

jamiuk.org/get-involved



THE FUNDRISING PACK

Tips, advice and inspiration

Jami
Mental Health
for our Community

HELP CHANGE LIVES



and transform mental health in our community

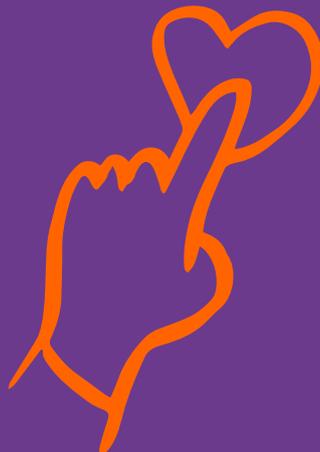
Thank you for considering fundraising for Jami.

Fundraising should never feel like hard work so we are here to make it as simple as possible. In this pack, you will find tips, advice and ideas to help make your fundraiser a success.

Whether you choose to take on a challenge, arrange a school fundraiser or ask for donations in lieu of gifts for your special occasion, we truly appreciate all your efforts.

**We hope you
have a great time
fundraising for
Jami!**

Jami
Mental Health
for our Community



For more information
please get in touch with

Laura Bahar
Laura.bahar@jamiuk.org

or call 020 8458 2223

WHAT WE DO

Jami enriches and saves lives impacted by mental illness and distress in the Jewish community.



We advise and advocate

Guiding people through the challenging journey of navigating mental health services, providing emotional support and expert advice.



