

Welcome to your fundraising pack



Counselling and Support
for Young People

Thank you for choosing to fundraise for CASY!

In this pack you will find:

- Who we are
- How we help
- Fundraising Ideas
 - Checklist
- Sponsorship forms



Nurturing minds Inspiring change



Introducing CASY



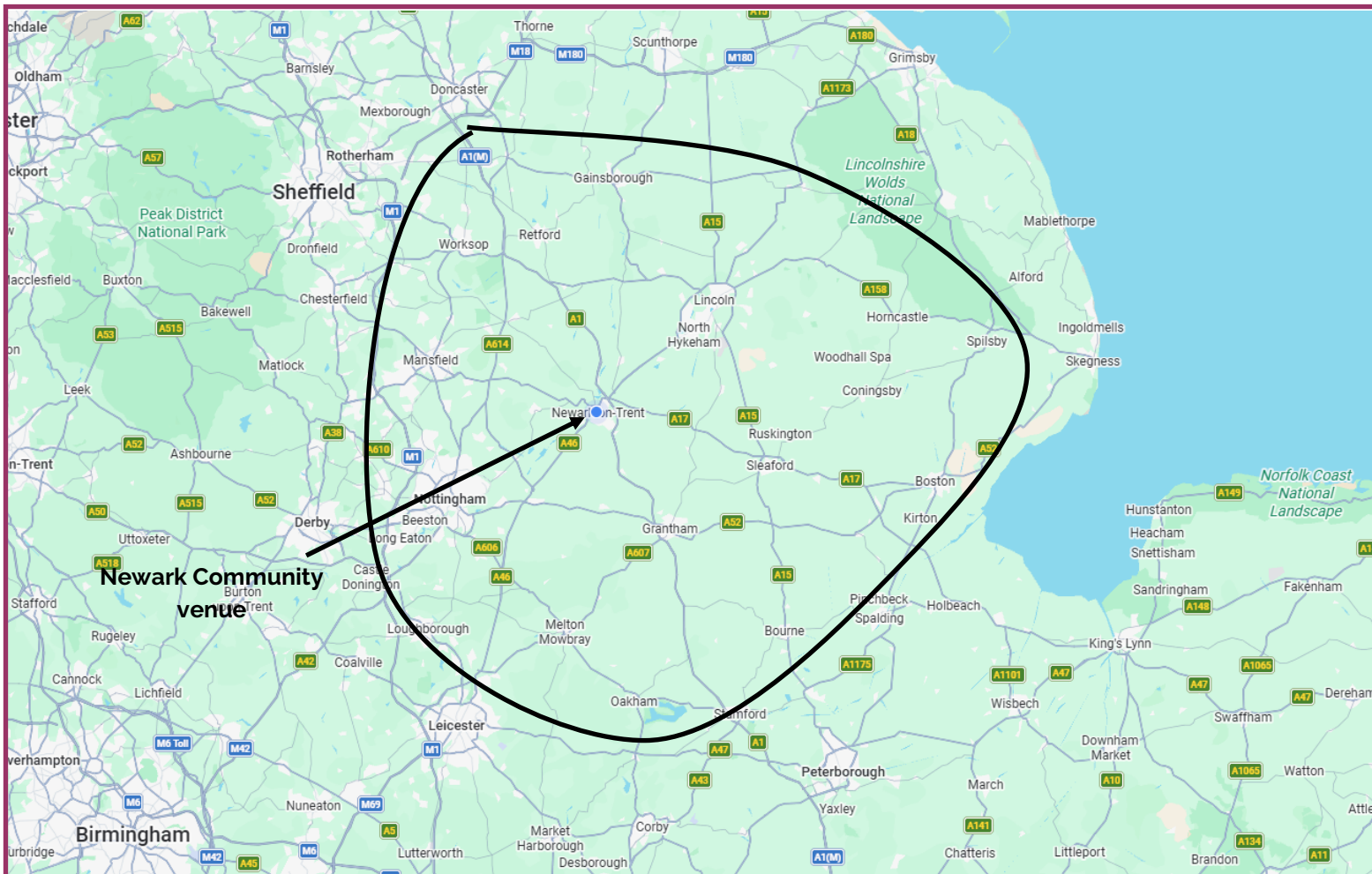
Counselling and Support
for Young People

CASY is a registered charity providing counselling and emotional support to children and young people throughout Nottinghamshire and Lincolnshire. We have been established for over 25 years and have a great deal of experience in supporting children and young people with their emotional and mental health issues.

