**



---

## FAQs

### Q How do I set up an online fundraising page?

A Go to the JustGiving website and select Revitalise as your charity. Follow the instructions to set up your page. Choose your fundraising target, page title and team members (if you have them). Tell people why you are fundraising for Revitalise and how their donation will help. JustGiving can be accessed via the following link:

**[www.justgiving.com/revitaliserespiteholidays](http://www.justgiving.com/revitaliserespiteholidays)**

### Q How can I pay my fundraising money in?

A Please send offline donations, payable by cheque to Revitalise, with sponsorship forms to the Revitalise London Office (see page 10). Please bank any cash donations and send in a personal cheque to cover the amount. You can also pay donations by way of a BACS transfer.

### Q How does Gift Aid work?

A For every pound donated, we can claim 25p from the government – but to do this, we need your sponsors to agree, and provide some details.

**[www.revitalise.org.uk/wp-content/uploads/2022/07/Gift-Aid-Marketing.pdf](http://www.revitalise.org.uk/wp-content/uploads/2022/07/Gift-Aid-Marketing.pdf)**

### Q Can I use the Revitalise logo?

A As a fundraiser, you can use our Revitalise logo in aid of promoting your event or challenge. Don't forget to also include our charity number 295072!

### Q Do I need to obtain a licence from the Local Authority if I am organising an event or collection?

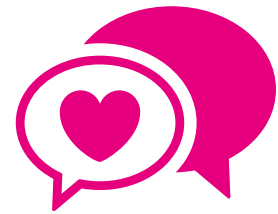
A You will need an appropriate licence from your Local Authority if you are putting on an entertainment event in a public place, serving food or drink or if you are holding a street collection.

### Q What do I need to do if I am holding a raffle or lottery?

A If you are holding a raffle or lottery make sure to read the Gambling Commission's information on Fundraising with lotteries or raffles at events.

**[www.gamblingcommission.gov.uk/public-and-players/fundraising-and-lotteries](http://www.gamblingcommission.gov.uk/public-and-players/fundraising-and-lotteries)**





## Thank you!

**We cannot thank you enough for choosing to fundraise for us - you are making it possible for Revitalise to provide much-needed respite holidays for people with disabilities and their carers.**

Our mission is simple - to make sure people with disabilities and their carers have access to the proper breaks that they deserve.

At Revitalise, we believe that the chance to have a holiday; to escape from the everyday, explore, relax and refresh is something that everybody should be able to access and enjoy. Sadly, many people with disabilities, and their carers, face significant barriers to doing so - these can include affordability, the challenges of accessibility and the guilt that carers can feel in handing over the responsibility for the person they love to others. By fundraising for Revitalise, you will be helping us to break down these barriers.

In this pack you'll find lots of useful tips and advice - our team is here to support you in any way we can.

**Enjoy yourself, stay safe and train well. And welcome to Team Revitalise.**



**Jan Tregelles,**  
Chief Executive  
Officer



Welcome to the team!

**Call** 0303 303 0145 | **Email** [events@revitalise.org.uk](mailto:events@revitalise.org.uk) | **Visit** [revitalise.org.uk](http://revitalise.org.uk)

**Revitalise Respite Holidays**  
240 City Road, London, EC1V 2PR

Registered charity number: 295072. Company number: 2044219.

 [@RevitaliseCharity](https://www.instagram.com/RevitaliseCharity)

 [/RevitaliseCharity](https://www.facebook.com/RevitaliseCharity)

 [@RevitaliseNow](https://www.twitter.com/RevitaliseNow)

