



*Individual Giving,
Community & Events*

Fundraising Pack

Find out how you can support
survivors of Sexual Violence in Sussex



Prepared by The Fundraising Team At Survivors' Network

Charity No. 1144878



Thank You!

Before you explore our fundraising tips and ideas, we want to start by saying a heartfelt thank you for choosing to support us. At Survivors' Network, we understand the courage it takes to stand with survivors of sexual violence, and the importance of providing the care and support they need to heal. Sexual violence affects so many people deeply, and too often, survivors face silence, stigma, and disbelief. By fundraising for us, you are helping to break that silence and make a real difference. We are proud to speak up for survivors and we are so grateful that you are too.

"[SN's support] helped me realise that I'm not alone, even if I feel like I am. It also helped me realise that what happened to me doesn't define me and it doesn't mean I can't do good things for myself too" – ISVA Service User.

"This group has literally saved my life" – Children and Young People's Service User.

"[SN Therapy] has changed my life and helped me heal parts of me that I never thought could heal." – Former Therapy Client.



What is Survivors' Network?

ABOUT US

We support survivors of sexual violence, abuse and sexual harassment across Sussex, no matter when it happened.

Every survivor's journey is different. Our role is to listen, believe and support — offering specialist, trauma-informed services that put choice, dignity and wellbeing first. By fundraising for Survivors' Network, you are helping survivors feel less alone and access the support they deserve.

So How does Your Fundraising Help?

The money you raise directly supports survivors in Sussex by helping us deliver a wide range of specialist services, including:

Helpline & Email Support

Our Helpline and Email services offer confidential, open-ended emotional support and signposting. When someone reaches out, they are met by our trained Welcome Team — self-identified women who listen without judgement, believe survivors, and help them explore their options at their own pace.

Adult ISVA Service

Our Independent Sexual Violence Advisors (ISVAs) support adults who have experienced sexual violence or abuse. ISVAs provide practical and emotional support, whether or not a survivor chooses to report to the police. This can include talking through reporting options, support with police communication, help preparing for court, or passing on information anonymously. ISVAs also help survivors with wider needs such as housing, sexual health follow-up, work or study, and accessing therapy.

Adult Therapeutic Service

Our Therapy Service provides a safe, confidential space for survivors to explore their experiences and the impact of trauma with a specialist therapist.

This support can be life-changing, helping survivors process what they've been through and move towards healing at their own pace.

Group Support

We offer a range of group-based support options, including discussion groups, creative and art-based sessions, and wellbeing groups such as yoga and mindfulness. These groups help survivors connect with others who understand, reduce isolation, and build confidence in a supportive environment.

Children & Young People's Service

Children and young people who experience sexual violence or abuse need specialist, age-appropriate support. Our Children and Young People's Service is delivered by practitioners who understand the unique challenges young survivors face and respond with care, kindness and respect.





Why Fundrasie for us?

Fundraising for Survivors' Network is about standing alongside survivors of sexual violence and letting them know they are not alone.

When someone experiences sexual violence or abuse, being believed and supported can be life-changing. Your fundraising helps ensure survivors across Sussex are listened to, believed and treated with compassion from the moment they reach out.

Your support enables us to deliver specialist, trauma-informed services that recognise the lasting impact of sexual violence. This includes our Helpline and Email Service, Independent Sexual Violence Advisors (ISVAs), therapy, group work, and dedicated support for children and young people. These services empower survivors to make choices that feel right for them and to access support at their own pace.

Sexual violence can be deeply isolating. By fundraising for Survivors' Network, you help create safe spaces where survivors feel understood, supported and less alone. Your fundraising also helps build a safer, more compassionate community by challenging stigma, raising awareness and showing that survivors deserve care, respect and justice.

Every pound you raise makes a real difference — helping ensure that when someone reaches out for support, we are there to listen and help.

Ways to Fundraise

Community & Local Events

- Bake sale at a workplace, university, school, or community centre.
- Host an in-person or online jumble sale
- Raffle with donated prizes
- Coffee morning for charity
- Sponsored walk, hike, or cycle! (London to Brighton or Three Peaks Challenge)
- Quiz night at a pub
- Challenge Run (5 or 10k / Half / Marathon)
- Charity football or netball tournament
- Do something crazy like shave your head or a Skydive!

