

Joshua Nolan Foundation

A helping hand with
mental health counselling



Fundraising Ideas and Tips

Version Updated 10/06/17

The Joshua Nolan Foundation is a registered SCIO, number SC045351.

Thank you for taking the time to raise awareness and support vulnerable people through the Joshua Nolan Foundation.

The Joshua Nolan Foundation has been working hard since it started in 2014 to raise awareness on mental health, and to try and reduce the stigma that often seems to stop people reaching out and asking for help. Everyone who supports the JNF helps us to provide financial help to those who have suffered trauma and been at risk of suicide to access specialist one to one counselling.

After successfully piloting a workshop in an Edinburgh school, we hope, with your support and fundraising, to run more workshops in schools across Edinburgh. Your help means young people can get the opportunity to understand and manage their feelings better, and support those who are dealing with trauma that may lead to suicide.

We cannot thank you enough for choosing to support the JNF in helping to fund vital services that those most vulnerable desperately need.

Laura Nolan,



Founder



Sign up to a JNF event



Get ready to achieve something incredible! Every year JNF host a variety of community events and offer support to everyone who get involved. Whether you are looking for your next adrenaline fix or seeking a great day out with all the family, you've come to the right place to find your next adventure.

✔ **TOP TIP:** Be direct and don't be shy about your good cause. Welcome and encourage all donations big or small.

To choose a challenge that suits you, get in touch with us at info@joshuanolanfoundation.org

or check out upcoming events at www.joshuanolanfoundation.org

Start your own event!

You can organise your own fundraiser right now. Go solo or grab your friends and family and help those at risk of suicide today. There are some great websites and apps that help you find events nearby, or start your own thing. Either way, JNF will be on hand to support you with a tailored fundraising pack and lots of advice.

✔ **TOP TIP:** Push yourself past your comfort zone, do something that people will be proud of you, and most of all something you will be proud of!

Got a great idea for an event?
Get in touch
info@joshuanolanfoundation.org
or follow us on [Facebook](#),
[Instagram](#) or [Twitter](#)



Sign up to an event in your area or go international with your challenge

Find a swimming, cycling, running or endurance challenge in your area, or even push yourself further and train for a challenge abroad. Run a marathon in Spain before your beach holiday, take on New York or Boston before you catch the sights for a city break weekend. So many options, choosing might be the hardest challenge!

✔ **TOP TIP:** Plan ahead...way ahead and give yourself enough time to build towards your goal in a realistic way. Eat to train, warm up and cool down every time then stretch, stretch and stretch again!

For more ideas, links and support get in touch info@joshuanolanfoundation.org or follow us on [Facebook](#), [Instagram](#) or [Twitter](#)



Host a club night

For music lovers everywhere! If nightlife is your thing, why not get those dancing shoes going and raise money for an amazing cause at the same time. JNF has a great track record of partnerships with internationally renowned DJ's and club hosts.

✔ **TOP TIP: Promotion is key! But don't spread yourself too thin. Direct your audience to the relevant information. Remember your focal point, as more than one will water down your impact.**

Check out the JNF events page www.joshuanolanfoundation.org to see what we've been dancing to

or contact the team info@joshuanolanfoundation.org



Swap clothes for cash

Host a clothes swap evening at your local cafe, bar or at home. This is a great way to dust out your wardrobe, find new clothes and grab a bargain. Ask each attendee to make a donation and bring a minimum of 3 items and then get swapping!

✔ **TOP TIP:** Make it fun and get all your friends involved. One success will lead to more... and the word will spread.

For more details on how to start your own clothes swap contact info@joshuanolanfoundation.org



Climb a Munro!

A munro is a mountain in Scotland with a height of over 3,000 feet. Named after Sir Hugh Munro, who is attributed with creating the first list of these mountains - all 282 of them! Challenge yourself to one or get the 'munro bagging' bug and attempt them all. This challenge is great for solo ventures but also for team building at work.

