

Autism Hampshire's Fundraising Guide



Autism
Hampshire
part of Avenues Group

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Thank you

Why Autism Hampshire?

With your support, Autism Hampshire can work with autistic people and their families across Hampshire, to create opportunities, challenge perceptions and provide high quality services.

It is our vision to create a better future for autistic people.

With more than 50 years' experience of supporting autistic individuals, we are the leading local autism charity delivering quality services across Hampshire.

We provide:

- Autism-focused training for adults, schools and families
- Supported living services
- Community groups for autistic adults
- An Information, Advice and Guidance service
- Alert cards to assist people with emergency services
- A consultancy service for workplaces
- Social media groups for parents seeking peer support

Autistic adults face high levels of loneliness and poor mental health.

A national study* found that 81% of autistic people feel lonely and many say they would feel less isolated if they had better support.

In Hampshire, things are even harder. Rural areas, poor public transport, and limited internet access make it difficult for people to meet others, get support, or access services.

Autistic people are also more likely to have serious health problems, and their life expectancy is, on average, 16 years shorter than non-autistic people. Around 70% have at least one mental health condition**.

* Research from the Jo Cox Loneliness Commission

** NHS, 2016

How we help

At Autism Hampshire, we work every day to reduce loneliness, improve understanding, and support autistic people and their families across the county.



4,190+

Autism Alert Cards have been issued to children, young people and adults in Hampshire to help when dealing with emergency services

5,216

people received support from our Information, Advice and Guidance team in 2024-25

81

seminars were given to NHS and social care staff as part of the lifesaving Oliver McGowan training

80+

people supported across 27 homes in Hampshire

745

parents, school staff and autistic adults booked on to our training sessions in 2024-25



Ways to fundraise

1

Solo challenges

Sponsored silence, donate your skills, haircut/head shave, grow a beard, chest wax, sky dive, abseil, marathon, sell your stuff, bungee jump, baked bean bath, garage sale, fun run, give something up, Facebook fundraiser.

2

With friends and family

Car wash, quiz night, car boot sale, sports competition, name the teddy game, coffee morning, vehicle rally, come dine with me, golf tournament, guess how many sweets in a jar, scavenger hunt, games evening.

3

At work

Quiz night, sweep stake, bake sale, auction, bingo, bring £1 to work day, ugly shirt or sweater day, dress down day, sports tournament or competition, loose change collection, onesie day.

Tracey's challenge



Tracey used her crocheting skills to create scarves, gloves, toys, hats and baby clothes to giveaway in exchange for donations.

Planning a successful event

Whether you are planning a cake sale, fundraising through a challenge event or organising a sponsored car wash here are a few things to consider:

Plan ahead. Allow enough planning time for large events for things to run smoothly. Think about the size of your event. If you are planning a big event why not form a fundraising team? We're here to help!

Targets and budgets. Set yourself a realistic fundraising target and stick to a budget. Minimise costs by trying to get as many goods/services as possible for free or at a discount by asking local companies to help.

Guests. Consider who you are going to invite and if there will be a cost per person. Do you need to confirm numbers with others involved in the organising of the event such as the venue?

When? Check that your fundraising event won't clash with any major sporting, social events or public holidays unless you are planning your activity around them.

Where? Choose a venue carefully. If it is going to be a big event, then you might need to hire a venue but remember to keep at minimal costs as this will come out of your fundraising income.

Our fundraising resources. We have a whole range of goodies available for you to use for your fundraising event including posters, email signatures, social media profile photos and suggested text, and bunting.

Anything else? If you want to discuss the use of our logo or need any other fundraising supplies, email fundraising@autismhampshire.org.uk.

Raising sponsorships

The easiest way to raise sponsorship is to set up a page online.

You can set up a donation page on:

- Enthuse at enthuse.com
- JustGiving at www.justgiving.com

Or alternatively, you can use a paper Autism Hampshire Sponsorship Forms which you can request by emailing fundraising@autismhampshire.org.uk.

Don't forget to share your page on social media and email to all your friends, family and colleagues!

Facebook:

www.facebook.com/AutismHampshire/

LinkedIn:

www.linkedin.com/company/autism-hampshire

Instagram:

www.instagram.com/autism_hampshire/

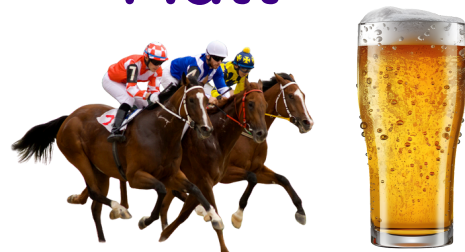


Gift Aid

For every £1 you raise, we can claim an extra 25p back from the government on taxpayers' donations.

Please don't forget to tick the gift aid box on your sponsor form or online to make sure Gift Aid is added.

