



**Headway
Sussex**

Reaching your full potential after brain injury



Headway Sussex Fundraising Pack

Registered charity name: Headway Sussex Ltd
Charity registration number: 1084715
Company registration number: 04027768
JustGiving Page: <https://www.justgiving.com/headway-sussex>



Registered with
**FUNDRAISING
REGULATOR**

Hello & Welcome



Contact Details:

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<https://www.justgiving.com/headway-sussex>

Fundraising for Headway Sussex

Fundraising for Headway Sussex is not only incredibly rewarding, it's also a fantastic way to connect with others, make memories, and develop new skills along the way. Inside this pack, you'll find plenty of ideas, practical tips, and inspiration to get your fundraising off to a flying start.

Whatever you raise, it will have a meaningful impact on brain injury survivors across Sussex.

Tips:

- Let us know before you fundraise so we can help publicise your fundraising event (info@headwaysussex.org.uk)
- If you can, please use our Justgiving page (<https://www.justgiving.com/headway-sussex>), **Justgiving automatically claims gift aid which is 25% = more money for your fundraising efforts!**
- Headway Sussex is proudly affiliated with Headway UK, but we are responsible for raising our own funds. If you'd like your fundraising to support people in Sussex directly, please make sure to give through **Headway Sussex**.
- Why not ask your employer if they can match fund or make a donation?

How Your Fundraising Helps

Every pound you raise has a direct and lasting impact on the lives of brain injury survivors and their loved ones here in Sussex.

Your generosity helps us provide vital services, emotional support, and opportunities for recovery and independence.

♥ £10 could provide:

- An information pack for a family newly affected by brain injury
- One hour of compassionate telephone support

♥ £25 could provide:

- A one-to-one support session for an individual
- A family information meeting to help relatives navigate life after brain injury
- A peer support group session, connecting people with shared experiences
- An initial assessment to understand someone's needs and goals

♥ £50 could provide:

- A family counselling session to help loved ones cope and adapt
- A specialist advice consultation with our expert team
- Facilitation of a supportive group session
- Crisis intervention for someone in urgent need

♥ £100 could provide:

- A week of tailored rehabilitation activities in our centres
- A training session for carers to feel more confident in their role
- Advocacy support

♥ £250 could provide:

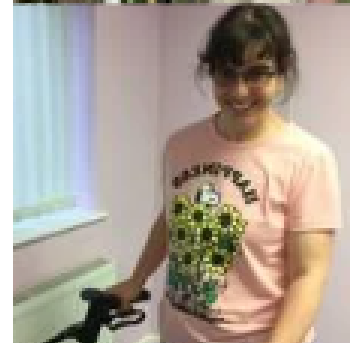
- The running costs for a monthly support group
- Specialist training to upskill our staff
- Support for survivors to access outreach who may be unable to reach our Hubs.
- A community awareness event to improve understanding of brain injury

♥ £500 could provide:

- Purchase of specialist equipment to aid recovery
- A full training course for our volunteers
- Dedicated support for young people (18-30) facing life after brain injury
- Help sustain the Futures group

♥ £1,000 could provide:

- A month of running our dedicated helpline
- Specialist counselling sessions for those rebuilding their lives
- A community outreach programme to connect with those most isolated
- Training and development for our staff to deliver the best care possible
- A new ABI Navigator volunteer for almost a year in the local Community.



Fundraising Ideas

Welcome to Fundraising for Headway Sussex!

Thank you for choosing to support brain injury survivors and their families in Sussex.

This guide is here to help you plan, promote, and run a successful fundraising event – whether you're hosting a coffee morning, taking on a daring challenge, or rallying your workplace for a cause. Inside, you'll find over 50 inspiring fundraising ideas to help you make your event a success. Whatever your goal – big or small – every pound you raise will help us change lives.

50+ Fundraising Ideas to Get You Started

Community Events

- Charity Fun Run/Walk
- Bake Sale
- Car Wash
- Quiz Night
- Raffle
- Auction
- Coffee Morning
- Garden Party
- BBQ Event
- Sports Tournament

Creative Fundraising

- Art Exhibition
- Talent Show
- Fashion Show
- Photography Competition
- Craft Fair
- Book Sale
- Music Concert
- Comedy Night
- Film Screening
- Themed Party

Online Fundraising

- Social Media Challenges
- Online Auctions
- Crowdfunding Campaigns
- Virtual Events
- Gaming Marathons
- Online Courses
- Digital Art Sales
- Subscription Drives
- Peer-to-Peer Fundraising
- Birthday Fundraisers

