

Friends of HOPE

01

Have fun. Make connections. Help local families.



It takes a village. Come and be part of ours.

Think of a young person struggling with anxiety, feeling low or withdrawing from the things they once enjoyed. School feels overwhelming, friendships are difficult, and their parent is awake at night wondering how to help.

They could be your neighbour's child, your friend's teenager, a work colleague's family or someone you love.

HOPE Charity Project supports families across West Sussex facing mental health difficulties, neurodivergence and school avoidance.

We support the whole family through one-to-one sessions, supportive creative groups for girls and boys, parent groups and a welcoming weekly coffee morning.

We help families meet others who understand, build friendships and feel less alone. We want those connections to remain long after their support with us has finished.

As a Friend of HOPE, you can help make this possible.

Bring people together, raise funds and spread the word. You'll be helping local families today and young people as they find their confidence, discover their strengths and look towards their future.

Your kind of fundraising

02

Start with something you enjoy.

You don't need experience, a big budget or an elaborate plan. A few friends, a good idea and a reason to get together can be a lovely place to start.

1



Bake and bring people together

Host a cake sale, coffee morning, quiz or garden gathering. Invite your neighbours, friends or colleagues and turn a little get-together into something that helps local families.

2



Take on a challenge

Walk, run, cycle or choose a challenge of your own. Go solo or get a team together, have fun along the way and ask people to sponsor you.

3



Spread the word

Like, comment on and share HOPE's Facebook posts. Tell people about our work and encourage your workplace, club or community group to get involved.

A shared post or a conversation could help a family discover support they didn't know was there.

No fixed rota. No minimum commitment. No fundraising target.

Choose what works for you. Your fundraising helps keep support within reach for local families, including those who could not otherwise afford it.

Let's get your idea going

03

Four simple steps to get started.

1

Pick something you'll enjoy

Think about what you like doing and who might join you. Keep your first fundraiser small and manageable.

2

Share your plan with HOPE

Before booking anything or sharing your plans publicly, email **Leanne at HOPE Charity Project** with a quick outline of your idea, including when and where you'd like to hold it.

leanne@hopecharityproject.org

We'll agree the details together, including how donations will reach HOPE, and provide suitable information and materials.

3

Bring people together and have fun

Invite people, explain why you're supporting HOPE Charity Project and enjoy what you've organised.

Use the agreed fundraising materials and donation arrangements so everything is clear for you and your supporters.

4

Tell us how it went

Pay in any money collected using the arrangements agreed with HOPE. Let us know your fundraising total so we can thank you and celebrate your effort.

We'd love to see photos too, provided the people pictured are happy for them to be shared.

Every fundraiser matters, whatever the size.

You're part of HOPE

A community for you, too.

04



Being a Friend of HOPE is about meeting people, sharing ideas and enjoying being part of something that matters.

You'll be invited to join our **Friends of HOPE WhatsApp group** to stay connected, swap fundraising ideas and share your successes.

We'll also bring everyone together for a **yearly thank-you celebration**.

We can provide HOPE leaflets and, where possible, lend you a banner for your fundraiser. As we get to know each other, there may also be opportunities to join us at local fairs and community events.

A few things to keep clear

Friends of HOPE raise funds and awareness. They do not deliver support sessions or handle confidential family information.

If someone asks for support, simply put them in touch with the HOPE team. Please keep personal stories and information about families out of the WhatsApp group.

Agree fundraising plans with Leanne before making arrangements. Check with us before committing HOPE to any costs or making promises on our behalf.

Come for a cuppa

Every Tuesday during term time, **9.30am to 12 noon**, we host a casual drop-in coffee morning.

Come and meet Leanne, find out more and get a feel for our community. No booking needed, and you don't need to arrive with a fundraising idea.

Or email leanne@hopecharityproject.org with your name, where you're based and a little about what you might enjoy doing.

A few cakes, a shared post, a conversation with a neighbour. Small things can bring people together and help a local family find HOPE.