Marathon Matt



One of our marathon runners Matt got his local bar involved and held an epic night of sports, shuffle board and a mega raffle.

Handy hints

Social butterfly

Use social media to raise awareness of what you are doing and why.

Sharing is caring

Bookmark your online sponsorship to share with others or carry your sponsorship form with you everywhere.

Media moguls

Get local media involved - for big events, Autism Hampshire would be happy to help in generating media articles and/or interviews.

Be a boss

Ask your employer for a donation, sometimes companies will match the sponsorship you raise!

Print power

Print out posters and flyers to promote your event - download our free resources: www.autismhampshire.org.uk/support-us/fundraising/.

Paying in the money you've raised

You're now at the point where you have successfully hosted/completed a fundraising or challenge event and have raised an incredible amount of money.

Thank you so much for your enthusiasm and support!

Please don't forget to thank those who have helped make your fundraiser successful and give thanks to those who have donated.

If you have already set up a fundraising page via Enthuse or JustGiving, the money will be automatically sent to Autism Hampshire.

If you still have money that needs to be paid to Autism Hampshire, you can do this by:

- Post - You can send a cheque NOT CASH, payable to Autism Hampshire to the following address: 1646 Parkway, Solent Business Park, Whiteley, Fareham, Hampshire, PO15 7AH.
- Bank transfer - If you would like to transfer the money through your bank account, please ask the fundraising team to provide you with more details.
- Gift Aid details - If you have not collected donations online, please don't forget to keep accurate records of your sponsors and donations via your sponsorship form and send this to us so we can claim gift aid.

Luca's skills



Eight year old Luca wanted to support his younger brother so did 10,000 football kick ups in 10 days. His efforts inspired his football teammates and raised more than £2,300!

Keeping it safe and legal

Raffles and lotteries

There are different types of lotteries and raffles. They all must be run and managed in accordance with the rules issued by the Gambling Commission. For the most up to date information, please visit [gamblingcommission.gov.uk](https://www.gamblingcommission.gov.uk). Alternatively, you can sign up to play Autism Hampshire's own lottery on the website.

Collections

To collect money in public spaces you might need a street collection license. Visit [gov.uk/street-collection-license](https://www.gov.uk/street-collection-license) for all the details. If you are collecting on private land, you'll need permission from the landowner or manager.

Events

Different types of events will have different guidelines and licensing requirements depending on the services being offered (sale of alcohol or type of entertainment for example). Please check with your local council to ensure you

have the necessary permissions in place before the event takes place.

Food events

Please ensure wherever food is sold, you are complying with the current government food safety guidance. We recommend visiting the Food Standards Agency website before planning and food related activity at www.food.gov.uk.

Photo and data consent

Please only share photos with us if you have the appropriate consent to do so. Please contact our fundraising team at fundraising@autismhampshire.org.uk to obtain our consent forms.

First aid

If you're holding an event involving lots of people, please make sure that you have appropriate first aid support in place. You can get advice from [St John Ambulance](#) or the [British Red Cross](#).

Disclaimer

Please remember that you are responsible for organising and managing any fundraising activities or events.

Whilst Autism Hampshire is grateful for your support, we cannot accept responsibility for any liability arising from any such activity or event. It is important that you take out adequate insurance to cover your liability and you should seek advice on this from a qualified adviser.

Anyone involved in fundraising activities must not represent themselves to third parties as a member of staff of Autism Hampshire. It is important to ensure contacts understand you are supporting the charity on a voluntary basis.

Staged performance



A local choir pulled together their resources and skills to give a knock out performance at Christmas with proceeds going to Autism Hampshire.

Hats off to the chef



Staff at Liberty Wines went flippin' crazy and held a pancake day at work with colleagues getting to enjoy the tasty delights full of delicious toppings.

How your fundraising makes a difference



With your support, we can continue our work with autistic people across Hampshire, to create opportunities, challenge perceptions and provide high quality services.

£20

could help respond to a telephone enquiry from a parent about their child

£50

could purchase craft/art supplies for a community group or supported living house

£300

could provide three hours of autism training for schools and parents

£500

could buy garden furniture, tools and plants for supported living houses



How your fundraising makes a difference

£1,000

could pay for activities at one of our Serendipity Community Groups for autistic adults for a year



£4,000

could support autistic adults to take part in 12 masterclasses each year

£1,500

could help respond to the 75 calls received each month from parents of autistic children which are not funded by statutory sources



£7,800

could pay for a serendipity community group for autistic adults for a year

Thank you for your ongoing support.



Charity Reg. No. 288141
Company Reg. No. 01710300

Autism Hampshire
1646 Parkway
Solent Business Park
Whiteley
Hampshire
PO15 7AH
01489 880 881

info@autismhampshire.org.uk
AutismHampshire.org.uk