



## *Fundraising Guide*

**Let's give local carers the support they deserve**

## Welcome to Team Trafford Carers!

Carers often put their own needs last as they do their best for the person they're caring for, leaving them feeling stressed, depressed and exhausted. By fundraising for Trafford Carers Centre you're giving local carers like Nathan\* a lifeline.

*"Managing school is stressful, it's hard to get revision done. My brother stays up until the early hours, sometimes all night. He has the TV on to stop him lashing out. So I lose sleep and revision time, none of us sleep much. We have no respite so the whole house is suffering.*

*I do get to go out sometimes but have to match it up with appointment times and when mum needs help. Things can change last minute and it is hard to invite people from school round if they don't understand, I don't want them taking the mick out of him.*



*I met my best friend through the group at Trafford Carers Centre. Having a friend who understands and accepts my brother means he can come round and I can go to his too. I've met a lot of new friends through the group and we've done quite a few activities. It just gives us a chance to get out of the house, have some freedom, do what we want to do and not be stuck in our caring role."*

\*Names and photos changed in the interests of privacy



## **There are over 24,000 unpaid carers in Trafford alone.**

Any one of us could become a carer - in fact three in five of us will find ourselves in an unpaid caring role at some point in our lives. Being a carer could mean helping with household chores, personal care, getting out of the house or just being there to make sure things are OK. It could be something that's slotted in to spare time or it could become a full time job.

Caring can affect every aspect of life. It can be hard to keep up with work or school commitments. It can get lonely, as free time for socialising and self-care get squeezed and it gets harder to leave the house. There can be pressures on budgets and difficulties navigating the welfare system.

At Trafford Carers Centre we believe all carers have the right to be recognised, valued and do things they enjoy. Our centres in Sale are a place where carers can get free, confidential support and advice. Although we get some money from Trafford Council and NHS Trafford, this doesn't cover all the costs of providing the support carers need.

**We rely on the kindness and generosity of people like you to continue our work, so local carers can get the help they need, when they need it, free of charge.**

**£12 could pay for a call to our helpline, the first point of contact for carers who are in crisis**

**£25 could pay for a full health check with our nurse to help carers look after themselves too**

**£80 could pay for a carer to go to a support group for a year so they don't feel so alone**

**£100 could pay for six counselling sessions to help carers manage their mental health**

**£250 could pay for a carer to have a break away, giving them some respite and a chance to recharge**

**£700 could pay to run an activity group for a year so carers can get together and learn new skills**

**£1,000 could pay for summer holiday activities so young carers can make friends and have fun**

**£3,600 could pay for relaxation therapies for a year, so carers can get some time to de-stress and unwind**

**£13,000 could pay for a benefits advisor for a year, so carers claim the support they're entitled to**

## **We're here to help make your fundraising a success.**

However you support us and whatever you raise, you're helping local carers get the help they need, when they need it, free of charge. Thank you! We will do all we can to support you in your fundraising, whether you're getting sponsored to do something daring; organising a one off event or planning a long term partnership.

- **Fundraising advice** - whether this is your first or fiftieth fundraiser, having someone to bounce ideas off of can come in handy.
- **Promotion** - the more people that know what you've got planned, the more you will raise and the more carers you can help! We can give you template posters and a logo to use, to show you are fundraising in aid of Trafford Carers Centre. We can also help spread the word on our website and social media pages.
- **Rules and regulations** - The Fundraising Regulator website has lots of information about keeping your fundraising legal and safe, from organising collections to running raffles, but we can help with this too.

All you need to do is register your fundraising, if you haven't already. Email [fundraising@traffordcarerscentre.org.uk](mailto:fundraising@traffordcarerscentre.org.uk) or call 0161 8482000 (option 4)

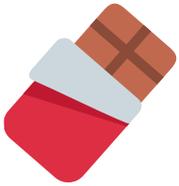
## Some fundraising ideas if you're not sure where to start...



**Make a song and dance of it with a talent show or karaoke competition**



**Sign up to a skydive for the ultimate adrenaline junkie experience!**



**Give up something you love and donate the money you save**



**Walk, run or cycle - get sponsored to do something sporty**

# DARE

# TO CARE

AND BE THERE FOR



**Bountiful beard or lustrous locks? Be brave and shave it off!**

**Get branded up with collection buckets, leaflets and t-shirts so that everyone will know you're doing your bit to support local carers.**

**See if you could double your money with match funding! Check if you can do this at work, or ask your friends to see if they can.**

**Get on social media and tell your friends about your awesome plans, the more people that know what you're up to the more you will raise.**

**Tell people why you've chosen to support local carers - if they know why you're passionate about the cause, they will be too!**

**Take lots of photos and post updates about your fundraising to keep everyone in the loop with what you're up to on the day.**

**Saying thank you and letting people know how much you raise makes them feel part of the team and more likely to support you next time!**

*Thank you!*



### Keep in touch...

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