

THE CONNOR SAUNDERS
FOUNDATION



FUNDRAISING PACK 2019



www.connors5.com

facebook: [TheConnorSaundersFoundation](https://www.facebook.com/TheConnorSaundersFoundation)



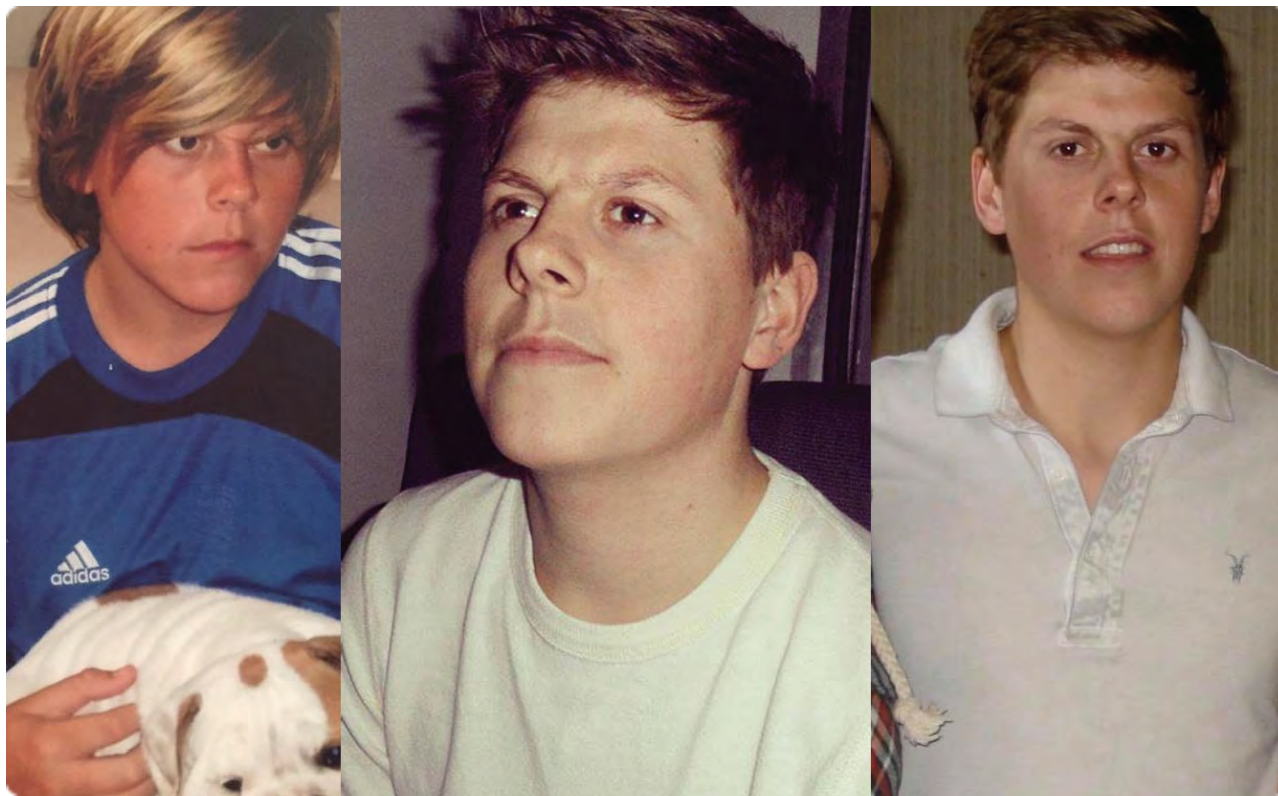
FIRST THINGS FIRST.....

Thank you.

Thank you for downloading this pack and for thinking of fundraising for our charity.

We are a small family run organisation who relies on support from supporters like YOU to help us make Sussex heart safe and by spreading our peaceful message to children, encouraging them to use their hands to help, rather than hurt.

We couldn't do it without the help of family, friends, volunteers, companies and people like you so thank you very much!



ABOUT US

The Connor Saunders Foundation was set up after Connor was tragically killed by just one punch at 19.

Connor was charming, kind and caring – he worked hard, was the first to help others his whole life (becoming an organ donor at 16) and believed that life was what you made it.

Devastated, the Saunders family set up the Foundation in Connor's name, determined to honour his life and maintain his capacity to love and care for those around him.

This legacy promotes peace throughout Sussex, encouraging all to use their hands to help, rather than to hurt through anti violence workshops, first aid training and defibrillator packages to schools and clubs.



