





Be The Difference

Fundraising Guide

solacewomensaid.org

Solace Women's Aid is a charity registered in England & Wales.
Charity Number 1082450. Company Number 3376716.

[@SolaceWomensAid](#)   

solace

You can be the difference

There are so many ways you can support Solace to achieve long-lasting change for women and girls across London. We support around 30,000 women and children a year, but there are many more out there that need our support. From safe accommodation and emergency essentials to vital therapeutic support and advocacy, we're here for survivors of abuse and violence. **We're committed to ending violence against women and girls, but we can't do this alone.**

Join in with fundraising, campaigning and awareness-raising activities to help ensure we can provide our life-saving services, now and for as long as we're needed. Have a look through this comprehensive guide packed full of fantastic things you, your friends and family can all get involved in throughout the year. **Thank you for standing with us.**

The facts

- 1 in 4** women will experience abuse in their lifetime.
- 85,000** women are raped in England and Wales every year.
- 1 in 4** children and young people experience physical abuse every year.
- 1 in 8** crimes in London are related to domestic abuse.
- 97%** of young women have been sexually harassed.



See what's inside...

Support us in seconds	Page 4
Fundraise for us	Page 5
Sit back, relax and fundraise	Page 6-7
Get down your local venues	Page 8-9
How to get started	Page 9
Challenge Events	Page 10-11
Sell for Solace	Page 12
Extend your impact	Page 13
Training	Page 14
Fight for your rights	Page 15
Little by little	Page 16
Leave a legacy	Page 17
Get your organisation involved	Page 18
What we offer	Page 19

Support us in seconds...

1 Sign up to our newsletter

Whether it's events, campaigns or volunteer opportunities, our newsletter will keep you up to date with everything Solace. It takes less than a minute to sign up by filling in your email at the bottom of our homepage.

Sign up

Follow us on social media

2



3 Donate

In under a minute, you can make a life-changing difference to a woman fleeing abuse by making a donation to Solace.

- £20 could buy an emergency food parcel for women with nothing
- £50 could answer a call on our helpline
- £100 could support a family's first night in refuge
- £500 could provide resettlement support for women moving on from refuge

Donate now

Sign up with EasyFundraising

4

Easyfundraising allows you to donate to Solace every time you shop online, with no extra cost to you! There are over 7,000 brands to choose from, meaning you can raise FREE donations for us no matter what you're buying.

Simply download the app, set up an account and enable the 'Donation Reminder' plugin to get notifications on eligible sites.

Sign up now

Fundraise for us



Sit back, relax and fundraise

Movie night

Whether it's your mates, a society event or getting the local cinema involved, a movie night is a great way to pull a crowd for a fundraiser and a fantastic night. If you're a university student, why not get in contact with your film society and hold a movie night in your lecture halls?

Have a look at some of our favourites:

The Woman King

She Said

Promising Young Woman

Hidden Figures

Get in touch with your local independent cinema and see if they'll offer to put your film on the big screen!

Feminist pub quiz

Whether you want a friendly game with your mates in the comfort of your living room or you want to extend the challenge to your local pub, give our Feminist Quiz a go!

Test your knowledge on politics, pop culture and our favourite feminist icons, all whilst supporting women and girls across the city.

[Download our quiz](#)

Host a dinner party

What better way to spend an evening than in the company of your close friends, eating good food and doing something great for the women and children of London. Host a dinner party and ask everyone to make a donation.

Why not create some friendly competition by holding a "Come Dine With Me" dinner week. Take it in turns to host a dinner party, score their efforts and crown a winner at the end of the week.

We've created this handy invite template you can use to host your dinner party. Simply download, add your details and send out your invites.

