

Fundraising Pack

# #CHALLENGEME

TO SAVE SOMEONE'S LIFE





THESE 5 YEARS OF HELL COULD HAVE BEEN PREVENTED IF ONLY I HAD THE RIGHT SUPPORT

#BRINGTHESUPPORT

# #CHALLENGEME

I am here if anyone needs share to let people know

can't thank you enough

Been THERE

Been THERE

The healing power of shared experience

UK's leading charity for eating disorders  
beateatingdisorders.org.uk

Been There  
A charity offering free one-to-one support for body image issues.  
beenthereapp.com

Body Dysmorphic Disorder Foundation  
A charity that aims to increase awareness of body dysmorphic disorder  
bddfoundation.org



Thank you for choosing to challenge yourself for Been There. We are a small charity tackling the pervasive and destructive problem of body image issues, and we rely on the generosity of people like you to change and save real lives.

This guide is meant to help you figure out a fundraising initiative that works for you. We want to make it as easy as possible for you to show your support as a way of saying thank you for being there for us.

“**HAVING SOMEONE TO LISTEN, WHO COMPLETELY UNDERSTANDS IS MORE HELP THAN YOU WILL EVER KNOW**”





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# A Bit More About Us

We connect individuals who are struggling with their body image with a vetted and trained Mentor who has lived experience of learning to manage and overcome these issues.

**£21 is the cost of 1 session for 1 Mentee.**

**£260 is the cost of supporting 1 Mentee through our 3 month Mentor programme.**

Healing through sharing with a relatable, empathetic and non-judgmental Mentor has proven power to change and save lives.





# Save Another Bella

"MY TIME WITH BEEN THERE HAD INITIALLY BEEN TO HELP ME WITH MY BODY IMAGE, BUT IT HELPED ME WITH SO MUCH MORE. RANGING FROM MY RELATIONSHIP WITH MY PARENTS, FEELING SUICIDAL, HAVING SOMEONE TO SUPPORT ME WHEN I WAS LET DOWN BY MENTAL HEALTH PROFESSIONALS, MY JOB, AND SO MUCH MORE. MY TIME WITH BEEN THERE GENUINELY CHANGED MY LIFE AND PLAYED SUCH A HUGE ROLE IN MY DECISION NOT TO GO THROUGH WITH MY SUICIDE PLAN."





**#challenge and raise  
at least £260 to save  
someone like Bella**

**HERE'S HOW**





# Starting Your FUNdraiser

Head to [JustGiving](#), search for the Been There charity page\* and create a fundraising page connected to our charity.

Your fundraising page is key for telling your story and showing other people why you want to support our cause.

To make sure your page is as engaging as possible, we have a few top tips:

1. Always add a profile picture
2. Add a short, engaging summary about your cause and why you want to give support
3. Make sure your fundraising target is clear for donors to see
4. Provide regular updates/ photos from your FUNdraiser to keep donors engaged

\*If you can't find our charity page, try typing in our charity number (RCN: 1091044)





1. **Download** our **fundraising pack** for information and ideas



2. **Choose** your challenge



3. **Pledge** your amount on our **website**\*



5. **Gather** friends, sponsors and supporters



6. **Conquer** your FUNdraising challenge



6. **Challenge** 5 friends and save more lives



\*If you cannot access the embedded hyperlink, copy this address: <https://beenthereapp.com/con> this





# Fundraising Ideas

If you get involved in #ChallengeMe and raise at least £260, you are directly supporting 1 Mentee through our complete body image Mentoring programme.

Challenge someone else, ask your company to match your funds, or see if other employees want to get involved\* too to watch your collective impact grow.

By combining our efforts, we can save hundreds more Mentees.

