

SARSAS

*Listen.
Believe.
Support.*

Feminist Film Night Fundraising Pack

Join us to support survivors of sexual violence.



Your Feminist Film Night

Gather your pals, kick back, and relax for a movie night like no other!

This **International Women's Day** (Sunday 8th March), fundraising has never been easier. Just pull on your pjs, pop on a film, and put some popcorn on the hob!

Host a get-together in your home, providing snacks and blankets for your loved ones, and charge a donation to SARSAS instead of what you would have spent on cinema tickets. It couldn't be easier!

What does a feminist film mean to you?

Whether it's a film with a strong female lead who's tough as nails, or a group of women who are messy, flawed and figuring it out together - why not choose a film that resonates with you?



Why a feminist film night?

SARSAS supports anyone of any gender who has experienced sexual violence, but we know that rape and sexual abuse disproportionately impact women, and the majority of people who access our services are women. As such, we think it's really important to shine a light on the realities of sexual violence on International Women's Day, but also celebrate the strength and fortitude of women too. We hope you enjoy this easy, accessible fundraising event, and spend some quality time with the women in your life this International Women's Day.

Step by Step Guide

Step One - When and where?

The first step is to decide when you'd like to host your film night - on International Women's Day? On a grey and grizzly evening when the forecast looks terrible? Choose a day and time that works for you, at a place that works for you. Your place, a friend's? Where feels like cosiness and self-care?

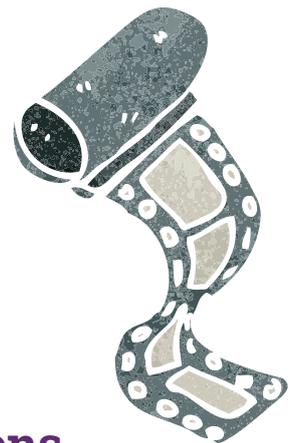


Step Two - The guest list

You've got a time and a date, but now you need people to make it happen! Just you and your partner, or bestie? Or a big group bundled into a living room? Bring together the folks you love spending time with!

Step Three - Pick your film

Now, this is arguably the hardest step of all! We don't want any fighting over Netflix on the night, or flicking through a thousand DVDs - make your film watching decision early and stick to it (*check our guide for some suggestions!*)



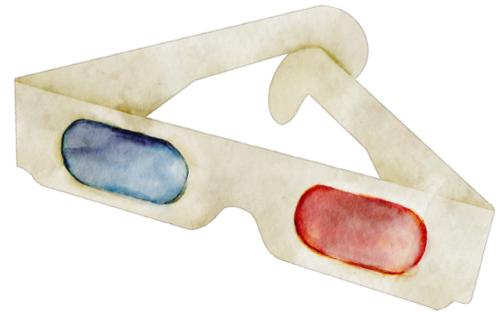
Step Four - Invitations

Get your invites out - letting your favourite people know when, where, which movie, and what to expect for fundraising on the night!

Step by Step Guide - Continued

Step Five - Your Fundraising

There's no right or wrong way to fundraise, so choose something that is affordable for you. Every donation, no matter how small, comes together to make a huge impact.



Fundraising Methods

- **Charge a ticket fee.** Everyone pays £10 onto a JustGiving Page to come along - nice and simple.
- **Bid to choose the movie.** How competitive are your friends? Start the bidding to choose the movie at £1, encouraging people to bid for the right to select the film everyone watches!
- **Charge for snacks.** Set up a snack bar on the night, charging donations for different snacks and drinks.
- **Film bingo.** Seen the film loads of times? Make a bingo card, crossing off popular quotes or scenes as they appear - donating £1 for each square, and having a prize for the full grid!

Step Six - Enjoy your evening!

Whatever a great movie night looks like for you, we hope you have an amazing time with your loved ones watching a fabulous film for International Women's Day. Not only can you have a great evening of self care, but all the proceeds support local survivors - so you can feel doubly amazing.



Our Feminist Film Picks

Stuck for inspiration?

Here's some of our favourite films, and some themes to look out for, why not start here!



Defying Expectations

For intelligent, brave female leads who defy society's expectations of them.

- Legally Blonde (2001)
- Hidden Figures (2016)
- The Help (2011)
- Alien (1979)

Teenage Rebellion

With messy moments, fighting with friends, and learning through doing.

