



**FDAMH**  
FALKIRK'S MENTAL HEALTH ASSOCIATION

# Fundraising Pack

---

We're proud to be an independent charity serving our local community for over 40 years.

Every penny raised makes a difference!

Thank you for downloading our Fundraising Pack ❤️



# FDAMH

FALKIRK'S MENTAL HEALTH ASSOCIATION



## Your Challenge, Your Way!

- Top Tips
- Fundraising Inspiration
- Your Fundraising Page
- Shout About It
- Get Donations
- More Support from FDAMH

It's easy to  
get  
started!

1. Pick your challenge
2. Set your target
3. Create your fundraising post or page
4. Spread the word!

# Our Top Tips...

---

1. **Have fun!** Do something you enjoy or that you want to achieve.
2. **Don't get hung up** on the £££ or the scale of your challenge. Your fundraising, no matter how big or small, contributes vital funds and helps to raise awareness, which is really important too!
3. **If you'd like some fundraising support** from us, just get in touch!  
Contact us at [community@fdamh.org.uk](mailto:community@fdamh.org.uk)

---

# Fundraising Inspiration



# Create your own challenge

---

## **Take It On!**

**Are you a Falkirk Bairn?**

**If running, walking or cycling are your thing, the Helix pathways make up 26 kilometres and with wide flat paths, making it the ideal place for raking up those miles!**

**If you pick an active challenge, why not spread it across a time frame that works for you (like swimming 'the channel' in your local pool over a month)?**

## **Give It Up!**

**Have you been trying to kick 'that' habit?**

**Now is the chance to test it out!**

**From chocolate and swearing to boxset binging...it's up to you...how long will you last?**

## **Just Party!**

**Like hanging out with your friends?**

**Get your pals involved and turn your next get-together into a fundraiser!**

**It could be something you normally do or a special event, maybe you'll recreate your own 'Bake Off' or 'Come Dine with Me'!**

# Join an event

---

Let someone else take the strain! There are loads of organised events that you can join to fundraise for FDAMH! Here's a few ideas...

## The Kilt Walk

Ever popular, The Kilt Walk runs a number of events at various locations throughout the year and let you fundraise for any charity.

The Kilt Walk will boost any funds you raise with an extra 50%!

[Find out more](#)

## Night Running

If you enjoy running under the stars, Supernova organise night-time running events (usually 5km) at the Helix.

You can fundraise for the charity of your choice!

[Find out more](#)

## Marathons, Mud and More

You can fundraise for your favourite charity at many running events and other painful (☺) challenges like...

[Stirling Marathon](#)

[Great Run \(Glasgow\)](#)

[Run Mhor](#)

[Tough Mudder](#)

# Fundraise to mark a special day

---

Lots of people like to mark special events by fundraising for their favourite charity.

## Facebook Fundraisers

Facebook Fundraisers are super easy to set up and let you collect donations direct from your posts – you could run one for your birthday!

All of the donations done via Facebook come straight to FDAMH!

Go to [FDAMH on Facebook](#) then Click on 'Fundraisers' to get started!

## Use a Fundraising Page

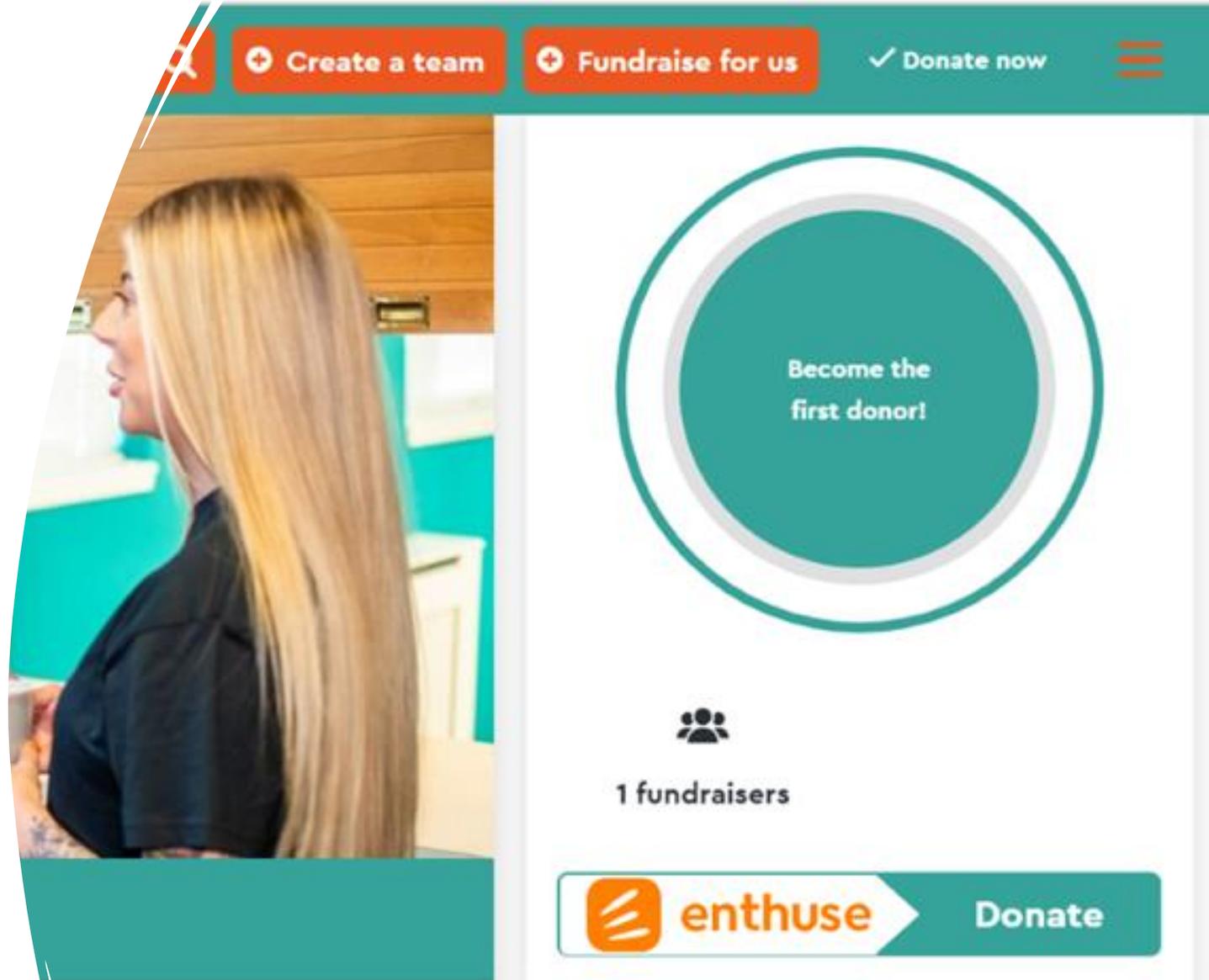
It's really easy to create a [Fundraising Page online](#) for FDAMH (see next section!)

