**Fundraising for Switchboard**

Thank you so much for your interest in supporting the LGBTQ community in Brighton and Hove by fundraising for Switchboard!

This guide is full of inspiration and ideas for fundraising activities and events you can organise to help raise money for our important work with LGBTQ communities. We’ll walk you through the steps you need to take to make it as easy for you as possible to raise money and get the most out of whatever you choose to do.

Switchboard has been supporting LGBTQ people in Brighton and Hove for more than 40 years - but we need your help to secure our future. Next year we will be celebrating our 45th year, which makes Switchboard the longest running LGBTQ organisation in the city.

Brighton & Hove is home to one of the largest LGBTQ communities in Europe. Whilst LGBTQ rights have come a long way over the past 40 years - we’re still far from reaching true equality. For many LGBTQ people significant inequalities and prejudices persist, including poor mental wellbeing, workplace discrimination, health inequalities, loneliness and isolation. Last year Stonewall found that one in five LGB people and two in five trans people in the UK had experienced a hate crime in the last year, whilst almost half of trans people thought about taking their own life.

Switchboard is a charity for LGBTQ people looking for a sense of community, support or information. Originally a helpline, we now offer much more, from our Older LGBTQ Project, combatting loneliness and isolation in older LGBTQ communities through weekly social activities, to our Health and Inclusion Project, which conducts research into the health inequalities faced by LGBTQ people in Brighton & Hove.

We rely on the generosity and dedication of our community and supporters in order to continue our work. Your fundraising efforts will ensure that we are able to continue providing our vital services to the LGBTQ community.

Thank you for your support!

Switchboard

**What your support will do**

By fundraising for Switchboard, you will enable us to continue to provide our vital services to the LGBTQ community in Brighton and Hove, home to one of the largest LGBTQ communities in Europe.

Here’s what your money could support.

**£5** will support a caller to our **helpline**, providing a listening ear and emotional support to someone who may otherwise have nowhere to turn  
 **£10** will help us to support a **trans survivor** of sexual violence through providing support through our **Trans Survivors** **Helpline** and **Drop In**

**£25** will fund an **older LGBTQ** person to attend a weekly social group, combating **loneliness** and **isolation**

**£50** will fund an individual attending our **LGBTQ Disability Project** and help us to raise awareness of the barriers that **LGBTQ disabled people** face

**£100** will allow us to recruit, train and support an **LGBTQ volunteer** to join our **health and inclusion volunteer researcher programme**, leading to a better understanding of the health inequalities that LGBTQ people face today

**£250** will fund us to support an **LGBTQ person living with dementia or memory loss** to attend our **Rainbow Dementia Café** for a year

**£500** will fund us to run a **LGBTQ Awareness Training** course to raise awareness of LGBTQ issues and inequalities

**£1000** will fund a six week **Grief Encounters** course, helping us to support **LGBTQ people who have been bereaved**.

**Fundraising ideas**

In need of some inspiration? We’ve come up with a range of different ways you can raise money for Switchboard, and some tips on how to go about them.

* **Host a Pride breakfast or party**  
  Good in the kitchen? Why not host a Pride breakfast. Invite your friends over the morning of Pride to enjoy a hearty breakfast before the day’s festivities and ask them for a donation. For night owls, consider hosting a Pride party and asking guests for a donation.
* **Challenge Yourself**Why not set yourself a challenge, get fit and raise money for a good cause all at the same time?From running, cycling, walking to a triathlon - find the right challenge for you and ask your friends and family to sponsor you.

We’ll help support you and your fundraising efforts by sharing on our social media channels - so you can focus on your training.   
  
**Brighton Half Marathon - Aron challenged themselves by running the Brighton Half Marathon, raising £270 for Switchboard in the process**

* **Hold an Equali-tea and cake sale**  
  This is a great way to fundraise in a workplace or school, simply spread the word amongst your colleagues and ask everyone to chip in by baking something for the day. Ask for a small donation for tea, coffee and cake and let everyone know the money is going to Switchboard!

**University of Sussex Business School – Raised over £300 for Switchboard by hosting an Equali-tea morning and bake sale**

* **Organise an event**

Whether it’s a quiz, open mic or club night; hosting an event is an excellent way to fundraise, have fun and showcase the talent of LGBTQ performers.

Get in touch with local performers and ask them to come on-board for a charity event for a local LGBTQ cause. Contact a local LGBTQ venue, bar or community space to book a space and cross promote.   
Charge an entry fee and make sure everyone knows it’s for charity and donate a portion of the profits from the night to Switchboard.

**Queer Prom - Local club night Queer Prom raised £200 for our LGBTQ Disability Project at their Rainbow Ball event last Pride**

* **Nominate Switchboard**Nominate Switchboard as your organisation’s chosen Charity of the Year, and help raise awareness of our work throughout your office during key dates in the LGBTQ calendar, e.g. LGBT History Month in February, Pride in August or Transgender Awareness Week in November.

**The Pensions Regulator chose Switchboard as their Charity of the Year and raised £1288 for us during their week long Pride fundraising activities including a raffle with prizes from local businesses.**

**How it Works  
Collecting your money**

**Set up a Virgin Money fundraising page**

It’s easier than ever to fundraise with online fundraising platforms. Simply set up a fundraising page on Virgin Money [uk.virginmoneygiving.com/giving/](https://uk.virginmoneygiving.com/giving/) let them know how you’re raising money and connect your fundraiser directly to Switchboard. This way you can collect money from people around the world and they’ll take care of all the donations, GiftAid and send the money directly to us - so you can focus on making your event a success.

Make sure you personalise your fundraising page and share your story and why you’re raising money for Switchboard - and be sure to spread the word!

**Cash**

If you are taking donations by cash the easiest way to get this to us is to pay the money into your bank account and head to our website [www.switchboard.org.uk/donate/](http://www.switchboard.org.uk/donate/) and click donate.

**You can also pay your money in through the following options:**

**Cheque**

Please make cheques payable to Brighton & Hove LGBT Switchboard and send to Switchboard, Community Base, 113 Queens Road, Brighton, East Sussex, BN1 3XG.

**Bank Transfer**

To pay in by bank transfer contact [Lesley.whittal@switchboard.org.uk](mailto:Lesley.whittal@switchboard.org.uk) for our bank details.

**Keep in touch!**

If you’re planning on fundraising for us - get in touch! We can support you by sending fundraising materials such as posters, stickers and collection boxes. We will also mention all our fundraisers across our social media channels and encourage our supporters to donate too.

Let us know what you’re planning and how we can help.

Contact us at scarlett.langdon@switchboard.org.uk or call us on 01273 234009.