Challenge Events

- Sponsored Walk
- Cycle Ride
- Marathon/Half Marathon
- Skydive
- Bungee Jump
- Mountain Climb
- Swimming Challenge
- Obstacle Course
- Dance Marathon
- Silence Sponsorship

Workplace Fundraising

- Dress Down Days
- Office Sweepstake
- Lunch & Learn Sessions
- Team Challenges
- Charity Auction
- Bake-off Competition
- Sports Day
- Charity Golf Day
- Wine Tasting
- Charity Breakfast



Thank you for supporting Headway Sussex – your fundraising truly changes lives. ❤️

Fundraising Do's & Don'ts – Staying Safe, Legal & Organised

At Headway Sussex, we want your fundraising to be fun, successful, and safe. Here's what you need to know to keep things running smoothly:

✓ Do's

- Follow the law – If you're running a raffle, tombola, or lottery, check the Gambling Commission rules. Small raffles at private events don't usually need a licence, but public raffles may require one.
- Get permission – Street collections, bag packs, and bucket shaking in public spaces often need a permit from your local council.
- Keep money safe – Always store cash securely, use a sealed collection tin or bucket, and bank donations as soon as possible. If counting cash, do it with another person present.
- Protect personal data – If you collect names, email addresses, or other details from participants or donors, store them securely and only use them for the purpose you've stated. Follow GDPR guidelines.
- Think safety first – Risk-assess your event. Consider things like fire exits, crowd control, food safety, and weather. Have a first aid kit (and trained person) if needed.

✗ Don'ts

- Don't use the Headway Sussex logo without our permission — we'll happily send you official versions for your materials.
- Don't approach businesses or sponsors on behalf of Headway Sussex without letting us know first — we may already be in contact with them.
- Don't leave cash unattended or transport large sums alone.
- Don't store personal data longer than necessary.
- Don't take unnecessary risks — safety is more important than anything else.

Extra Tips

- If serving food, check allergy information and food hygiene standards.
- For sporting or physical challenges, make sure participants are fit enough and have the right equipment.
- If your event is open to the public, consider insurance cover — we can guide you on this.

If you're ever unsure about permissions, licences, or safety requirements, our fundraising team is here to help. Contact us at: info@headwaysussex.org.uk or 01825 724323 before you start planning.



Create your JustGiving fundraising page for Headway Sussex

♥ Why it's beneficial to create your own JustGiving page

When you set up your own fundraising page for Headway Sussex, you're giving your friends, family, and colleagues a personal connection to your cause. That makes them far more likely to donate and share your page.

Here's our Guides:

Quick version (2 minutes)

- Go to [justgiving.com/headway-sussex](https://www.justgiving.com/headway-sussex) and click Fundraise for us.
- Log in (or create a free JustGiving account).
- Choose your activity type (event / celebration / in memory / your own thing).
- Personalise your page (title, story, target, photo) and click Create your page.
- Share your page link with friends and family.



Step-by-step guide (with tips)

- 1) Start from our charity page
 - Visit <https://www.justgiving.com/headway-sussex> and select Fundraise for us.
 - If asked "Are you fundraising for a registered charity?", select Yes.
- 2) Sign in or create an account
 - Use an email and password.
- 3) Pick what you're doing
 - Choose whether you're taking part in an event, celebrating an occasion, fundraising in memory, or doing your own thing.
 - If your event isn't listed, choose Add your own and enter the details.
- 4) Personalise your page
 - Page title & story: explain why you're supporting Headway Sussex and what you're doing.
 - Target: set a realistic goal (you can change it later).
 - Photos/video: add at least one image to boost donations.
 - Page address (URL): choose something short and memorable.
- 5) Create your page
 - Click Create your page. Your page is live and ready to receive donations immediately.
- 6) Share it widely
 - Use the built-in share tools on your page to post to social media, email, or WhatsApp.
 - Don't forget to tag us: **@headwaysussex**

Paying in your Fundraising money

We want paying in your donations to be as simple, secure, and stress-free as possible — so you can focus on celebrating your amazing fundraising efforts!

♥ JustGiving

If you've set up your own fundraising page through JustGiving, you don't need to do a thing, the money goes directly to Headway Sussex automatically. You can log into your page anytime to see how much you've raised, track Gift Aid, and thank your supporters.

