

SARSAS

*Listen.
Believe.
Support.*

Get fundraising!

Join us to support survivors of sexual violence.



A message from SARSAS CEO, Lorri Weaving



“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.

Having participated in many fundraising events and challenges myself, I truly appreciate all the hard work and dedication that goes into raising funds for a cause. Your commitment makes a real difference.

Whatever you decide to do for us, whether it’s organising a quiz night, hosting a bake sale, or participating in a sponsored run, you’re ensuring that survivors can get the specialist help they need. Every contribution, no matter the size, plays a huge part in keeping our operations going.

Thank you once again for standing alongside us to achieve our vision of a world without sexual violence.”



Ready to get fundraising?

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

Why your support matters

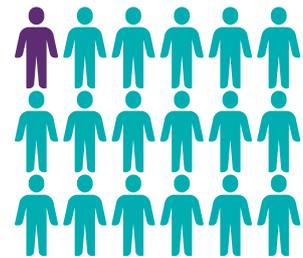
Sexual violence is widespread in our society



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 e-support (emails and live chat).
- trauma-informed counselling and groupwork.
- specialist support work for survivors who have complex 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!”



Words from a helpline caller

Our Helpline service was there for Sally when she began experiencing anxiety and panic attacks. Sally was in a new relationship but had previously been in abusive relationships for many years, and the trauma had seriously affected her mental health.

In her new relationship, Sally struggled with low self-esteem and felt undeserving of love and happiness. Anxiety and panic attacks seemed to come out of nowhere - they scared her and those around her, including her teenage son.

The helpline gave Sally a safe space where she could come to terms with what had happened to her and start to make sense of the intense emotions that she felt.

In time, Sally stopped blaming herself. She is learning to prioritise her own needs and starting to find peace.



“Before I found SARSAS, I felt like my life was spiralling out of control; there were days when I didn’t recognise myself or understand my behaviour. I know now that... what happened wasn’t my fault. I know I deserve to be happy... it’s ok to be me.”



Did you know?

SARSAS helpline volunteers deliver **hundreds of hours** of support every year. Last year we delivered over **39 non-stop days'** worth of helpline support! (937 hours in FY23/24).

Fundraising ideas

There's no right or wrong way to fundraise for SARSAS, have a think about what you'd love to do!

Run

Smash your fitness goals with a sponsored run. Why not sign up with SARSAS for a local event like the Bristol 10k or the Bath Half (we have charity places with reduced entry fees, and they sell out fast!), or explore your own options further afield - Barcelona Marathon anyone?



Quiz

Host a pub quiz at your local with a feminist theme. Charge £4 for entry, with £2 going in the prize pot, and £2 as a donation to SARSAS. You'd be surprised how much a humble quiz can raise!

Bake

Whether it's in the office, with you local club or just at home with friends, everyone loves a bake sale for charity. Keep it seasonal with festive bakes, Valentine's treats or fruity summer bakes!



Not quite your thing?

Get in touch with fundraising@sarsas.org.uk to chat about what you love to do, there's always a way to make your interests into a fabulous fundraiser. If you're totally stuck, we also have seasonal fundraising packs to keep you inspired year-round.

Take it step by step...

Decide on your fundraiser

Have a browse of our fundraising ideas, or think of something unique yourself. No ideas? No problem! Email us on fundraising@sarsas.org.uk

Set a date

Once you know what you're doing, when are you going to do it? Get a date (and a venue, if you need one!)

Get in touch with SARSAS

Let us know what you're doing! We can only support you if we know you are and what you're doing. Don't forget to get in touch.

Set up your online giving page

Set up an online giving page following our instructions to collect all your donations in one place.

Keep it safe and legal

Some events, especially raffles or collections in public places, require insurance or licenses, just ask our team for advise if you're not sure, and always keep yourself and any guests safe!

Invite loved ones, share updates & give thanks

Fundraising can only happen if people know about it - ask friends and family to donate or attend your event. Once your fundraiser is done, don't forget to thank everyone with a heartfelt message about their impact.