Download our Solace dinner invite template

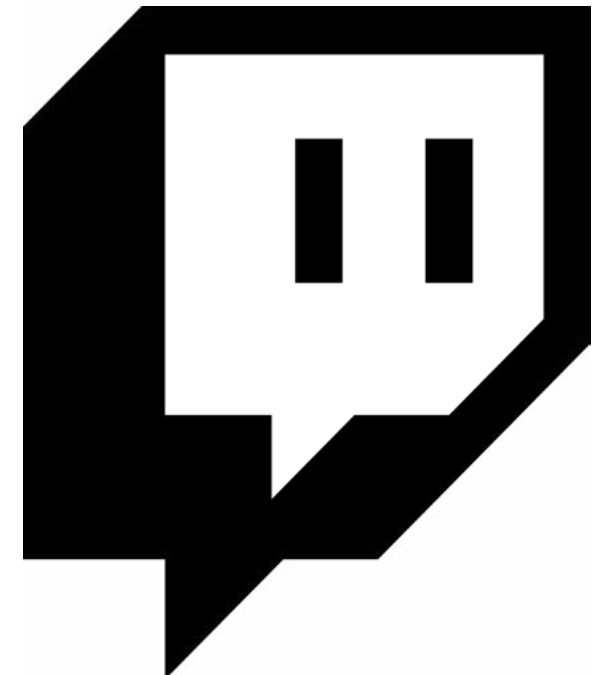


Sit back, relax and fundraise

Twitch fundraiser

Are you a prominent Twitch streamer or avid gamer? Twitch is a great way to get followers for your gaming content and create an online community of like-minded people, with a shared passion for either your game or for gaming as a whole.

Twitch fundraising is something that can allow you to talk about the issues that we deal with and make a real connection to your audience. It's a great way to get people to engage with Solace and let people know about the work we do to help women recover from abusive relationships.



[Find out more](#)



Tiltify

Tiltify makes fundraising on Twitch easier than ever. It is specifically designed to work alongside Twitch or other streaming sites. So if you're a streamer who wants to fundraise or fundraiser who wants to stream, sign up to Tiltify and create a new campaign for survivors in London. Follow this link to get started.

[Explore Tiltify](#)

If you want to hold a Twitch fundraiser, get in touch with our dedicated fundraising team at fundraising@solacewomensaid.org and we can answer any questions or help you get started.

Get down to your local venue



Band night

Planning on getting the band back together? Live music brings everyone together to support local artists and hear original tunes. It's also a fantastic way to fundraise for life-saving services.

eCubed have been raising money for Solace for over 10 years with their annual "Rock Against Violence" gigs. They've since expanded to include "Jazz Against Violence". Over the last decade they have raised more than £200,000!

[Check out eCubed events](#)

Comedy or open mic or karaoke night

We all love a laugh or a chance to express ourselves, so why not make an evening out of it to support and celebrate our services? Whether you're a lyrical genius when it comes to spoken word poetry or your mate never fails to make the room laugh, an open mic night in your favourite local venue is certain to draw in a crowd.

Set up a night people won't forget, to support services we can't live without.



Drag show

Drag King and Queen nights are amazing ways to break down gender stereotypes and have fun with your mates. They're also a fantastic way to raise money for services that fight for equality and creating safe spaces for all communities. Enjoy a night of lipsyncs and voguing to help us build safer futures for all across London.



How to get started

1. Find a location

Contact local venues and see if they would be willing to host a night for Solace. Many venues love these kinds of events as you can receive the entry and they get a big crowd for drinks purchases. Lock in a date with the venue then crack on with the fun stuff.

2. Reach out to performers

Whether it's your band performing all night or you want to get in touch with some famous drag queens, you need to plan the order of acts and secure all performers.

3. Let us know

If you would like flyers, donation boxes or social media promo, we can help you with whatever you need to spread the word. Contact us to let us know about your fantastic ideas and ask us any questions you might have by emailing us at fundraising@solacewomensaid.org.

4. Set up your fundraising page

Setting up a JustGiving account is a quick, easy way to raise funds for Solace. Just click on the link below, create an account, click fundraise for a charity, find 'Solace Women's Aid' and create a fundraising page. If you're selling tickets you can also use Eventbrite to promote your event.

[Set up a JustGiving](#)



Challenge yourself

Whether you're a runner, a swimmer, a thrill seeker or a trekker, we have a challenge event for you.

We've signed up with Run for Charity to offer you over 750 challenges across the UK and further afield that you can get involved in. From your classic 5K to a global adventure, there's something for everyone.

By challenging yourself that 10K or cold water dip, you are raising money to support our life-saving services.