**We recognise that fundraising can be a challenge in itself so we have included ideas that cover a range of tasks, services, individual and collaborative pursuits.**

**Remember, the goal is to save another Mentee's life. How you do this is up to you; what seems easy to one person may be challenging for another and we have tried to make our ideas cater to all. Feel free to create your own challenge too!**

\*You can download a separate corporate fundraising pack for more fundraising ideas tailored to corporate groups





# Cause-related Challenges

1. For the [84% rise in eating disorder hospitalisations](#), you could take on a physical challenge like running, walking, cycling or swimming 84km, in a day, week or month.
2. For the [1 in 8 experiencing suicidal thoughts because of body image](#) you could do 8 squats a day, busk in 8 different locations, or make 8 types of cake for a fundraising bake sale.
3. For the [millions still struggling in silence](#), you could challenge yourself to a week of silence outside of work.





# Activities

- Sponsored walk/run/cycle - whether it's a couch to 5k, the three peaks challenge, or 100 laps of your local park, this can be a great way to combine your fitness and fundraising goals
- Tournament - if you're more into team sports than trekking, organise a local tournament with neighbours, friends or colleagues. Charge a small participation fee or incorporate a raffle so that players and supporters can donate to your cause
- Extreme sports - have you ever wanted to skydive, bungee jump or abseil? Why not live your extreme sport dreams and create a crowdfunder so that people can sponsor you and support a good cause!





# Creativity

- Arts and Crafts - Do you paint, crochet, make jewellery or sculpt? Why not get crafty and sell your creations then put the profits towards your fundraising cause.
- Performance - putting yourself out there can be terrifying - we know - but if you've always wanted to perform a song, dance or skill in front of a crowd, then what better way to start than by doing it for a good cause?! You can also get a few friends involved and perform a play, musical or some dances together. Ask your loved ones to come watch and provide a donations box on the night.
- Talent Show - it's time for you and your friends to showcase their hidden talents—magic tricks, standup comedy and more —this can be as goofy or as serious as you like. Set up a Justgiving page and get people to sponsor your shining moments. Hold a raffle so that supporters can donate on the night.





# Service

- Car cleaning - become your town's best-known valet service and clean cars to tackle body image issues.
- Lawn mowing - help out your neighbours in return for a donation.
- Babysitting - why don't you offer to look after a friend's children so that they can go on a nice meal with their partner, parents or best friend.
- DIY - if you have a knack for fixing household appliances, changing lightbulbs or sewing clothes, why not advertise your skill to friends, family or your wider community and offer to fix up their things in return for a donation to a good cause.





# Social

- Bake Sale - get a group of friends together and make 100 cookies, cakes and bakes. Then sell them at your local community centre, park, university or work.
- Quiz Night - host a quiz night on your favourite niche topics at your local pub, community centre or park and ask that everyone pays a small participation fee towards your fundraising cause
- BYOB- Bring Your Own Boardgame. Meet up after, work, or at a pub. Get everyone to bring a boardgame and pay a small participation fee towards your fundraising cause
- Come Dine With Me - be the ultimate dinner party host and cook a showstopping meal for colleagues or friends. Charge each guest for a ticket to your one-night-only dining experience and donate the profits





# Individual

- Silent week/weekend- dare to not say a word all weekend? A real test and challenge.
- Save top ups - round up card payments to the nearest pound, send it to your savings account then donate it! Some banks offer this service automatically, for example, Revolut.
- Shave your head - set up a fundraiser so that people can sponsor you to shave your head. Now is your opportunity to invest in some cool headwear to style it out!
- Social Media Fundraiser - fundraising doesn't have to be complicated. It can be as simple as setting up a fundraising page and creating an engaging Instagram reel or LinkedIn post about why you would like your network to support our case.





# A FINAL NOTE

We appreciate your enthusiasm and excitement to partake in our FUNdraising challenge and encourage you to be creative and bold with your challenges and fundraising goals, and to get friends, family and colleagues involved too.

However, **please remain mindful of the safety, health and wellbeing of yourself and others** throughout your fundraising journey. Should you choose to undertake a more daring challenge, please ensure proper risk management, health and safety measures are in place.





# THANK YOU AND GOOD LUCK!

We'd love to hear how you decided to challenge yourself for Been There. Contact us to let us know, or if you have any questions about this pack. Thank you so much for your support!

Email: [info@beenthereapp.com](mailto:info@beenthereapp.com)

Follow us on Socials:    

[www.beenthereapp.com](http://www.beenthereapp.com)

