We’ve got all the materials you might need. Just get in touch!

Who you will be helping

PACT has been building and strengthening families since 1911. We help hundreds of families every year through our role as an independent adoption agency and running community projects in London and the South of England supporting people with issues such as domestic abuse, debt and mental health.

PACT could not continue its vital work with children and families without your support. Whether you are an individual, part of a group, a company, a church or a school there are many ways in which you can help us make a difference.

Your support means we can raise awareness of our services and reach out to more families.

Shopping list:

- £50 will fund a child who has witnessed or been affected by domestic abuse to attend a Bounce Back 4 Kids session to help them manage their feelings and break the cycle of domestic abuse
- £450 will fund a two hour crèche session twice a week for a month at Alana House which will enable the vulnerable women to access vital support services
- £1000 will fund an adoptive parent/s to attend a twelve week attachment focussed parenting course

How do I get involved?

Turn over for loads of fundraising ideas, big and small. To tell us what you’re up to, request fundraising materials such as a running vests and posters or to find out more about PACT please contact our Fundraising Manager, Lina Artunduaga.

lina.artunduaga@pactcharity.org
0300 456 4800

The FACTS service has been invaluable to us as a family and to Dylan helping him work through some of his questions and worries.” FACTS service user, Sophie

“Before it was like I was drowning, I couldn’t breathe but Alana House helped me swim, they saved me.” Alana House service user, Maria

“One of the noticeable things that have changed, is the way Emily sleeps: from always in the foetal position to a very relaxed little girl lying on her back her hands behind her head! What a difference!” BB4K Mum, Briony

“Before it was like I was drowning, I couldn’t breathe but Alana House helped me swim, they saved me.” Alana House service user, Maria

It’s easy to set up an online funding page with Virgin Money Giving

www.virginmoneygiving.com

@PACTcharity
**Do it yourself**

- Register with www.giveasyoulive.com and shop online at thousands of stores and a donation will be made to PACT every time you order.
- Make a ‘Pact for PACT’ Set yourself a goal to learn a new skill, give up a bad habit, or take part in a race. Get sponsored for your efforts. See some upcoming events at www.pactcharity.org/get-involved or sign up to another event of your choice.
- Become a Friend of PACT by making a regular contribution to support PACT services, see www.pactcharity.org/friends.
- Scrap your old car through www.giveacar.co.uk to donate profits to PACT.

**Celebrate!**

- Celebrating a big birthday or anniversary? Ask for donations to PACT instead of presents. Or give a ‘virtual gift’ from www.pactcharity.org/gifts.
- Book a river cruise and sell boat party tickets to friends and family to raise money for PACT.
- Organise a charity concert or performance with your choir or amateur dramatics group.

**Festivals and celebrations**

- Suggest to your church to have a Mothering Sunday or Father’s Day service or your children’s schools to hold an assembly and have a retiring collection for PACT.
- Host a Halloween Party and charge an entrance fee. Organise games like apple bobbing and pumpkin carving. You could also give prizes for the best fancy dress.
- Ask permission from your local supermarket or train station and assemble a group of carol singers. Ensure that people know that you are doing a charitable collection for PACT.
- Ask your nursery, playgroup or school to organise a Christmas card competition. Participants pay 50p to enter and offer selection boxes as prizes.

**Team pursuits**

- Suggest to your local pub to run a pub quiz in aid of PACT.
- Hold a football or cricket match in aid of PACT, charge for entry and hold a raffle at the end.
- Use a team of volunteers to offer a PACT car washing service in your company, school or place of worship car park.
- Organise an Easter egg hunt, colouring competition or quality second-hand sale at your toddler group, Brownie pack or Sunday school.
- Have a clothes swap party at home for you and your friends. Ask for a donation at the door for PACT.
- If you do an exercise class like spinning, hold a ‘spinathon’ and get sponsored to spin for a whole day (and lose lbs at the same time!)

**Workplace winners**

- Put PACT’s name forward as your corporate charity partner. PACT has had successful partnerships with organisations including Reading Buses and Grant Thornton.
- Invite local craft businesses to sell their products in your office in return for a percentage of sales going to PACT.
- Have a bake sale at work for a special occasion e.g. Valentine’s Day or Easter and donate the proceeds to PACT.
- Organise a payday auction with goods and services donated by staff and local businesses. The auction can be either ‘silent’ or ‘live’.
- Sign up to take part in PACT workplace fundraisers throughout the year including sweepstakes and Christmas Jumper Days.
- Organise a collection of Christmas Gifts or Easter Eggs for children and vulnerable adults supported by our community projects.