✔ **TOP TIP:** Ask if your work will match your fundraising efforts £ for £, it is a great way to boost your fundraising power. And, remember to set yourself mini goals and targets in training and fundraising - take it step by step so as not to overwhelm yourself.

Email JNF for more support and advice from those who have already 'bagged' a munro or two.

info@joshuanolanfoundation.org



For the budding baker

A bake sale is a great way to fundraise, bring your community together and eat lots of cake! Not everyone likes to bake, but almost everyone knows somebody who does. Ask them and all your friends, family and work colleagues to get involved and spread the word.

✔ **TOP TIP:** The best place to promote yourself or your cause is through Facebook. I have fundraised for JNF for 3 years, and Facebook has been the best place to let people know about what I'm doing and how to get involved.

If you would like more top tips, promotional materials to advertise your event or help with eating cake just let us know.

info@joshuanolanfoundation.org



Charity Auction

An auction is a great way to raise funds and awareness for your cause, and what's important to you in a fun, flexible and engaging way. There are lots of options, such as hosting an auction at a specific event, over a longer period of time if there are a few events, or even online and live silent auctions.

✔ **TOP TIP:** If you are looking for auction items or prizes then tenacity is key and basically nagging people... incessantly! If you don't ask you don't get.

To tell us about an auction you are organising and JNF will provide you with promotional materials and support building your event

info@joshuanolanfoundation.org



Level up with a Gaming Marathon

Looking for an innovative way to fundraise for the cause that matters to you? Select the game, put your team together, build a website, set up donations and create an experience. A Gaming Marathon is a great way to connect with a large audience from around the world as well as your next door neighbour.

✔ **TOP TIP:** For a gaming marathon a live feed and twitter updates keeps your supporters in the loop and entertained.

JNF can help promote the game, provide logos and support.

info@joshuanolanfoundation.org



Make it a Lifestyle Challenge

A new wave of fundraisers are increasingly choosing innovative and fun lifestyle challenges, instead of more traditional sporting events such as running, to raise money for their chosen good cause. Go viral with a video challenge, create a 30 day target and get your friends to do it too, use your imagination and go crazy with your idea!

✔ **TOP TIP:** Talk to your audience and share your story. Be specific about what you are trying to achieve and why. I would just say commit to what you want to achieve, make yourself accountable and believe in yourself!

Let us know your amazing idea and JNF will support you

info@joshuanolanfoundation.org



Why choose us?

Don't just take our word for it, hear from a few of our supporters about overcoming obstacles and what JNF means to them.



"JNF is such a personal charity, it works by helping small numbers of people in a massive way (which I think is better than trying to help loads of people in a small way). Unfortunately, our public services just don't have the finance or resources to cope with all the people who need help, so charities like the JNF are absolutely vital. Out of a tragic situation can hopefully come something positive and honest and that is why I donate to this cause."

"Suicide is the biggest killer of men under 50 in the UK. Suicide is preventable. JNF is a local charity run by trustees, part-time staff and volunteers. The charity is working to educate people on mental health issues and ultimately reduce the amount of deaths in Scotland year on year that are a result of suicide."





“I really wanted to support the great work carried out by the charity! I identify with the Joshua Nolan Foundation because it advocates honest communication, support and it is contributing to the conversation on mental health in Scotland.”

“I chose to work with JNF because of knowing the founder, and now I feel if it weren't for the charity I would not be where I am today. So I will always be loyal to JNF! In the last 2.5 years my life has changed from smoking non-runner to getting myself qualified in fitness instruction and studying to get my qualification in Personal Training. I've since started my own business in outdoor fitness classes.”





“It has been so rewarding to be a part of the growing national and global discussion on mental health, mental illness, wellbeing and social support through the JNF.”

“JNF made it very easy for me to see what kind of impact my donation could make. My team and I always feel inspired when we have a visit from a member of JNF, and we get great updates on the work they do.”



“JNF are very transparent in what they do. They have three brilliant key areas they work in and I am able to choose where my donation goes to within those areas.”