Classic runs:

London Marathon
Hackney Half
Royal Parks Half
London Duathlon
Battersea 10k
Richmond Park 5K

More adventurous:

Bungee Jump
Inflatable 5K
Santa run
Three Peaks Trek
Euro Cycle
The Alps Trek

Get the race pack

Get our Solace race pack to help you show everyone who you're supporting in whatever challenge you choose. Race pack includes Solace running vest, water bottle, T-shirt and tote bag. Take a look at our full list of events to find your next challenge.

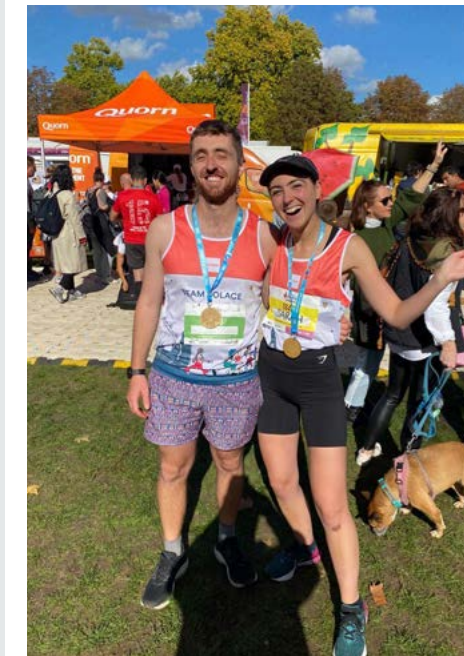
[All our challenge events](#)



Team Solace

"I run because without this support, many women and children would be left to survive abuse for years. I know many women that are still dealing with the trauma inflicted on them and some who didn't survive."

Zoe - Hackney Half 2022



"I run because there's no greater injustice than violence when it happens in the one place that should be a sanctuary to us all: our home."

Tom - Long-term supporter of Solace and runner in several events throughout the years

Why Liv runs...

"[Solace] have a truly remarkable team of people working across support lines, therapeutic services, as well as an impressive set of community-based outreach campaigns aimed at training and offering preventative services for young people."

Something really important to me is that Solace's services extend to trans women and non-binary people, and they offer the same support to these people who are affected by the same misogyny and the patriarchal frameworks that cause harm to cis women and girls."



Sell for Solace



Hold a bake sale

We all love a good bake sale, homemade carrot cake, gooey brownies and all of it for a good cause! They're a tried and tested success in the fundraising world, always bringing joy and raising significant funds, with relatively low costs and organisation time. So get those aprons on, preheat the oven, and get ready to bake!

Getting Started

Make sure you get permission wherever you choose to sell.

If it's on private property (in a shop or school), this can come from the owner/head teacher. If you want to fundraise on the street, be sure to get permission from your local council. Then promote as much as you can! For cash, collect in a secure cash box and deposit the money into a trusted account, then you can donate via our website.

Sell on Thrift+

Give your unworn clothes a new lease of life whilst also raising free funds for Solace. Why not have a Spring clean to support women and girls. We're signed up with Thrift+ who take the hassle out of selling clothes.

