

Help us help carers



Fundraising Guide

About Carers in Hertfordshire

About us

Carers in Hertfordshire is an carer-led charity , supporting all unpaid carers living or working in Hertfordshire. We provide advice, information and support to unpaid carers - people looking after someone who is elderly, disabled, has a physical or mental illness or who misuses drugs or alcohol. We want to ensure that all unpaid carers in the county are recognised, valued, informed, and supported in their caring role. There are over 109,000 carers in in the county including over 8000 young carers.

How do we help carers?

- We help carers to plan their caring role and guides them through the health and social care system to receive the right support for them and the person they care for
- We make sure that carers have time for a life of their own
- We provide opportunities for carers to learn new skills and gain knowledge to help them with their caring role
- We bring carers together to have their say on the issues that affect them
- We give carers the chance to meet other carers
- We runs an annual programme of trips and activities for young carers as well as providing emotional support.

Did you know?
Unpaid family carers
save the NHS and
social care £132
billion every year

Any funds you raise will make a real difference to the lives of carers.

"Having Carers in Hertfordshire prevented me from going completely insane, I found people who listened, provided me with the correct information and made me feel I was not alone. They never made me feel that I was interrupting their busy day."

The Difference You Will Make

£5	Could give a carer a Carers Passport Discount card offering financial support and more importantly recognising their caring role.
£20	Could pay for an hours respite care to give a carer a break and some vital 'me' time.
£50	Could allow a carer to attend a Carers Development and Learning course and gain new skills and have some time for a life of their own.
£100	Could pay for 5 calls to our Carer Support Advisors who offer practical and emotional support when carers need it most
£1,000	Could provide bereavement training for 10 volunteers who offer support through our bereavement service



Meet our carers

Norman cares for his wife Ros, who has Multiple Sclerosis (MS).

“Caring for a relative, partner or child is a challenging and sometimes thankless task but it can be rewarding. As a carer myself looking after a person who is suffering from MS and a life threatening autoimmune disorder, I know the loneliness and isolation that being a carer can cause. In my case it cost me my career, financial security and a feeling of being valued.

Being a carer is a job, I have never worked harder, never had to deal with the challenges I now face on a daily basis. I am a cook, cleaner, personal care provider, nursing support and motivator. On average I work at least 10 hours daily and rarely get to sleep for a complete night sleep. Carers in Hertfordshire has helped me find the confidence to do this role, by providing training, group work which has led to be rebuilding the social network we all need to survive and hopefully thrive”



Lauren who carers for her son.

“Myself and my husband have been Carers for our 11 year old son for the last 7 years. Jack is Autistic and has ADHD, and lockdown has had a massive effect on his mental health, as well as the rest of the families.

Jack’s routine has changed beyond recognition, both myself and my husband have had to work extra hours as key workers ourselves, and we haven’t been able to see family and friends who are our normal support network, so things have been tough.

We hadn’t heard of Carers in Herts until quite recently, and I can honestly say we wouldn’t be surviving lockdown without them. The support we have received has been completely overwhelming, we can’t thank you enough.

Both Andy and I now have fortnightly calls with mentors that have been assigned to us and they have just been amazing. We are receiving assistance to help Jack sleep, and our youngest has had a zoom call with the Young Carers team and has been awarded a make a difference grant to get a bike to help him get some exercise and time away with one of us.

It gives us peace of mind that we know now we are registered with them there will always be someone at the end of the phone”

Fundraising Ideas

Bake a difference

Hold a cake sale and donate the proceeds to us.

Have a clear out

Sell unwanted clothes, books, furniture or anything you can part with and donate the proceeds.

Mastermind

Arrange a quiz night—raise money, challenge your friends and have a great night!

Quiet night in

Instead of going out, have beans on toast in front of the telly and donate the money you would have spent at the restaurant.

Wedding favours

Make a donation in place of a wedding favour.

Make it BIG

Feeling crafty? Put your creative skills to the test and then sell the result.

Challenge yourself to do something amazing.

Run a marathon, abseil or go skydiving. Do anything adventurous and get sponsored for doing it!

Dress down day

Encourage your colleagues to have a day in whatever you find comfy and donate to us.

Make a new image

Shave your head, dye your hair pink or have your legs waxed, all in the name of charity.

eBay day!

Sell bits and bobs through online auctions and raise us some cash.

Getting started

Once you have decided how you are going to fundraise, one of the best places to start getting donations is online through a JustGiving page. It's easy to do. Go to the JustGiving website and follow the simple guide at 'Start Fundraising'.

www.justgiving.com

If you've never fundraised before you'll be surprised at just how enthusiastic people can be to support you.