WHAT WE DO

PROMOTE PEACE - THROUGH VIOLENCE PREVENTION

As a family, we have decided to use Connor's own story to address the impact violence has on so many lives.

These thought provoking sessions give insight into how a fist clenched or actions based in anger can change the lives of all those surrounding and gives the audience a better understanding of the consequences and outcomes of violent behaviour. These workshops can be tailored to be suitable for all ages.



KEEP SUSSEX HEART SAFE - THROUGH FIRST AID

We offer basic First Aid, encouraging audiences to use their hands to help, rather than hurt.

We also leave behind a defibrillator after these sessions for schools, colleges and community services to ensure that those students and users are 'heart safe'.

12 young people die every week of sudden cardiac arrest in the UK; if a defibrillator and effective CPR is performed within 3-5 minutes, survival chances increase from 6% to 74%. We want to make sure that every child has the right to the higher survival rates.



TURNING DREAMS INTO GOALS - THROUGH SPORTING ACTIVITIES

Connor was a true blue football fan through and through, loving sport and the team atmosphere it creates. Physical activity is SO good for your health – promoting healthy hearts, improving mood and boosting energy, all the while being part of a team, working towards a shared goal and vision.

Many children with disabilities or learning difficulties can not access mainstream football clubs. Our goal is to make sure that everyone enjoys the beautiful game, in Connor's beautiful name.



SO WHAT YOU CAN DO TO FUNDRAISE?



Online auction

Run online auctions on Facebook with items being auctioned each day.



Car Boot Sale

Turn your trash into treasure and sell any unwanted items from your home and garage.



Quiz Night

Find yourself a venue, a quiz master and some prizes. Charge people to enter and add it to your fundraising efforts.



Pamper Evening

Invite the girls (or guys) round for face packs, chocolate, have their nails done and watch a movie!



Cake Sales

Group together and host a cake sale or even have a bake off.



Odd jobs

Help out with other peoples unwanted chores like washing the car or mowing the lawn, all for a good cause.



Dress Down Day

Have a dress down day at work and send that collection bucket around.



Raffle

Everyone loves a raffle. Ask local businesses to help out by donating prizes.



Wine tasting

Host a cheese and wine evening, this could be held at home of a local wine shop.



Fete

Get people to bake cakes, run stalls, guess the number of sweets in a jar etc.



Come Dine With Me

Take turns to have dinner with friends and give each other points for the meal. Don't forget the entry fee!



Swishing

Organise a sale with friends of all your unwanted clothes, bags and shoes.



PROMOTING

We want to help you as much as we can to get support and a bit of publicity and social media is an ideal choice. Link up with us and share updates across your friends and family.

These include:



Website

www.connors5.com



Facebook

TheConnorSaundersFoundation



Twitter

@ConnorSaunders5

Don't forget to use your own social media channels to let all your contacts know all the great fundraising efforts you are up to! People are willing to help those who they know and as social media is so instant, you can thank people immediately!

We are so delighted that you are fundraising for us and love that you are one of our champions. As you represent us, please stick with our usual tone and general niceties on emails. Don't reply to emails on our behalf; our brand is very important to us. If you are in any doubt, just let us know - we're here to help!



AFTER YOUR FUNDRAISING EVENT

1. **Say thank you.** After your event, don't forget to say thank you and also let people know how much money you have raised.
2. **Money - when to collect.** The best way to keep tabs on your money is to ask all donations be made via your on line giving page. Keep updating with your progress, photos and information to keep people interested.
3. **Tell us your stories.** Keep telling us your memorable moments in your fundraising journey. These can be great or challenging! Keep us posted!
4. **Share your photos.** Show us how you made it to the end of your fundraising journey. We'd love to share these on social media and tell your story.
5. **Cheque presentation.** We like to celebrate all your achievements and often organise - wherever possible - to do a cheque presentation to the charities you've supported. This allows you to relive the memories and hear first hand the impact the money you raised has made.
6. **Keep in touch!** Now that we are BFF's, keep in touch! In turn, we'll keep you posted on future events, challenges, volunteering opportunities and updates.

The money you've raised will help us keep Sussex safe and encourage children to use their hands to help, rather than hurt.

Once you've collected all your money, you'll need to take it to the bank. Then dig out your cheque book and send us a cheque made payable to The Connor Saunders Foundation, 7 Kevin Gardens, Brighton, East Sussex, BN2 6RR. Any questions or queries, please don't hesitate to contact us in the office - we're here and happy to help.

