



# FUNDRAISING PACK

*Andy Deid* MBE



STANDING TALL  
FOUNDATION

[www.standingtallfoundation.org.uk](http://www.standingtallfoundation.org.uk)

# ABOUT

## The Standing Tall Foundation

The Standing Tall Foundation promote the mental and physical health of all community groups, through the provision of counselling, addiction support and physical activity initiatives. We further extend this support into the community to help those in financial hardship, including the homeless, via the provision of grants, items and services using the resources secured by the Foundation or those made available to us.

### Services we offer include:

**Mental Health Counselling**  
**Physical Activity Initiatives**  
**Confidence Building**  
**Youth Development & Education**

**Addiction Support Services**  
**Wellbeing & Mindfulness**  
**Personal Development**  
**Meditation**





# Fundraising for the Standing Tall Foundation

# THANK YOU!

**We are very grateful that you have chosen to fundraise for the STF and we are delighted to welcome you to the team!**

**Your fundraising efforts allow us to continue delivering the vital support services we do, in the Community and beyond.**





# How will Your Money Make a Difference?

## Mental Health

Your fundraising will help to provide free Mental Health Counselling for people suffering with Anxiety, Depression, PTSD, Bereavement, Anger, Stress and other related issues.



## Group Support

Your fundraising allows us to facilitate Addiction, Wellbeing and Meditation support groups to members in the community and beyond.

## Addiction Support

Your fundraising enables us to provide 121 or group support for people suffering from substance related or behavioural addictions.

## Individual Support

Your fundraising contributes to us being able to help people in crisis on an individual level, whether it be with accomodation, bereavement, education or financial hardship.

## Physical Support

Your fundraising allows us to deliver free physical activity initiatives such as our Walk for Wellness and Fitness and Wellbeing Sessions.

# How to get the most from your fundraising

## **Tell your story**

**We all love stories so explain why you're fundraising for STF and what it means to you.**

## **Set a target**

**Pages that have a fundraising target raise 46% more money so be ambitious, but be realistic.**

## **Update your fundraising pages**

**Regular updates bring in more money, so be proud to share your training and progress**

## **Make it a team effort**

**Get your friends and family to join you on your fundraiser to raise even more to support people with mental health or addiction issues**

## **Snap and Share**

**Pages with pictures raise 14% more money so snap away!**

## **Give to yourself**

**Fundraisers who donate to their own page raise 54% more money, and will encourage others to follow suit**

## **Go Live**

**Videos and live streams really help bring your story to life and JustGiving make it easy to link your page to streaming platforms like YouTube.**

## **Keep going past the finish line**

**Around 20% of donations come in after the event so be sure to update everyone with your success story!**

# TIME TO FUNDRAISE!

**The best way to Fundraise online and support the Standing Tall Foundation is by setting up a Just Giving Page.**

JustGiving

Menu

Start Fundraising

Search

Log in

Sign up



Standing Tall Foundation

We raise funds for MH & addiction support to improve quality of life for sufferers

Fundraise for us

Donate

## About Standing Tall Foundation

The Standing Tall Foundation promote the physical and mental health of the public through the provision of counselling, addiction support and physical activity initiatives. We further extend this support into the community to help those in financial hardship, including the homeless.

[www.standingtallfoundation.org.uk](http://www.standingtallfoundation.org.uk)

[john@standingtallfoundation.org.uk](mailto:john@standingtallfoundation.org.uk)

Standing Tall Foundation Registered charity number 1197446



Vicki and Nicola Team Kili



Ant Roe has raised £4,215.00

< **£20** >

Goes Towards  
Mental Health or  
Addiction  
Counselling  
Sessions



Neil Jones  
£375.00

"On behalf of the FIA UK Board in support of Standing Tall and all the great work that goes on every day"



Anonymous  
£20.00

"Many thanks Phil, keep up the good work!"



Shae Grimshaw has raised  
£27,650.00

[www.justgiving.com/standingtall-foundation](http://www.justgiving.com/standingtall-foundation)

[www.standingtallfoundation.org.uk](http://www.standingtallfoundation.org.uk)

## TIME TO SHARE!

**The best way to promote your fundraising and increase your audience and donations is by sharing across social media.**

**Tag us in to your social posts along with your JustGiving page and we will cross promote for you on all our marketing channels!**



**AndyReidStandingTall**



**Standing Tall Foundation**



**@AndyReidMBE\_STF**



**@standingtallfoundationuk**



**Standing Tall Foundation**



**@standingtallfoundation**



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# STANDING TALL FOUNDATION

## Sponsorship Declaration Form

*Thank you for supporting us!*

Name:

Address:

Postcode:

## *What's your Challenge?*

I am completing the:

For STF

### ***My Fundraising***

*(Please tick the box relevant to your fundraising)*

- |                          |  |         |
|--------------------------|--|---------|
| <input type="checkbox"/> | Just Giving (my fundraising page is: <a href="http://www.justgiving.com/">www.justgiving.com/</a> _____) | £ _____ |
| <input type="checkbox"/> | Sponsorship Form (see reverse)   | £ _____ |
| <input type="checkbox"/> | Other Fundraising Activities   | £ _____ |

Once you have collected all of your money please return it with this form to:  
Standing Tall Foundation, The Living Well Building, Borough Road, St Helens  
WA10 3RN

**Total £**