Creative & Artistic Fundraisers

- Auction of donated items or experiences (online or in person)
- Craft sale (cards, knitted goods, jewellery)
- Art exhibition with donations on entry
- Photography sessions for families or pets
- Charity concert or open mic night

Online & Digital Fundraisers

- Crowdfunding via JustGiving, Virgin Money Giving, or GoFundMe
- Virtual challenge (e.g., “5k a day” or online gaming marathon)
- Social media donation drive



Tips for Your Fundraiser



SHARE, SHARE, SHARE

Social media is such an incredible tool for sharing your fundraiser with like-minded people! Make sure people can find it easily and share it often via social media.



RECRUIT

You don't have to do it all on your own! Call on your friends and loved ones to share details of your fundraiser in their circles!



COMMIT!

Give it your all! The success of your fundraiser depends on your enthusiasm and commitment, so whatever you decide to do, approach it with confidence and positivity.

Online Fundraising

Using an online fundraising platform makes it easy for you and your supporters, while also helping you track donations effortlessly.

Setting up an online fundraising page allows you to quickly share your appeal with friends, family, and colleagues, with all donations paid directly into Survivors' Network's bank account for a safe and straightforward giving experience.

We're registered with LocalGiving, which has some of the lowest platform fees available—meaning more of the money you raise goes directly towards supporting survivors across Sussex.

Getting started

1. Visit www.localgiving.org/fundraisers
2. Register using your name, email address, and a password
3. Select Survivors' Network as your chosen charity
4. Choose a fundraising category that fits your challenge
5. Create a title for your page—have fun and be creative!
6. Let us know if you're taking part in an official event or fundraising as part of a team
7. Choose to share your details with Survivors' Network
 - This allows us to stay in touch, support you, and send items like running vests
8. Click Continue, select your event if applicable, and create your page

ADD A PHOTO

Pages with photos tend to raise more money. A photo helps supporters feel connected to your challenge and reassures them they're donating to the right person.

SET A FUNDRAISING TARGET

Setting a target can really boost donations. It helps motivate you and your supporters—and people are often inspired to give a little extra when they see you're close to reaching your goal.

SHARE YOUR STORY

Tell people why you're fundraising and why you've chosen to support Survivors' Network. Whether you're celebrating someone, challenging yourself, or raising awareness, your story helps supporters understand the impact of their donation.

SPREAD THE WORD ON SOCIAL MEDIA

Share your fundraising page on Facebook, Instagram, X (Twitter), and LinkedIn, and keep supporters updated along the way. Posting about training, preparation, or progress is a great way to stay connected without feeling like you're asking too often.

Fundraising Story:

JAMES & VICTORIA (PLUS ACCOUNTING)



James and Victoria were inspired to come together and work with their employers to support survivors in their local community. By taking part in a charity football tournament, they raised over £3,000 for Survivors' Network, helping to fund vital support for survivors across the area.

“[We] chose Survivors' Network to highlight and support the vital impact they have on survivors through their compassionate service and amazing work.

Fundraising was straightforward thanks to the creation of a Local Giving page and it was a pleasure to have representatives from the Survivors' Network attend the event. We were also provided with helpful resources that we could share with all the participating teams. With sexual violence still a stain on the beautiful game, supporting the Survivors Network felt like a meaningful fit for our event”.



Fundraising Story:

ALLY



Last year, Ally took an incredible leap for survivors! By taking on a charity skydive, he pushed himself out of his comfort zone to raise awareness and funds for Survivors' Network. His daring challenge inspired friends, family, and colleagues to get behind him, and together he raised nearly £600 to support vital services for survivors. Ally's bravery and commitment have made a real difference, helping survivors access the support they need to heal.

“I had great fun raising money for Survivor’s Network. I knew I had to choose a more extreme challenge to try to replicate the challenges survivors face every day. So, I jumped out of a plane from 10,000ft for all survivors and for the special Survivor’s Network.”





Contact & Next Steps

Get in touch to receive support, resources and next steps for your fundraiser

FUNDRAISING MANAGER

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