Words from our fundraisers

Bristol Junior Lawyers Division (BJLD)

The BJLD chose SARSAS as their Charity of The Year for 2024, raising funds through events like quizzes, raffles and balls. They raised an incredible **£7,000**. Here's what they had to say:

"Bristol Junior Lawyers Division were privileged to work alongside SARSAS in 2024 to raise funds and awareness for an extremely important cause. SARSAS's volunteers are fantastic to work with and were very proactive and hard-working fundraisers when attending our key events. SARSAS joined us at our annual summer ball and delivered a very moving address, sharing powerful stories and case studies and explaining how junior lawyers can provide support, and we were very grateful for their valuable time and effort on the night. Bristol JLD and we wish SARSAS all the very best for the coming year and beyond."

The BJLD Team and fundraiser, Jenny, at the SARSAS Offices



Looking to do something bigger?

SARSAS welcome partnerships with community organisations and businesses, and we can work with you on a bespoke package of events and fundraisers. Get in touch with Corporate Partnership Lead, Jenny, on jennybenson@sarsas.org.uk to chat!

Set up your JustGiving page

JustGiving Page Set Up

A great way to collect donations is through an online fundraising page. Share the link with loved ones to sponsor you. The platform handles all the donations and pays the money directly to us – easy!

1. Go to www.justgiving.com and click 'Start Fundraising'.
2. Select 'Yes, I'm fundraising for a charity' and click 'Next'.
3. You'll be asked to sign in to your account if you have one, if you don't then just click 'Sign Up' and follow the steps.
4. Once signed in, you'll be asked to choose the cause you'd like to support. Type 'SARSAS' into the search bar and select us from the menu, our full name on JustGiving is 'SARSAS Somerset and Avon Rape and Sexual Abuse Support'. Then press 'Continue'.
5. You'll then be asked some questions about your fundraiser to set up your page.
6. At the 'Personalise your page' step, make sure to add photos or videos, and of course text that's personal to you.
7. When you get to the final step, we recommend you go back and check you're happy with everything. Then, click that 'Launch my page' button
8. Ta da! You're ready to get fundraising!

P.S. Don't forget to set a fundraising page target - pages with targets raise more, as people like to help you towards your goal.

JustGiving not for you?

Don't worry, we can help with paper sponsorship forms, or talk about paying cash or using a different website. Just get in touch.

Maximise your fundraising

Share your story

When setting up your giving page, or talking about your event, explain why fundraising for SARSAS is so important to you, and to those we support. Personalised pages have been found to raise significantly more, so don't forget to add your story, some great pictures, and keep the page updated too!

“The support and kindness you have shown me has finally allowed the healing process to happen.”

Donate to your own page

Fundraisers who donate to their own page raise more than those who don't, so why not make the first donation to your own page and set the tone?

Keep in touch

Don't be shy about your amazing fundraising efforts. Update your online page, and talk to friends, family, colleagues and loved ones about what you're doing and why it matters.

GiftAid it

Don't forget to remind people to GiftAid their donations if they're eligible. When you use GiftAid, SARSAS receives an extra 25p for every £1 you raise at no extra cost to you or people donating to you! (For more info about how we claim GiftAid, please get in touch)



Need a hand?

If there's anything we've not covered in this guide, or you just want to chat through your ideas, have no fear! You can reach out SARSAS for support at any time.

Hi I'm Jenny!

I'm the Corporate Partnership Lead here at SARSAS but I also look after all our amazing fundraisers like you that take on events and challenges for SARSAS. My inbox is always open, so just email me on jennybenson@sarsas.org.uk if you want to chat!



Paying in funds?

If you're fundraising with cash, you can pay the funds into our bank account directly, just let us know so we know where the funds are coming from!

- **Account name:** Somerset and Avon Rape and Sexual Abuse Support
- **Account number:** 20317058
- **Sort code:** 60 83 01

Need resources?

SARSAS can offer training vests, t-shirts and other resources to you. If you've got something in mind, just ask.



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**