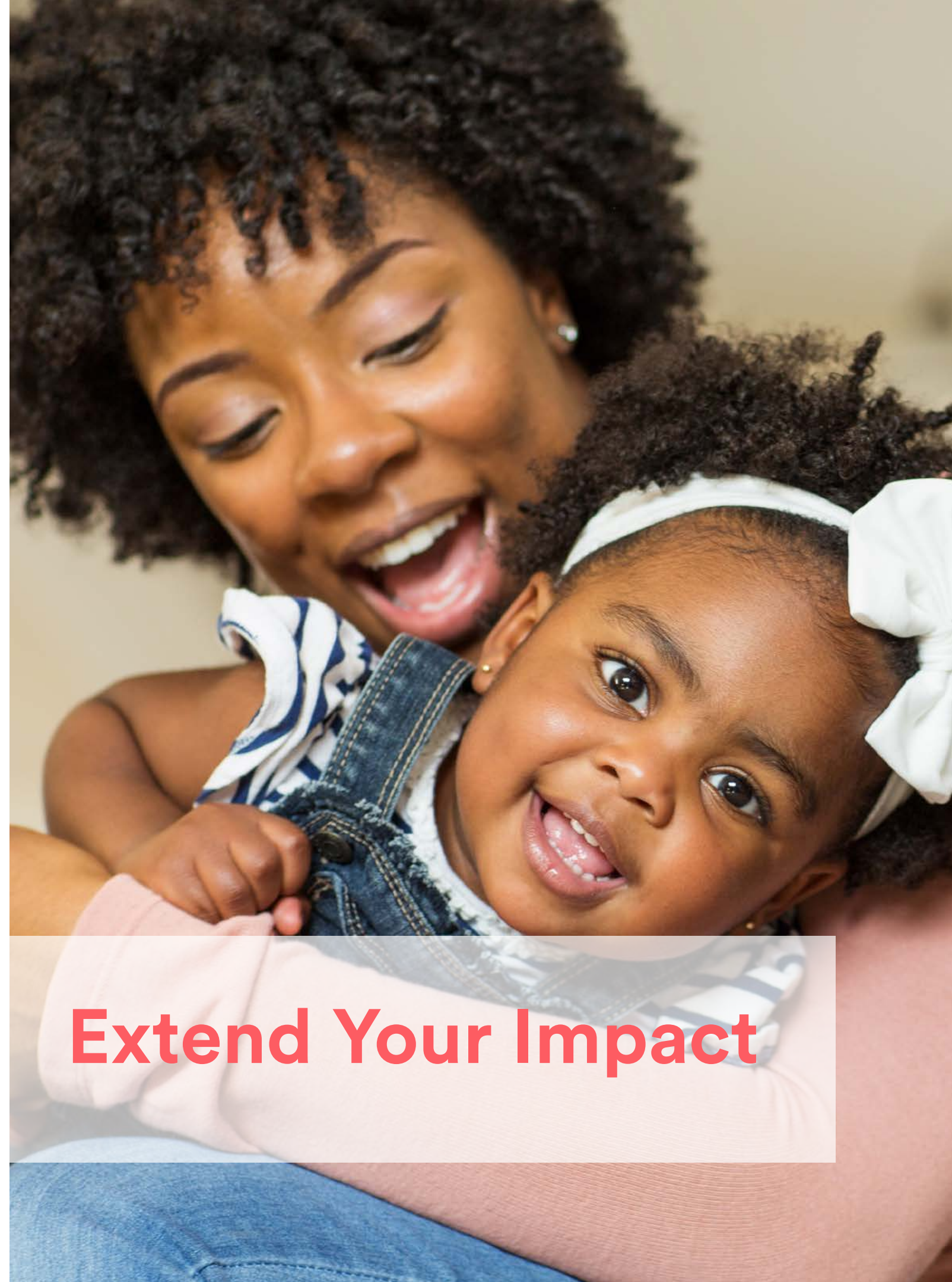
1. Order a Thrift bag by clicking [here](#).
2. Fill it with your good quality, unused clothes and send back for free using their postage label.
3. Select Solace to receive all or a % of any money raised from your sales.
4. Thrift+ will then receive your clothes, upload and sell your items for you! Any sales made, the money will be sent directly to us to fund our life-changing services for women & girls.

Sell your craft

Whether it's a new skill, knitting, candle making, jewellery making, pottery, you can turn it into support for survivors! These little gifts of joy could help raise money to support a woman or family in our refuges, doubling the impact of your amazing skill.

eBay

Simply upload your items like you usually do on eBay, then at the bottom, after listing preferences, you can choose to donate a portion of the sale. Select your chosen percentage and type in "Solace Women's Aid" in the "Donate to" search box. Once your item is sold, the percentage will automatically go to our services.



Extend Your Impact

Training

As a student, teacher, parent, employer or employee, we all have a responsibility to support people during difficult times and recognise inappropriate behaviour. This is sometimes hard to do as we don't always know how to approach a topic or the people it is affecting. This is where our training team come in.

Our amazing training team can provide insightful workshops to you or a group, whether it be an hour long lunchtime webinar, or a full day of consultancy on how your team can deliver training in the future. If you're a teacher, student union representative, employer or just want to learn something new, you can get training about a range of different topics in the way that suits you.

“*The awareness the training created has opened up a constructive dialogue about behaviour and cultures – both within our institution and more broadly in higher education.*”

These are just some of the training courses we offer:

Safer Societies

Stalking Awareness

Being a Positive Bystander

Sexual Harassment and The Workplace

Recognising and Responding to Domestic Abuse

Leading Conversations About Consent

Economic Abuse

Find out more about our upcoming training



Fight for our rights!

