



FROM Wales Fundraising Pack



In affiliation with Fisherman's Rest Community Projects Malawi

Getting Started

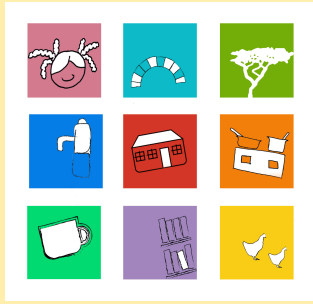
If you have picked up this pack for some ideas on what you can do to help support projects in Malawi – AMAZING. We are thrilled to have you on board, if you have any questions, or just want to let us know what you have planned, please get in touch.

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BE A PART OF IT



Why Fundraise?

Every £ raised means more development in rural Malawi and more opportunity for those who otherwise would not have a chance at change.

The Problem

Malawi is one of Africa's poorest countries with a GNI of \$250 per capital making Malawi the poorest country in the world. With an average life expectancy of 61 years and with over 6% of under fives dying, it is a difficult place to overcome life's odds (Stats: *World Bank 2014*)

Fisherman's Rest is based in two areas in rural South Malawi, we seek to improve the education, health and wellbeing of communities.

Through:

1) Education

- a. Infrastructure
- b. School feeding programmes
- c. Curriculum support
- d. Libraries & IT facilities
- e. Bursaries for Secondary schools

2) Water & Sanitation

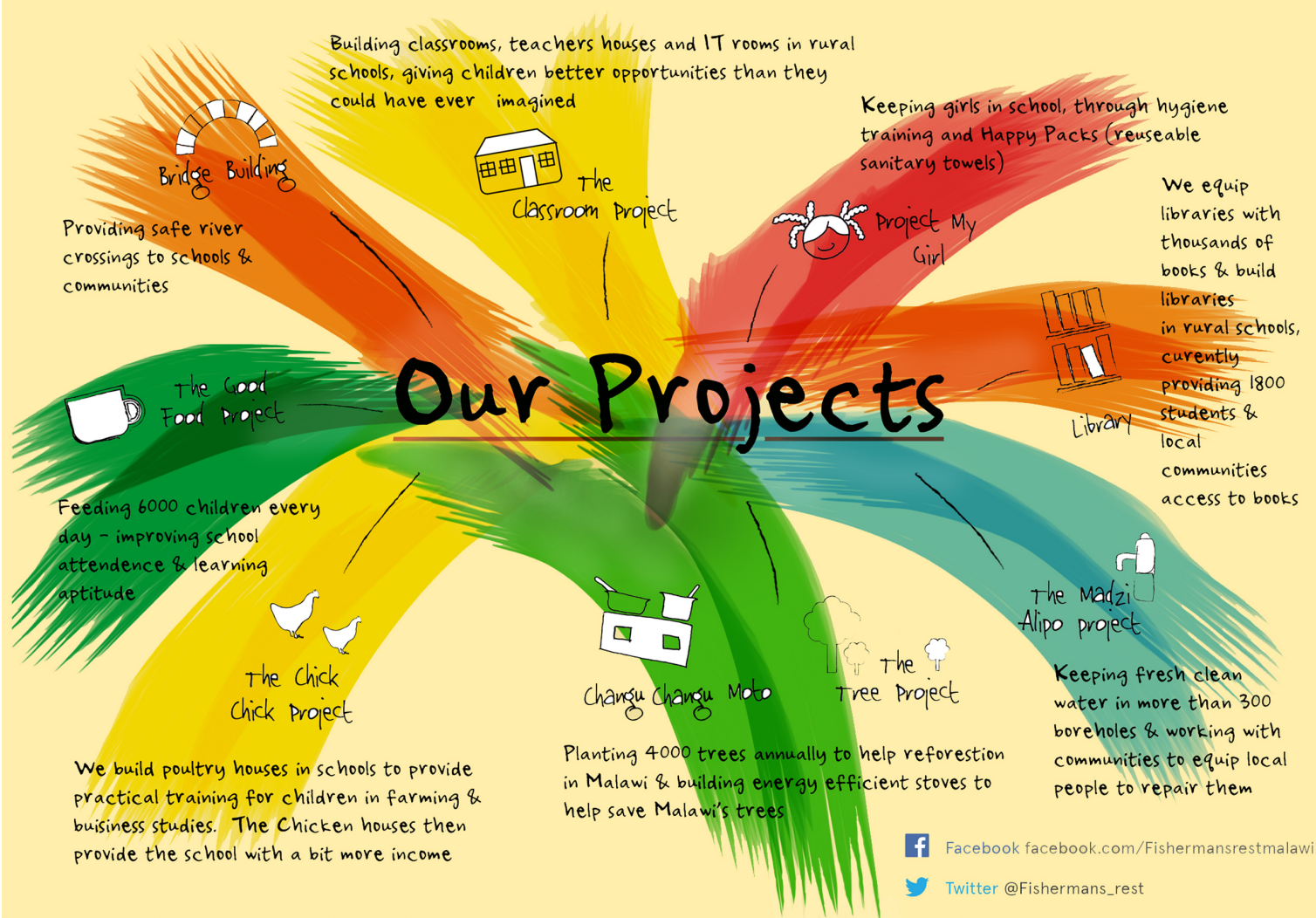
- a. Borehole repair & education
- b. Borehole maintenance & repair training
- c. Girls education