We also offer guidance and support to parents while their child is accessing services, recognising the importance of family involvement in emotional wellbeing.

CASY supports over 2,100 people between the ages of 6-25 in Nottinghamshire, Lincolnshire, Derbyshire and Rutland.

We work face-to-face at our community venue in Newark and in Schools across the East Midlands.



How we help



Counselling and Support
for Young People

We have been established for **over 25 years** and work to improve the emotional and mental health of children and young people throughout Nottinghamshire, Lincolnshire and across the East Midlands.

We need your help to make sure we are able to **maintain and grow** the number of young people we are able to support. It takes courage to ask for help and too many are being told they have to wait while struggling with their mental health.

In our community venue we offer a block of 9 counselling sessions. We do have to charge a small fee for our services of no more than £20 a session, as we don't receive any funding from the government or NHS. We are working hard to keep this affordable.

Our work is funded through a variety of contracts, grants and the generous giving of our fantastic supporters.

But we want to do so much more.

To achieve this and to make a difference to even more lives we need your help. These pages will show how you can support us and what you can do to get involved.

Some of our clients say ..

"...coming to counselling has been an enjoyable experience and that he has been really happy to be here. He said he has found it good being able to talk about his feelings, he feels like things have changed and he has been feeling better about his anxieties and paranoia.." (Aged 10, 2024)

"J explained it has been helpful coming to counselling each week. She said it helped her see things from different perspectives and has enabled her to challenge the way she feels. J said over the duration of the sessions, she has found it easier as she has felt comfortable enough to talk, which she said was a big thing for her." (Aged 22,2024)

Fundraising Ideas



Counselling and Support
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Fundraise

You can fundraise by doing an event and asking people to sponsor you, no matter how large or how small the plan you have you will be surprised at what can be done. You could... run, cycle or swim, or bake, or car boot, or set up a charity shop in your school, or climb, or walk, or keep quiet, or sing, or play snooker, or wear 258 t-shirts at once.

Corporate Support

At CASY we rely on the incredibly generous donations of individuals, local authorities and trusts to continue supporting children and young people within our communities. We are always keen to engage with businesses around Lincolnshire and Nottinghamshire and feel corporate responsibility should be a mutually beneficial arrangement.

Supporting us can help contribute to motivation of your employees, it can provide a focus for the organisation and offer PR opportunities that can demonstrate that you are giving something back to local communities.



School Support

Does your school have a dress down day for a charity?

If so, you could suggest they do it for CASY. The funds would be put to amazing use supporting children and young people when they most need it. At least one in ten of the children in a school will be affected by emotional and mental health issues, and the impact can affect the whole family. Good emotional health provides a solid foundation for children into later life.



Checklist



Some things to consider to get you started on your fundraising journey:



Get in touch to let us know you are fundraising– we love to support and share your progress on our social media!



Decide how you are going to fundraise– What kind of event? When? Where?



Set your fundraising target– challenge yourself! **£280 is a block of 8 sessions for 1 young person** so think about how many young people you could help!



Consider how will you collect the money?
Search for CASY Counselling on Just Giving.



What training or preparation is involved– whether that is taste testing cakes or limbering up?



Learn about our cause. In 2025, CASY supported **2,100 people between the ages of 6-25**. Lets increase that number this year!



Get sharing!! The more people involved the more connections, donations and motivation.



Thank your supporters!



Charity Gift Aid Declaration– Single donation

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £_____ to:

Name of Charity_____

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

My Details

Title _____ First name or initial(s)_____

Surname _____

Full Home Address _____

Postcode _____ Date _____

Please notify the charity if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

You've completed your fundraiser!!



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You can send your donations to CASY in the following ways:

Donate online via our website

[Www.casy.org.uk](http://www.casy.org.uk)

Bank Transfer

Name: CASY

Sort Code: 30 95 88

Account: 00699066

Just Giving

If you create a Just Giving page, all of the donations linked through this will be sent directly to our charity bank account, including GiftAid.

Cheque

Please make all cheques payable to 'CASYS Counselling'

And post to 23 Millgate,
Newark, NG24 4TR

Tell us how it went..

Email: office@casy.org.uk

Telephone: 01636 704620

Send over your photos so we can give you a shout out on our social media and website!

 @CASYS Counselling

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