

THE SUPER SPEEDY GUIDE TO FUNDRAISING



BE A HERO
DO IT FOR CLC



CreativelivingCentre



CreativelivingC



Creativelivingcentre.org.uk

Email: Fundraise@creativelivingcentre.org.uk
Charity Number: 1064628 Registered Office:
1A Rectory Ln, Prestwich, Manchester, M25 1BP

WHY DO IT FOR CLC

At The Creative Living Centre, we work tirelessly towards a society where person-centred mental health services are available to all. That's why we need people like you: with more funding, we can reach more people and see more lives changed.

Here is the story of one of our service users, Fiona, which gives an insight into our work:

Having had a different diagnosis since the age of 16... eventually I was diagnosed with Emotionally Unstable Personality Disorder, PTSD, Depression and Psychosis. Sounds like a lot of disorders but from my childhood traumas of abuse, rape, along with violent partners, my outlook on life changed and I found it hard to trust people. Even everyday tasks such as getting out of bed, fighting voices in my head and trying to have normal healthy relationships with friends seemed exhausting. People see the vulnerabilities in me and can abuse my trust.

Yet I have no label on my forehead for this. It is apparent in my actions, maybe in what I say or how I am. I can have mood swings, ups and down, but Creative Living Centre has helped me and been a safe place to go. Sometimes I go to talk through what is going on, sometimes for a brew or art class. I have started writing again after stopping for a while.

Writing poetry about my thoughts and feelings really helps. Having the encouragement from the staff at CLC means I don't feel ashamed, excluded from society as a person. After all, the staff at CLC have been through their own health issues or know someone in their family that has. For me this helps to have the understanding, empathy for a person who has gone through their own battles for sanity, depression and more.

“I can honestly say without Creative Living Centre I don't know how I would have coped in life. There is still no magic wand but things can be managed with the right support. I now have a better outlook on life itself.”



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OUR VITAL STATISTICS

Approx
70%

of members tell us that their confidence is better, they feel more connected to others and they are managing their mental health better.

"I feel more 'in control' of my runaway thoughts"
"My anxiety state has improved considerably since attending the Creative Living Centre"
"Words cannot express how grateful we are for your great work and efforts to make us happy"

Approx
87%

of our members have reported an improvement in their mental health after becoming a member of the Creative Living Centre

Approx
18%

of those accessing Creative Living Centre courses said the course helped them avoid hospital admissions, going to A&E and/or visiting the GP.

Join us

**DO IT FOR
CLC**



Not only do we see lives
CHANGED
we also see lives
SAVED



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GET INSPIRED

Scratching your chin about how to be a hero, become a life changer and Do It For CLC? Let us give you some inspiration.

Lone ranger



Feeling daring?

People will pay big bucks to see you do something silly. Leg wax, head shave, bath of beans, a mile on a space hopper...



Sell, sell, sell

Search your wardrobe, attic or cupboard under the stairs and eBay all that unwanted clutter.



You crafty thing

Are you an expert knitter, painter or soap maker? Put your crafty talents to use and auction or sell your lovely stuff.

Feeling ambitious



Mini Olympics

Challenge your friends and family to a race, match or dive with a sports day. Egg and spoon races are permitted.



Get the ball rolling

Organise your own charity ball for a night of glitz and giving. Auctions and a live band will go down a treat.



Come dine

Organise a 'come dine' dining competition between those talented in the kitchen. Food, wine and vital funds will be flowing.



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With pals



What's cooking?

Don your oven gloves and sell tasty baked treats to colleagues, neighbours or friends.



At the car wash

Grab your friends and a bucket of suds and get scrubbing! Make sure you advertise this in your community or at work.



Get quizzical

Everyone loves a pub quiz and with an entry fee they can be great money-makers.



Clothes swap

Invite your friends to bring their unwanted clothes and accessories, and for every item rehomed, charge a small fee.



Taste test

Host a wine, cheese or chocolate 'blind tasting'. Guests bring the items, pay to enter, guess the cheapest or priciest and which one is which!

At work



Have a flutter

TV gossip making the rounds? Put some money on it and set up a workplace sweepstake.



Dress down day

Host a dress down day and request donations. Pyjamas, duvets and onesies boost morale and funds. Cosy!



Job swap

Spend a day in the life of a colleague. Auction the top spots or sponsor people to take on a role they'd rather not have...



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SPREAD THE WORD

Fundraise online

Online fundraising lets your supporters track your progress and it's simple and secure to donate. Set up your page on [Virgin Money Giving](#) and the money will come straight to us.

Share it, tweet it, blog it

Once you've organised events or hit targets, be sure to shout about it through Facebook and Twitter. You could even record a video and pop it on YouTube. And if you're feeling adventurous, share the story with your local press.

Tell us about it

We'd love to hear what you're up to and see your photos so be sure to get in touch. Just give us a call on 0161 696 7501 or email us at the address below. And if you need any advice, guidance or materials to help you, please contact us.



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SIGNED, SEALED, DELIVERED

The sooner you send in those funds, the sooner we can change more lives, so please do this at your earliest convenience.

By post

Cheques should be made payable to The Creative Living Centre and sent to:

Creative Living Centre, 1A Rectory Lane, Prestwich, Manchester, M25 1BP

Online

Put the funds into your bank account and make an online donation through [Virgin Money Giving](#).

But whatever you do...

Please do not send cash in the post. If you have received any cash donations, please either send a cheque for the amount raised, [make an online payment](#) or pop in to see us with the cash.

And last but not least: From all of us at the Creative Living Centre, thank you so much for your time, passion and energy. Rest assured that what you're doing is changing lives.



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"Just a few days ago I was in a very dark place and was on the verge of ending my life.

But passing [a CLC team member] in the street I explained what was going on and she took me to the Creative Living Centre and not only supported me towards a clearer way of thinking, but I believe she saved me from ending my life."



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