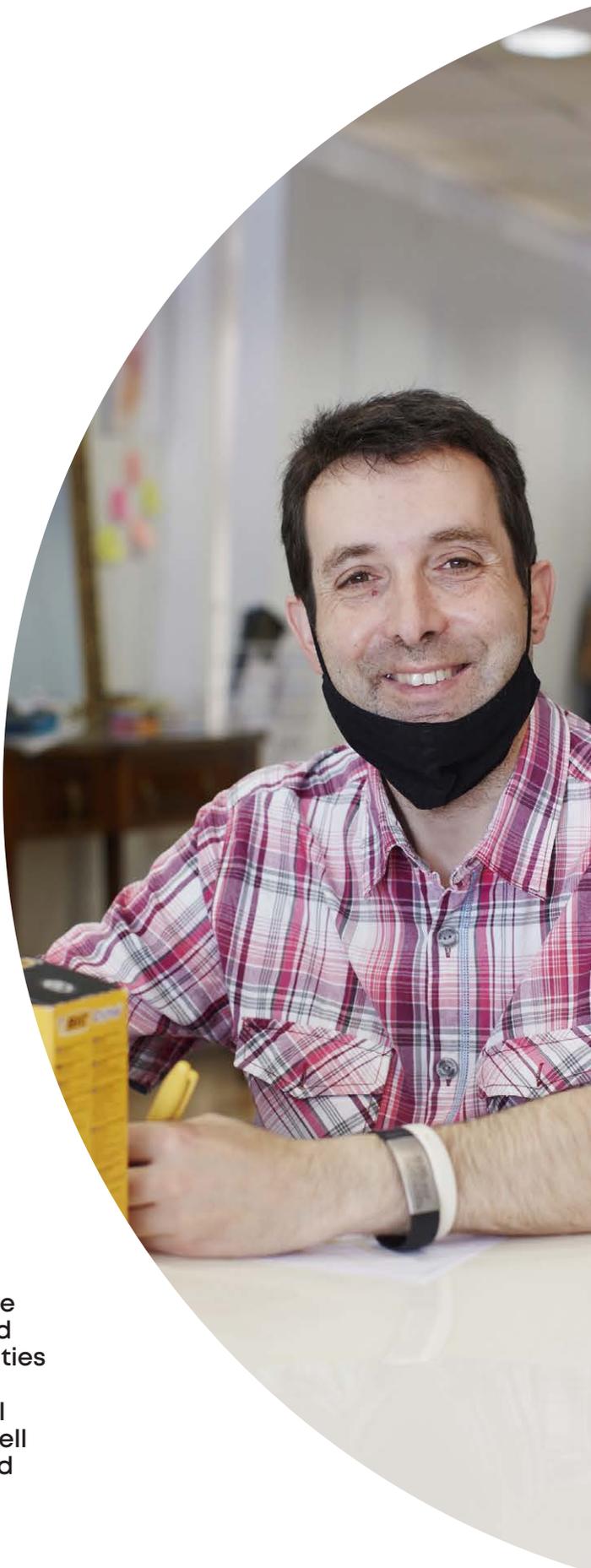
We provide treatment and support

Providing professional, person-centred and peer support services for young people and adults with mental illness, as well as for their families and carers.



We educate and campaign

Offering an educational programme of interactive workshops, seminars and other learning opportunities to build awareness and understanding of mental illness and distress, as well as specifically developed training courses.



HOW WILL YOUR FUNDRAISER MAKE A DIFFERENCE?

In 2021, 65 fundraisers raised a staggering £77,761, allowing Jami to support even more people that reached out to us for help with their mental health.

Jami receives no statutory or government funding and relies on the generosity of the community to fund its services.

EACH DONATION HELPS

£36

could pay for a teacher to attend a training session on suicide prevention

£1,000

could pay for 12 hours of online counselling with Jami Qwell

£100

could provide an occupational therapy session to help someone develop independent living skills

£2,500

could provide a month of social work support for a teenager and their family

£180

could help someone gain the confidence to re-enter employment

£5,000

could train a group of youth leaders in Mental Health First Aid

£500

could provide a facilitated support group for parents of young people living with an eating disorder



“Jami saved my life - literally. Before, I was on the edge many times. Just having somewhere to go daily, to be with kind supportive people, helped me so much”.

WAYS TO FUNDRAISE



Celebrate

Celebrate your birthday, anniversary, Bar or Bat Mitzvah by asking friends and family to donate to Jami instead of sending gifts.



Challenge Events

Whether fundraising as part of your Bar or Bat Mitzvah, taking part in the Maccabi Community Fun Run, or running a marathon, there are many ways you can challenge yourself, have some fun, and raise vital funds for Jami in the process!



Design your own challenge

Individually, as part of a committee or with a group of friends, there really can be no limit to your imagination when it comes to fundraising. We are happy to brainstorm ideas with you – just give us a shout!

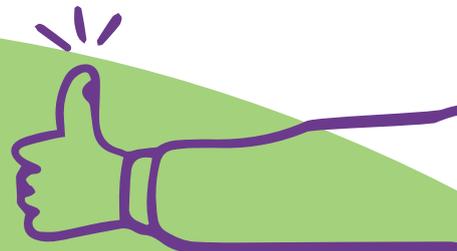


Gift in lieu of flowers

You could make a donation to Jami instead of taking flowers or wine when being hosted for a meal.

TOP TIP!

Fundraisers taking on an active challenge can access our great resources including expertise and help from Jami's Fitness Coordinator, Jami branded t-shirts, vests and sweatbands!



SET UP A FUNDRAISING PAGE

Telling your supporters what Jami means to you and why you chose to support us could really help to boost your fundraising. Create your own dedicated fundraising page on the Jami website. Visit [Fundraise for Jami](#) - to get started.

If you prefer using Justgiving or another fundraising platform that's okay too, please just let us know.

For help setting up your page or for any other questions, email Laura at laura.bahar@jamiuk.org



We truly appreciate all the amazing fundraisers choosing to support Jami. After the event you will receive a thank you letter and a certificate.



TOP TIP!

Encourage your sponsors and donors to complete a Gift Aid declaration. Any UK taxpayer can include Gift Aid when they donate at no cost to themselves. The taxman adds 25% to their gift so that's an extra £1 to Jami for every £4 donated! This extra money can make a huge difference.

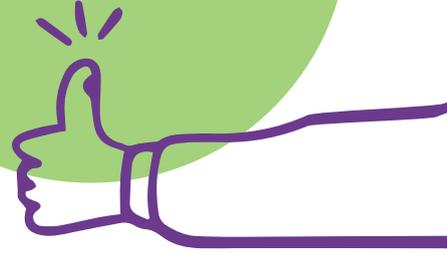


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TIPS TO PROMOTE YOUR FUNDRAISING PAGE

TOP TIP!