- Rocks (2019)
- Girlhood (2014)
- Moxie (2021)
- Booksmart (2019)

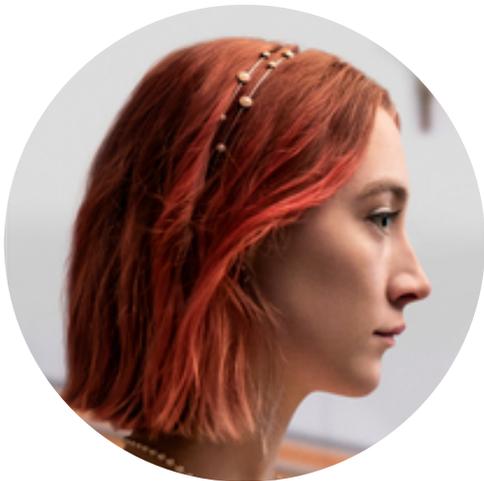


Fierce Friendship

If you're looking for great ensemble casts of women who have each other's backs.

- Steel Magnolias (1989)
- Romy and Michele's High School Reunion (1997)
- Bridesmaids (2011)

Film Picks - Continued



Family Ties

For films focusing on family, and motherhood, and everything that entails.

- The Joy Luck Club (1993)
- Lady Bird (2017)
- The Farewell (2019)
- Nightbitch (2024)

Borrowing from Biographies

Films that are loosely based on real people - watch them with a grain of salt!

- Erin Brokovich (2000)
- Persepolis (2007)
- On The Basis of Sex (2018)
- A League of Their Own (1992)



Themes of Violence

For films that tackle the reality of sexual and domestic violence, here are some we recommend. Consider your triggers and state of wellbeing before watching.

- Sleeping with the Enemy (1991)
- Promising Young Woman (2020)
- Three Billboards outside Ebbing, Missouri (2017)
- The Colour Purple (1985)

Top Tip

To find out if a film contains content that might upset you, we recommend the website **'Does The Dog Die?'**, which is a crowd-sourced website sharing triggers in films.

Why your support matters

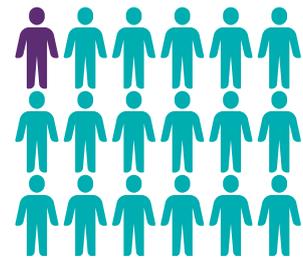
Sexual violence is widespread in our society



1 in 4 women have been raped or sexually assaulted as an adult.

1 in 18 men have been raped or sexually assaulted as an adult.

1 in 6 children have been sexually abused.



The prevalence of sexual violence in society is unacceptable. We can only support survivors and work to eradicate it with your help.

More people than ever need our support

SARSAS receives almost **4 referrals** for support **every single day**.

Around **80%** of our clients disclose **mental health issues** as a result of sexual violence - many coming to us having self-harmed and having had suicidal thoughts.

It's challenging to speak out

Many people who are sexually abused in childhood never feel able to talk about their experience, for those who do it takes them on average around **24 years** to do so from the time of the abuse.

“After downplaying my experience for nearly 30 years it was lovely to be taken seriously and treated so kindly.”

How we support people

About SARSAS

SARSAS is a mental health charity supporting survivors of sexual violence. We operate across Bristol, Bath and North East Somerset, Somerset, North Somerset and South Gloucestershire.

We listen to, believe and support survivors of sexual violence, to reduce their trauma symptoms, improve their mental health, increase their safety and prevent future victimisation. We also work to eliminate sexual violence through campaigning and advocacy, alongside training and education to promote a culture of consent.

What do we do?

We provide a range of services to our local community, including:

- a helpline and online support (emails and live chat).
- trauma-informed counselling and groupwork.
- specialist support work for survivors with multiple support needs.
- information and guidance through our websites.
- self-help materials in several languages.
- training and workshops for schools, workplaces and sector professionals.
- services designed for LGBTQIA+ communities, and those with learning disabilities and autism.

“Thank you so much for providing this support, it has given me a new lease of life!”



A message from SARSAS Fundraiser, Jenny



Thank you so much for supporting SARSAS through your fundraising efforts. With your help, we can continue to provide life-changing support to people who have been impacted by rape and sexual abuse.

SARSAS supports anyone of any gender who has experienced rape, sexual assault, or any kind of sexual violence at any time in their lives. We know that sexual violence disproportionately impacts women and girls, and so we'd love for you to join us in putting on your very own **feminist film night fundraising event**. We hope you have a great time on your film night surrounding yourself with people that make you feel safe and loved.

If you want or need any support with making your fundraising happen, I'm always here to help and no question is too silly! If you're looking to make a bigger deal of your event and want to license a film - get in touch so we can work out the logistics!



Ready to get fundraising?

Get in touch with the SARSAS Team by emailing fundraising@sarsas.org.uk, to get started on your fundraising adventure!



Keep in touch!

Your support doesn't have to end when your fundraising does.

Sign up to our newsletter

Just visit sarsas.org.uk to get updates to your inbox.

Follow us on socials

You can find SARSAS on [Facebook](#), [Instagram](#), [LinkedIn](#) & [TikTok](#).

SARSAS

*Listen.
Believe.
Support.*



Registered with
**FUNDRAISING
REGULATOR**