Join in a march and the call to end male violence and ensure that we are all able to live safe and strong lives.

Grab your signs, practice those chants and let the whole of London know that we will continue to support women. Look out for marches throughout the year or plan your own.

Are you a student? Why not hold a playground protest and bring your class together to march and discuss issues!

Useful Tips

- Pick an VAWG issue that resonates with you and come up with a creative slogan.
- Alliteration and rhyming always make for a catchy sign.
- Grab your paint and something to use as a sign - reuse/recycle by using an old cereal box or leftover cardboard.
- Use bright colours and drawings to make your sign eye-catching.

Our campaigns

We're committed to ending violence against women and girls, but we can't do it alone. That's why we are proud to work with other organisations and institutions that want to help us on this mission. Working through government consultations and campaigning with other charities has helped install life-saving changes, but there's still more needed. Check out our latest campaigns and government asks.

Find out more about our policy and campaigns



“*We held our banner making workshop in support of Solace. It went well! Lots of paint splashing around. On Thursday we will take them on a march around the school.*”

”

Little by little

Become a Regular Giver

Long-term giving means that women are supported now and in the future. It means that women will be able to get through to our advice line. It means women can access counselling to address and overcome trauma. It means we can continue to pressure the government and councils to change laws and make sure we end violence together.

Sign up to be a Regular Giver and help us ensure we are here to support the women and children of London now and forever.

Become a Solace Life-Changer

Gift aid your donation

giftaid



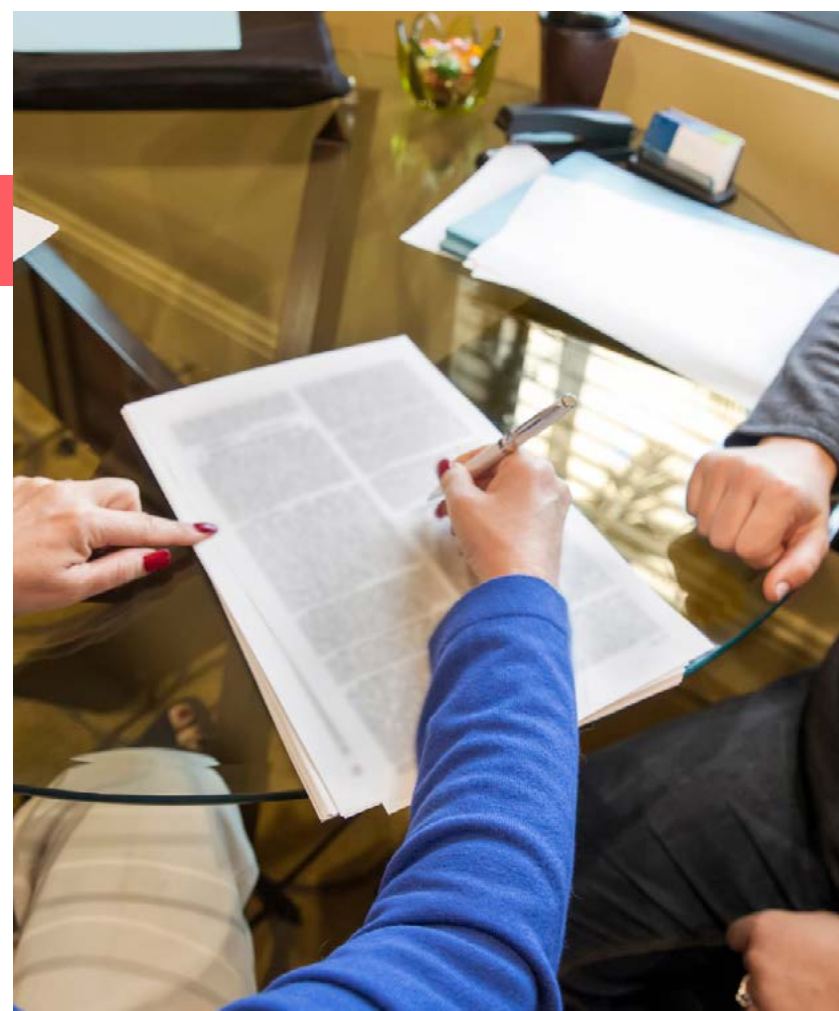
Gift aid is such a fantastic and easy way to increase your donation by 25% for free. By ticking the 'Gift Aid' box on our donation sites when you choose to give, it means that an additional 25% of your donation will go towards our life-saving services, not from your bank but from tax you've already paid. If you have a direct debit set up straight to our bank account, contact us at fundraising@solacewomensaid.org to get a gift aid form.