If you are preparing for a challenge event, post regular progress updates and photos on your social media, and don't be shy to keep sharing the link to your online fundraising page.



When you have set up your fundraising page, share it with family and friends through social media, email, text or Whatsapp.

Remember to champion your cause and talk to people about Jami, what we do and why you chose to fundraise for us. You can direct people to our [website](#) for a great introduction to our work and how every donation will help.



WWW

If you are supporting Jami as part of your celebration, don't forget to include the link to your dedicated fundraising page within your invite.

#

Please tag us

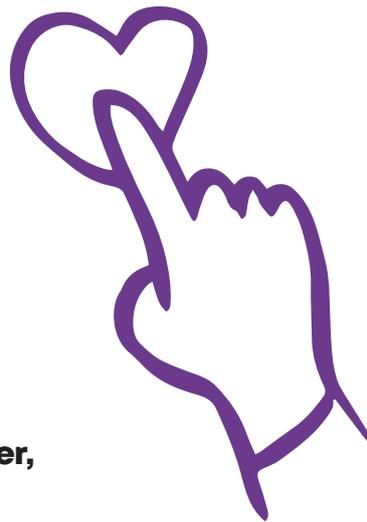
- 👤 JamiPeople
- 📍 JAMIMentalHealth
- 📧 jami_uk
- 🇬🇧 Jami UK

and if you are taking part in a challenge event use #TeamJami too!



Keep everyone up to date on your progress by posting about your fundraising event on your social media. Keeping your supporters engaged will help you smash your fundraising target!

OTHER WAYS TO GIVE



If anyone wishes to donate to your fundraiser, there are other ways to do so.

Offline donations should be sent to:
Fundraising & Marketing Team
Jami, Martin B Cohen Centre for Wellbeing,
Gould Way
Deansbrook Road
Edgware, HA8 9GL

Cheques and Charity Vouchers
should be made payable to Jami

Bank transfers can be made to:
Account Name: The Jewish
Association for Mental Illness
Bank: HSBC
Sort Code: 40-05-16
Account No: 41356089

By phone by calling Jami's
Fundraising Team on
020 8458 2223



OTHER WAYS TO GET INVOLVED WITH JAMI



JOIN

a fundraising committee or create your own



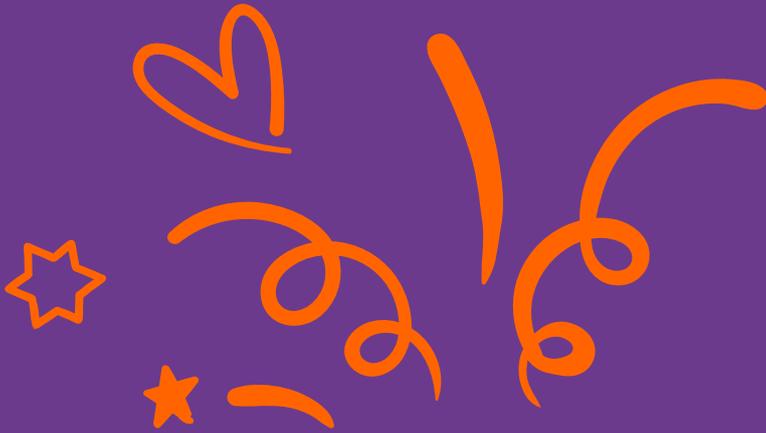
JAMI AMBASSADOR

Our Ambassador volunteers are Mental Health First Aid trained advocates of Jami who provide a vital link to their synagogue or community. To learn more about becoming a Jami Ambassador download the job description or apply at [Become an Ambassador](#)

VOLUNTEER

Whatever your background or interest, there are many ways to volunteer for Jami. To learn more about our current volunteering opportunities go to [Volunteering](#)





THANK YOU

Thank you for fundraising for Jami!
If you have any questions please contact

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