3) Community business

- a. Job provision
- b. Up skilling local community
- c. Supporting Micro business & enterprise

4) The Environment

- a. Reforestation Programmes
- b. Reforestation education in schools
- c. Changu Changu Moto Cook Stoves
- d. Alternative methods of farming



By investing in young people's education we are equipping them for life and encouraging them to be economically active members of society

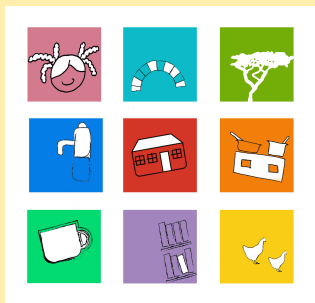
By investing in water projects we are giving resources to protect health and wellbeing through the provision and maintenance of good/safe water supplies

By investing in community business we are developing the economic infrastructure of the area and encouraging entrepreneurship and sustainable financial capability

By investing in the environment we are giving people the skills to preserve Malawi for the next generation

By investing specifically into two areas of rural Malawi we aim to (in partnership) holistically input and develop the areas to a level that will promote sustainable and ongoing positive change





Where your support goes and what it can do?

50p Plants a tree in a local school or community

£1 Builds an energy efficient cook stove in a community, saving trees and lives

£3 impacts a teenage boy in school, equipping him with life skills

£5 buys a girl in school a life changing sanitary pack

£12 Provides a child with a cup of porridge every school day for a YEAR

£120 Gives a child a year's secondary education

£250 Fixes a borehole and provides a community with safe water and basic maintenance and repair training



It all starts with a plan & some inspiration

If you have never fundraised before the commitment can seem quite daunting, but big or small any donation can make a change in someone's life in Malawi. So don't wait..... dive right in there and see what you can achieve!

A bright fundraising idea can come when you least expect it so carry a little note book with you and keep your eyes open for anything that inspires you and start jotting down your ideas!

We love hearing about your new idea's so if you find a fundraiser that hits the mark – please let us know so we can spread the idea love around!



Here are a few of our favorite fundraising ideas from over the years....

- **Live below the line**

either independently or your whole office... why not only spend a pound on your lunch with your office team for a whole month the balance of what you would spend on lunch goes into a collection pot

- **Auctions – a firm favourite.**

See what local businesses can offer for bidding prizes and get a load of people together for an evening of good food and fun – making sure they bring full wallets! Prizes can also include services from people i.e. a famousinyourvillage cake baker cake of your choosing or a months worth of lawn mowing or a car washing/window cleaning service.... The options are endless

- **The Big Saturday collection**

see what you can do in your community and ask for donations for Malawi for your services.... i.e. lawn mowing, painting, cleaning etc.

- **Cake sales**

We have never met anyone who doesn't like a good bake sale, get your local WI involved, or parents at school...pick a location you have permission to use and see how much your baked goods can raise

- **Run for Malawi**

Quite literally we would love you to pack up and head here.... But we also would love you to get those trainers on and run a race to raise funds for us.... Tough mudder South West is an annual event – get in touch if you want to be a part of it with us...

- **Quiz night**

Everyone loves a good pub quiz, so why not write a quiz on Malawi get your local involved and see how much you can make (Auctions added into these events are also a great idea).... Alternatively host a dinner and quiz at home or at school.... The options again are endless and everyone has a really good time too! We have a few quizzes already written if you are keen drop us an email!