♥ Bank Transfer

If you've collected funds offline, we can accept a direct bank transfer. Please email us at **info@headwaysussex.org.uk** and we'll provide our secure bank details along with a short reference code so we can match your donation to your fundraiser.

♥ Cheque

Prefer to send a cheque? Please make it payable to Headway Sussex and post it to our office address (or drop it in by hand if you're nearby). If posting, we recommend using a tracked service for peace of mind.

♥ Cash

If you have cash donations, get in touch with us so we can arrange a safe drop-off at one of our hubs or a collection if needed. For security, we advise not sending cash in the post.

➡ Donate Instantly

You (or your supporters) can also scan our QR code to donate instantly via our JustGiving page (perfect for events or on-the-go giving.) You'll find the QR code in this pack and on our website. (**<https://www.justgiving.com/headway-sussex>**)

Tip: Let us know when you've paid in your money so we can say a proper thank you and update your fundraising total!

Support Headway Sussex

Every 90 seconds, someone in the UK is admitted to hospital with an acquired brain injury.

At Headway Sussex, we support individuals and families across Sussex as they rebuild their lives after brain injury – whether from stroke, trauma, tumour, or illness.

We offer emotional and rehabilitation support at our Hubs, Support Groups, Social groups, a Helpline and Call Back service, a Hospital liaison Service, and vital community outreach.

With your help, we can be there for even more people facing isolation, anxiety, memory loss, mobility challenges and the daily realities of living with a hidden disability.

Please support us today and help change lives across Sussex.

Your donation makes independence possible. 



Headway Sussex Fundraising Promise



At Headway Sussex, we value every pound you raise and every minute you give to support people living with brain injury in our community.

Without the generosity of fundraisers like you, we simply couldn't deliver the life-changing services that help people rebuild their independence, reconnect with their loved ones, and regain confidence in everyday life.

♥ Our Promise to You

When you choose to fundraise for us, we promise to:

- Use your donations wisely — every penny will go towards supporting local people affected by brain injury.
- Be transparent — we'll always be open and honest about how your money is spent and the impact it makes.
- Respect your privacy — we'll keep your personal details safe and only contact you in ways you're happy with.
- Show our gratitude — we'll say thank you, celebrate your efforts, and share the difference you've made.
- We believe fundraising is a partnership — you bring the passion and energy, and we bring the guidance, tools, and support to help you succeed.

💬 How to Reach Us

Whether you have a quick question, need some advice, or just want to tell us about your plans, our friendly fundraising team is here to help every step of the way.

Fundraising Team – Headway Sussex

✉ Email: info@headwaysussex.org.uk

☎ Phone: 01825 724323

🌐 Website: www.headwaysussex.org.uk

♥ Facebook/ Instagram/ X/ LinkedIn/ BlueSky/ Threads: @HeadwaySussex

We'd love to see your fundraising in action — tag us in your photos and updates so we can share your amazing work with our community.

FAQS

01. Is Headway Sussex part of Headway UK?

Headway Sussex is a local, independent charity.

Whilst we are affiliated with Headway UK, we manage our own services, staff, and fundraising. All the money raised for Headway Sussex stays in Sussex and directly supports people with brain injuries and their families in the local community.

Please ensure you use Headway Sussex when fundraising for us.

02. Can I choose to support a specific project (e.g. young people, Navigators, Chichester area)?

Yes, absolutely. While all donations support our core work with brain injury survivors across Sussex, you can choose to dedicate your fundraising to a specific project or area that means the most to you – for example, our young people's support group (18–30), our ABI Navigators programme, or services in the Chichester area. Just let us know when you set up your fundraiser, and we'll make sure your gift is directed as requested.

03. Are donations eligible for Gift Aid?

Yes! If you're a UK taxpayer, your donations to Headway Sussex can be increased at no extra cost to you through Gift Aid. This means we can claim an extra 25p for every £1 you donate, helping us do even more for people living with brain injuries in Sussex.

Make sure to tick the Gift Aid box when donating or setting up your fundraiser.

04. Can Headway Sussex provide resources (posters, logos, sponsorship forms)?

Yes! Our marketing team is happy to help with resources like posters, logos, and sponsorship forms to support your fundraising.

We also have ready-to-use flyers available to download and print directly from our website, making it easy for people to donate to Headway Sussex.

05. Will Headway Sussex promote my fundraiser?

Absolutely! We love celebrating our fundraisers 

Our team can help promote your event on Headway Sussex's social media channels and, where possible, in newsletters or on our website. Just let us know the details so we can share your efforts and help inspire others to support your cause.

