

# Joshua Nolan Foundation

A helping hand with  
mental health counselling



## Simple ways to support JNF

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



## Ask for a JNF collection box

We can provide you with a JNF collection tube or pin box to place at your till point, bar, counter or even to place near the vending machine at your work for small change.

All we ask is that you make sure it is secured with the chain provided. The JNF team can make arrangements to have the contents uplifted, you can remit the proceeds by cheque or directly through the bank.

We love any excuse to come chat to you, your colleagues or staff about how your support is used through the JNF – so get us along anytime.

To request collection boxes just email [info@joshuanolanfoundation.org](mailto:info@joshuanolanfoundation.org)



# Set up a JNF donation scheme for your customers

We have great little donation cards made for restaurants, cafes, coffee houses, takeaways and bars.

You can choose if you would like a part of the customer's bill, dessert & coffee or perhaps an amount or percentage from the 'dish of the day' to be donated to JNF.

All proceeds go toward the work carried out by JNF to help reduce the number of suicides in Scotland.

To register interest just email [info@joshuanolanfoundation.org](mailto:info@joshuanolanfoundation.org)





## Collect your pennies for the JNF

We can send you a flat-pack collection box that is perfect for spare change and pennies – free your wallet at the end of the day and watch as it all adds up!

These are also great for taking into school, on your work desk or in the staff room when you are doing a fundraiser.

To get your hand on these just email [info@joshuanolanfoundation.org](mailto:info@joshuanolanfoundation.org)

## Volunteering with the JNF

JNF team always welcome the involvement of volunteers to help at local events and improve our services. We currently have a small band of local volunteers on our team, each bringing their own skills, abilities and life experiences.

Our volunteers are from all walks of life, all ages and so there is a broad range of volunteering opportunities to be had with JNF. As one of our volunteers, we'll give you an introduction to the charity and keep you up to date by e-mail and newsletter.

Volunteering is as much about the people you volunteer with as it is about the cause you are volunteering for. As a mental health charity JNF endeavour to support you as much as you support the charities' work.

To become a volunteer just email [info@joshuanolanfoundation.org](mailto:info@joshuanolanfoundation.org)

**\*\*Travel expenses are paid for volunteers to and from events and lunch is provided where applicable\*\***

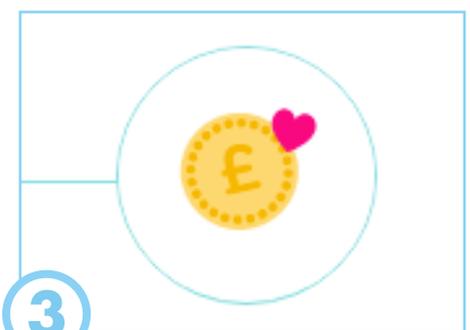
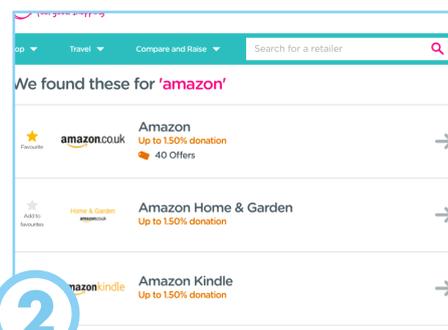
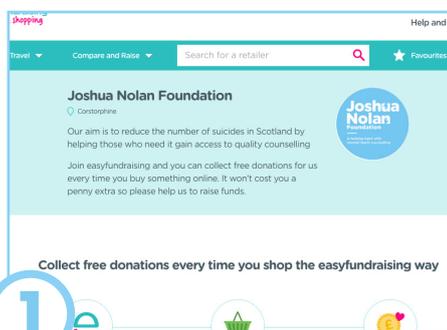


## Shop with JNF!

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for Joshua Nolan Foundation?

If you already shop online with retailers such as Amazon, Argos, John Lewis, Comet, iTunes, eBay or HMV, then all you need to do is sign up for free to raise money while you shop! It's a great way to raise funds for a cause you care about.

So how does it work? It's as easy as 1, 2, 3...



There are no catches or hidden charges and Joshua Nolan Foundation will be really grateful for your donations. It is FREE to use plus you'll get access to hundreds of exclusive discounts and voucher codes, so not only will you be helping a great cause, you'll be saving money yourself.

# Nominate JNF as your favourite charity

Many organisations allow you to nominate your favourite charity to benefit from monthly or yearly incentives, funds and grants. Places like Waitrose, Sainsburys, Tesco and even your place of work may run a charity fundraising scheme.

Why not see if the organisation you work for might have a similar scheme and nominate the Joshua Nolan Foundation? If you would like to know more or want to put us forward to your local shop, supermarket or workplace – get in touch [info@joshuanolanfoundation.org](mailto:info@joshuanolanfoundation.org)