When you create a page, make sure you add in something about your story—**why** are you fundraising?

Remember to set a target and add a photo—both will increase the number of donations you receive.

The next step is to share your page on social media! You will find comments from your family and friends really motivating.

Don't forget to thank your supporters and send regular updates; a personal message as you prepare for your event or training and sharing a bit more of your story is an amazing reminder of why you are fundraising.

Our friendly fundraising team is here to help so please get in touch if you have any questions.

✉ fundraising@carersinherts.org.uk

☎ 01992 58 69 69

🐦 @carersinherts

📘 @carersinhertfordshire

Did you know?
Carers in Hertfordshire
works with over 250
volunteers to
provide our services

Get Noticed!

Now you are set up and ready to go you need to let everyone know!

Social Media

People have never been so well connected, so it's time to take advantage of that. If you are on Facebook, create an event page (with suitable privacy settings) and share it amongst your friends to let them all know what you are doing—and where and when. You could also tweet on Twitter with regular reminders for your followers. If you post anything on Facebook or Twitter, be sure to tag us in using @CarersinHerts.



Posters

We have created a poster that you can pin up to advertise your fundraiser. Visit the fundraising page on our website (carersinherts.org.uk/help-us-help-carers/fundraising), download our 'Empty Belly Poster', print it off and fill in the specific details of your event. If you do not have access to the internet or cannot print at home, feel free to call us on 01992 58 69 69 and ask us to send you a copy.

Local Paper or Radio Stations

Especially if your fundraiser is out of the ordinary, local media outlets may be interested in publicising your event. Try getting in touch with them and if they are interested and want to interview you, please contact us to give you some relevant information.



Word of Mouth

Sometimes the classics are the best. Talk to all your friends and family and ask them to support you in any way they can!

Staying Safe and Legal

Putting on an event

- Make sure you book your venue in advance (if required) to avoid any disappointment.
- Some venues might offer a discount for charities, so it's worth asking.
- Draw up a list of the equipment you might need. You may need to hire or borrow certain things and might need some advice on technical issues.
- You should conduct a risk assessment on the venue you plan to use. It's advisable to make sure that you are covered by the appropriate insurance - Public Liability Insurance, for instance. We cannot accept any responsibility for your event nor for anyone who participates in it.
- Check that you are complying with Health and Safety legislation. If you're unsure of what this means visit the Health and Safety Executive website: www.hse.gov.uk.
- Ensure that your event is properly and adequately supervised. If there are going to be children at your event, this includes: providing proper adult supervision, checking that the children have their parents/guardian permission to take part and making sure that adults have the appropriate background checks to have unsupervised access to children.



Legal Bit

- If you are planning to collect funds on the street, in a public place or by going from house to house, you will need a license from your local authority.
- You must display our full name Carers in Hertfordshire and our Registered Charity Number (1085491) on all event publicity.
- If you plan to have alcohol and/or entertainment at your event, make sure the venue you are using has the appropriate license.

Did you know?
On average Carers in Hertfordshire registers 300 new unpaid carers a month

Paying in Your Money

Now is the time to get your funds across to us. It's super simple and there's lots of ways to send in your money so just pick the one that is best for you.

We ask that you do not send cash in the post but choose one of the following:

by cheque, payable to "*Carers in Hertfordshire*", post to
Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, SG14 1AX
Please include details about what it is for, your full name and postal address – so we can send you a thank you!

by debit or credit card through our online donate page. Please include details of what it is for in the message text box.

www.justgiving.com/carers-hertfordshire

by bank transfer to our bank account, please contact us on 01992 58 69 69 or fundraising@carersinherts.org.uk and we will send you our bank account details. Once paid please let us know your payment date, amount and what it is for - so that we can look out for it.

by online giving page (e.g. Virgin Money Giving), you don't need to do anything - your online page sends the money to us as you raise it and collect gift aid!


Don't forget to boost your donation by 25% with Gift Aid

Please complete and return the form enclosed and we'll be able to claim back the Gift Aid.

Finally, if you do not plan to re-use the tin/bucket please return it to us at *Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, SG14 1AX*.

If you have any questions or problems with paying in your funds please get in touch with us.

 fundraising@carersinherts.org.uk

 01992 58 69 69

 @carersinherts

 @carersinhertfordshire

Thank you for making carers count!

"Carers in Hertfordshire provide a channel to the services that make the difference between being able to cope as a carer and becoming a casualty yourself."

Carers in Hertfordshire,
The Red House, 119 Fore Street,
Hertford
Hertfordshire,
SG14 1AX.

01992 58 69 69

www.carersinherts.org.uk/fundraising
fundraising@carersinherts.org.uk