- **Non-school Uniform days at school**

If you are in school why not see if the school will support Malawi for their next non-

- **Collection pot**

If you have a local shop why not ask them to have a collection pot for Malawi and watch the pennies grow into pounds

- **Car boot sales**

Why not take the chance to get rid of all that unwanted stuff we all manage to accumulate! You can have a sign up saying where all the proceeds are going and get some good conversation going and hopefully a few bargains for yourselves too!

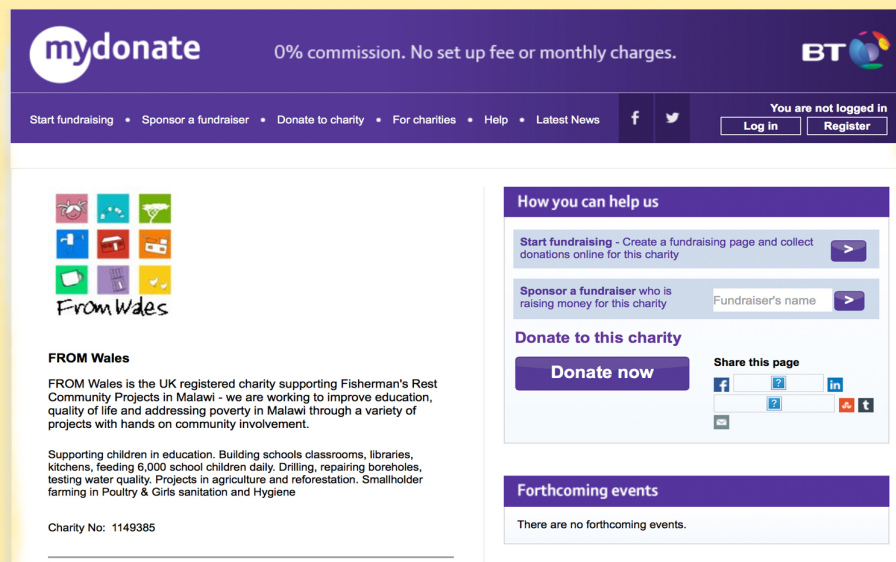
- **A dinner date**

Why not host a dinner if you are a good cook, invite friends and family to make a donation and host them for the evening – see who else would be willing to host another night and raise money while building friendships...



How to get started & where to send your donations

We have both online and offline donation options...



British Telecom offers a FREE donation service. If you log onto: <https://mydonate.bt.com/charities/fromwales> click on the 'start fundraising' link you can create a profile which friends and family can safely make online donations through...

If online donations are not up your street then we can accept cheques via post.

Cheques must be made payable to:

FROM Wales

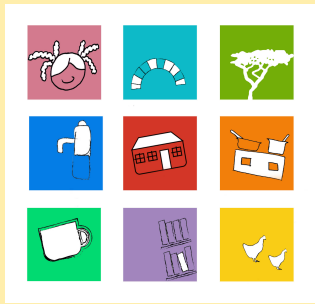
And sent to:

FROM WALES c/o
Cold Blow House
Camrose
Haverfordwest
SA62 6JP

If people ask you about gift aid, they will need to fill in a form for HMRC when they give you their donation – you can get this from Beth.

Gift aid is completed automatically with online donations via mydonate

Any questions email Beth: bethan@fishermansrest.net



If you are fundraising in the UK don't forget...

- 1) Going it alone can be tough, who else do you know who wants to get involved and help with planning and organising
- 2) If you are planning a big event, make sure you give yourself time and make sure you have the support to make your amazing plans manageable. Check your dates don't clash with any other local events and try to get RSVPs so you have an idea of numbers coming!
- 3) Location Location Location – make sure your venue is accessible and that it can host the numbers you expect. If you plan to invite the general public you will need to look into public liability insurance or check with your venue that they will cover you.
- 4) If you are planning a raffle – keep it legal. For a big public raffle you will need council permission, but a small private collection at your workplace or as part of an event (with purchases under £250 and no cash prizes) you don't need a licence. Tickets must be sold and winners announced on the day.
- 5) A licence is legally required for door to door collections. To collect in your workplace, school or event venue is fine, you only need the OK from your boss/head teacher/venue.
- 6) Do a risk assessment to make sure everyone is safe taking part. If it's a big public event contact the British red cross or St John's Ambulance for First Aiders
- 7) Tell us about it! Contact us for Materials, posters literature and quizzes
- 8) Tweet us, email it, Facebook it, set up a blog about your fundraising journey – keep us in the loop and we will be able to support your big ideas & plans
- 9) Keep it simple, stick to your budget & ENJOY!

Thank you so very much

The FROM Wales & Fisherman's Rest Malawi team