



Tell us **why...**
This July.

Fundraising Ideas Pack



a £5
donation
will fund a
Kindness
Call



Tell us **why...** This July.

Hello from RCV UK and a heartfelt thank you from both Tara and Dawn our co-directors, for signing up for our "tell us why this July" challenge. We are asking people in our community to commit to a challenge of their choosing and raise money for us to continue with our mission in Risca and the surrounding areas.

Whether you want to run/walk/swim a mile a day through July. Bake up a storm, take a vow of silence or even a sponsored knit-a-thon do what you love and raise vital funds for our charity.

First, let's start by telling you why we do what we do.

Since 2020 we have been working tirelessly to help vulnerable people in our community. We focused on ensuring no-one felt alone, hungry, or frightened through the pandemic. We started Tin on a Wall to restock food banks that had been depleted like never before. To help overcome the overwhelming loneliness felt by those isolated by the strict lockdown rules - we were there for them. Arranging their shopping, prescription requests, taking them to urgent doctor's appointments or simply giving them a regular kindness call to make sure they were ok.

We were there through the pandemic for those that needed help the most, but the effects of the pandemic have not gone away. Loneliness and food insecurity still exist within our community. Now we've turned our attention to ensuring families hit the hardest by the cost of living crisis have a helping hand in the community. Whilst of course still being there for our wonderful VIPs enhancing the clubs and services we have on offer for them. Risca Community Volunteers are here for the long term for those in need. Then, now, always fighting for those who need someone in their corner.

Thank you for your support.

*Tara
& Dawn*



a £20 donation
will fund
cleaning
equipment for
our uniform
recycle scheme

Tell us **why**... This July.

Let's Get Fundraising!



Step 1: Choose your Challenge!

You can do whatever you like for your fundraising challenge. Whether it's a fitness challenge, a giving something up challenge, or even as simple as a reading challenge - the choice is completely yours! We have some fun and some crazy challenge ideas in this pack. Remember to consider your own fitness levels and abilities when picking a challenge.

Step 2: Set up your fundraising page

We recommend you set up a page on Justgiving - we're registered on there as a charity and you can pledge any money you raise directly to us. It's an easy way to share on your social channels and get friends and family to sponsor you. Don't worry we have a separate guide on how to do this.

If you want to go old school and download a traditional sponsor form - we've got you there too. All money you collect will have to be brought to our hub at Channel View or We Connect Cafe by August 10th.

Step 3: Start Fundraising

This pack is full of ideas on how you can raise money for RCVUK. So even if you don't want to commit to a full challenge don't worry you can still take part.

A Hand Up - Not Always a Hand Out

Our We Share Uniform Recycling Scheme has been in full swing for 18 months. We encourage people to donate no longer needed, good quality uniform to us. We then sort uniform and hold uniform events before the start of school terms to give parents the opportunity to buy nearly new items for a suggested donation of 50p per item. During the cost of living crisis you no longer need to dread the mid term growth spurt. A £20 donation can secure the equipment we need to clean uniform and shoes so they are perfect for their new owners.



Tell us **why...** This July.

A £25
donation will
pay for petrol
to transport
our VIPs to
events

Challenge Inspiration

Stuck for a challenge idea? We've got some ideas here for you:

Long term challenges

- Commit to a distance every day to run, walk, swim, skip, jump - 1k, 1 mile, 5k, 5 miles - you decide
- Can you manage 10k steps every single day in July?
- 100 squats, press-ups, sit-ups every day - or maybe more?
- Need something more gentle? Yoga with Adrienne on YouTube has some amazing 30 day yoga challenges for you to try.
- Sign up as a group or family and commit to walking a large distance together!

Main Event Challenges

- Can you commit to a 5K, 10K or longer walk or run?
- Ever fancied a half marathon? Why not this month?
- Is swimming your thing? How far can you swim within a certain time?
- Is there a mountain you want to climb? Do it for us!

Non Physical Challenges

- Give up something for a whole month - chocolate, alcohol, smoking, meat.
- Can you learn a new skill in a month? We recommend Makaton and we do classes every Thursday.
- Ever wanted to read an entire book series? Why not do a sponsored book reading
- Can you knit faster than a speeding bullet train? Prove it

a £10
donation
will fund pantry
memberships
for 5 families



Tell us **why**... This July.

A £100 donation will secure the high vis vests we need to keep our champions safe when collecting in their streets

What we do - Tin on a Wall



If you've not heard about Tin on a Wall - where have you been? We launched Tin on a Wall in June 2020 as a method of getting large donations to restock food banks. A simple concept - put a non-perishable food item on your wall, doorstep, windowsill, etc. and our champions will collect your donation and deliver it to our hub for sorting and distributing to local food banks and charities in need.



We did not expect to collect 2.5 tonnes of food during our first collection. We were overwhelmed by the generosity shown as were the foodbanks who didn't need to turn anyone in need away.

We've expanded and now collect in Ystrad Mynach and surrounding areas, Cwmfelinfach, Wattsville, Crosskeys, Risca, and Rogerstone.

A £100 donation means we can secure high-vis vests for our street champions so they stay safe when they pick up their collections.

“When our shelves were empty the love and kindness in your hearts filled them”

Pantside Foodbank



Tell us **why...** This July.

A £50 donation
will allow us to
get everything
we need for our
coffee and
activity mornings

Fundraising Ideas

Don't fancy a challenge but still want to take part? Or looking at ways to add extra money to your fundraising pot? Here are our ideas for boosting your funds:

- Bake Sales
- Car Boot Sales
- Sell a painting or drawing
- Organise a pub quiz
- Bring and buy sale
- Tombola
- Guess the sweets in the jar
- Hook a duck
- Car Wash
- Face Painting
- Glitter Tattoos
- Tea/Coffee Mornings
- Guess the bear name
- Lawn mowing
- Swear jar



Tell us **why...** This July.

We keep working to ensure no-one in our community is alone, hungry, or frightened. Help us continue our mission by fundraising for us this July.

Name: _____
Address: _____ _____
Activity: _____ _____ _____

Name	Address	Amount	Gift Aid?





This **July** I'm raising money
for **RCV UK** by

on