Leave a legacy

By leaving a legacy to Solace you are protecting future generations from violence against women and girls. Solace has been saving the lives of women and children for nearly 50 years and leaving a legacy could make sure we could do it for 50 more years and beyond.

Any size gift in your will can make a long-lasting impact, continuing to transform the future of abuse and violence in London.



Example wording

I leave my / X share (s) of my residuary estate for Solace Women's Aid, ADDRESS, Charity Number: 1082450 (England and Wales), absolutely for its general charitable purposes and I declare that the receipt of the treasurer or other proper officer for the time being shall be a sufficient discharge to my executors.

1. Read this handy guide to will-writing. Remember a Charity have put together this useful guide so you can ensure your wishes are carried out after you're gone.

2. Find a solicitor or professional will-writer. Use this handy search tool from Remember a Charity to search for qualified advisors in your area.

3. Get our details. To support Solace in your will, make sure you have the following information:

Our full name:

Solace Women's Aid.

Registered Address:

Moore Kingston Smith LLP, 9 Appold Street, London, EC2A 2AP.

Charity Number:

1082450

4. Contact your solicitor: Provide our details to add a gift in your will.

5. Let us know! Once you've made a charitable donation in your will, let us know by contacting fundraising@solacewomensaid.org.

Get your organisation involved

Schools and Universities

Whether you're a student, teacher or parent there are so many ways to get involved...

- First Give scheme
- PTA fundraisers
- Training

Companies

Join our community of Solace Corporate Partners, committed to a world where everyone is able to live safe and independent lives, free from abuse and violence.

Here's some ways your organisation can support:

- Charity of the Year
- Event sponsorship
- Pro-bono support
- Match-funding
- Payroll Giving
- Corporate volunteering

“The children were inspired by Solace's work and made a powerful presentation. Their words convinced the whole class to come together in support of Solace and we are now planning a series of social actions designed to raise awareness and funds for the cause through First Give.”

Teacher, High Barnet



Find out more on our website

Support through your small business

It's never been easier for small businesses to support Solace. You can choose the amount and frequency, plus with no minimum (or maximum!) donation amount, you can give as you grow. By pledging your donation via Work for Good you can support Solace in a way that works for you.



1. Join

It's quick, easy and free to sign up and create an account; where you'll join a community of like-minded purposeful businesses.



2. Pledge

Set up your fundraising campaign and create the necessary legal agreement that's needed when you fundraise through your sales.



3. Publicise

State at the point of sale (e.g on your website) how funds will be raised and then publicise your campaign to your customers or clients.

Sign up to Work for Good

work for good.

What we offer

Our dedicated team are here to support you in all of your fundraising efforts. From fundraising advice and top tips to merchandise and speakers, we are here to make your fundraisers a big success.

Feature on our social media

Be part of our "Supporter Series" on Instagram to promote your fundraiser and share your story with our audience. We can also promote your event on our website and other social media channels.

Solace merchandise and fundraising packs

If you take part in a challenge event you'll receive our Solace Challenge Pack which includes a Solace running vest to wear proudly on race day, water bottle and tote bag. We also have other useful merchandise available including banners, leaflets, and donation boxes for any event you want to run.

Solace speakers

We love to come and be part of events happening across the city and see all the amazing activities our supporters get up to. Whether it's a free short talk giving an overview of Solace and our work or a more comprehensive talk or training session, we can provide expert Solace representatives to speak at your event.

Get in touch with the team at fundraising@solacewomensaid.org



Be the difference. Change a life.

Solace Women's Aid
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London, EC2A 2AP

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Administrative phone | 020 7619 1350

For press and media email | media@solacewomensaid.org

Website | solacewomensaid.org

Social media | @SolaceWomensAid



Professional Advisors Auditors | Moore Kingston Smith
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