For more  
ideas  
check out  
what  
others are  
doing!

1. [FDAMH Supporter Spotlight](#)
2. [FDAMH Fundraising Pages](#)
3. [Fundraisers on Facebook](#)
4. Or browse sites like Just Giving for more ideas!

---

# Your Fundraising Page



ublished in 1981.

roviding a range of

## Get involved

Why not start your own

# No sweat! This is the easy bit...

---

**A FDAMH Fundraising Page make it easy for you to:**

- Create your event
- Share it widely with your friends and family
- Keep your social accounts up-to-date with your progress
- Gather and send your donations straight to FDAMH

[Create your FDAMH Fundraising Page in a jiffy](#)

Prefer Just Giving? That's okay, you can find us there too!

# Team contest?

---

If you like a bit of competition we have the answer for you!

Get in touch and we'll help you set up a special **Teams Challenge** page on our Fundraising Site!

Each team can promote their challenge, map their progress and see who's going to come out on top!

Contact us at [community@fdamh.org.uk](mailto:community@fdamh.org.uk)

---

Shout about it!



Let  
everyone  
know  
what  
you're up  
to!

1. Use a Fundraising Page or a Facebook Fundraiser so it's easy for you to share your fundraising widely.
2. Let us know what you're doing and how you're progressing - we love to chat to our supporters and share their amazing efforts!

# Get Donations



Asda House, Great Wilson St, Southbank,  
Leeds, West Yorkshire LS11 5AD

ASDA foundation  
Date 9<sup>TH</sup> SEPT 21

Pay FDAMH

Two HUNDRED POUNDS ONLY £ 200-00

ASDA FALKIRK

Sort Code 47-56-13 Account No. 37261897

# Where to get donations

---

## Online for Ease

Using our recommended online fundraising platform saves you from having to chase up sponsors and you know the money goes direct to FDAMH!

[Create a FDAMH Fundraising Page](#)

You can also safely fundraise for FDAMH on [Facebook](#) and [Just Giving](#)!

Please contact us if you're not sure about a fundraising site and we'll verify it for you.

## Sponsorship Forms

If you'd like to gather some of your donations offline, please get in touch and we'll send you our sponsorship form!

Contact: [community@fdamh.org.uk](mailto:community@fdamh.org.uk)

## Boost it with Gift Aid

Free Gift Aid can really boost your total fundraising – Fundraising sites will automatically ask your donors if they can Gift Aid donations.

If you're gathering offline then please use our Sponsorship Form as this gets the information we need for Gift Aid – we can't get Gift Aid with incomplete details.

# Handing in your donations

---

## **If you've used an online Fundraising Page or Facebook**

Just relax! These services will send all the donations you get direct to FDAMH – you don't need to do a thing!

## **If you've got 'cash' you can:**

- Get in touch to ask about sending the money to us by bank transfer.
- Pop in! We'd love to hear about what you've been doing!

---

More Support



# Get in touch

---

**We love getting to know our supporters! If we can help, please reach out..**

## **FDAMH**

**Main contact: Sarah Jamieson**

Call: 01324 671600

Email: [community@fdamh.org.uk](mailto:community@fdamh.org.uk)

## **Our office is at:**

Victoria Centre  
173 Victoria Road  
Falkirk  
FK2 7AU

## **We are open:**

Monday to Friday, 9am to 5pm (4pm on Fridays!)

## **Fundraising Complaints**

If you are suspicious of any fundraising activity that claims to be for FDAMH please contact us and we will help you check it.

If you have any complaints about FDAMH's fundraising activities please get in touch, you can also raise issues and find out more at the [Scottish Fundraising Adjudication Panel](#)

# About FDAMH

---

## **We are**

**FDAMH. Also known as 'Falkirk's Mental Health Association'.**

**Our legal name is 'Falkirk & District Association for Mental Health'.**

**You can look us up on Scotland's Charity Regulator – OSCR, using our charity number: SC011889.**

**You can also find us on Companies House, our Company Number is SC151357.**

## **What we do**

**FDAMH is an independent charity, providing client centred one-to-one and group mental health and wellbeing support, to people in the Falkirk and District community.**

**We provide a range of services for people aged 13 and over. We support families and carers too and we also provide education around mental health and wellbeing!**

**In our view, every person is unique! We tailor our services to the needs of each individual we meet.**