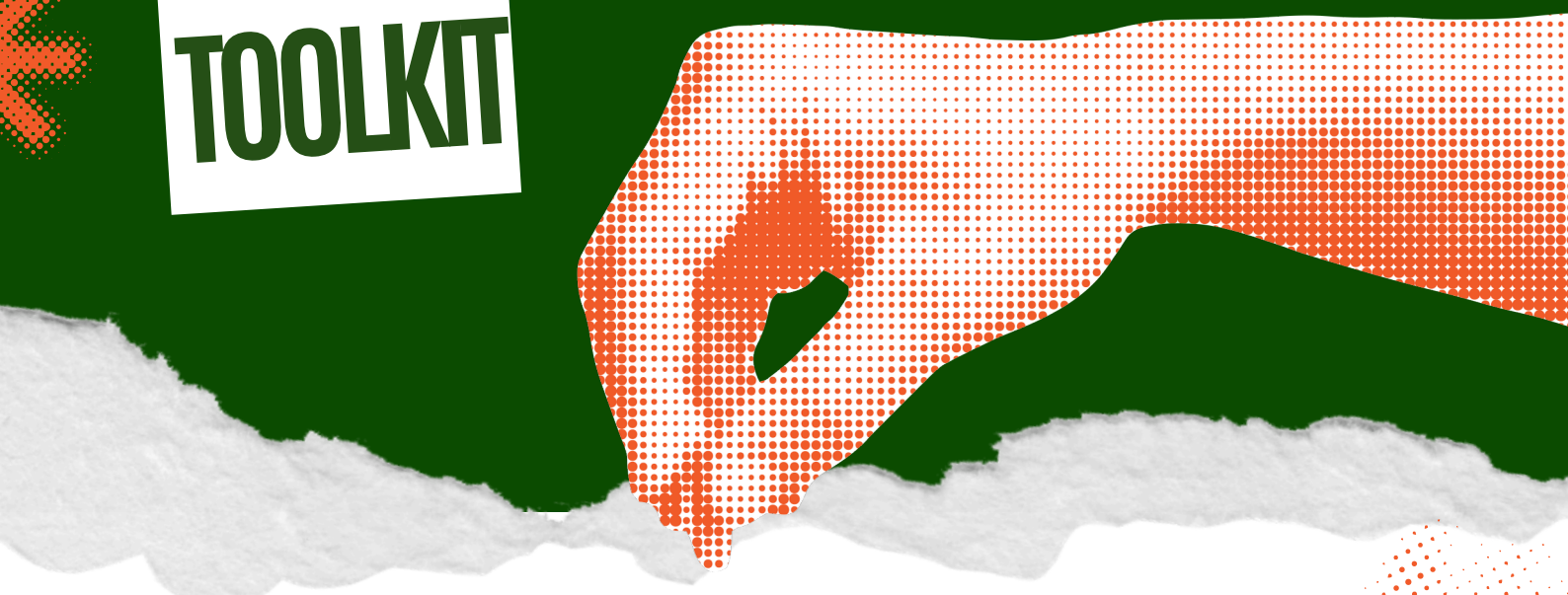
# CHARITY FUNDRAISING

JOIN US

TOOLKIT



WITH YOU WE CAN
CHANGE LIVES

TrustLinks

# INTRODUCTION

Trust Links is a local independent charity aiming to improve mental health, wellbeing and the environment in Essex. We offer therapeutic gardening, recovery classes, social activities, environmental workshops and more, for all age groups.



# MISSION

More people in Essex are struggling with their mental health, and demand for support is growing. Fundraising helps us provide vital services, reach those in need, and ensure no one has to face mental health challenges alone.

**7500+**

**PEOPLE SUPPORTED PER YEAR BY OUR PROJECTS ACROSS MID AND SOUTH ESSEX**

**7**

**GARDENS ACROSS THE WHOLE OF ESSEX WHERE PEOPLE BRING POSITIVE CHANGE THROUGH GARDENING**

**67%**

**HAD A POSITIVE ATTITUDE TOWARDS THEMSELVES AFTER ATTENDING GROWING TOGETHER SESSIONS**

# FUNDRAISE YOUR WAY

No matter the size of your group, there are plenty of ways to raise funds and make a difference. Every event, challenge and collection helps support our work in the community.

## SPORTS TEAMS & CLUBS

- Match day collections
- Sponsored training sessions or challenges
- Charity tournaments or friendly matches

## CHOIRS & MUSIC GROUPS

- Ticketed performances and concerts
- Bucket collections at events
- "Sing for Charity" themed evenings

## WORKPLACES & SOCIAL GROUPS

- Quiz nights and raffles
- Dress-down days
- Bake sales or coffee mornings

## COMMUNITY & HOBBY GROUPS

- Workshops or classes with a charitable donation
- Coffee mornings and social meet-ups
- Seasonal events, such as Christmas fairs and summer fetes

# SIGN UP TO EVENTS

Looking for a fundraising challenge without the hassle of organising it yourself?

By signing up to an "out of the box" challenge through experienced event providers such as Ultra Challenge and Sky Blue Adventures, you can take part in professionally organised walks, treks, cycles, and other exciting events while raising vital funds for our charity.

Simply choose a challenge that inspires you, register directly with the event host, and select our charity as your chosen cause. You'll receive support from both the event organiser and our fundraising team every step of the way, helping you achieve your goal while making a real impact.



Waterfall Challenge



Thames Bridge walk



Mud Run

**SEE ALL CURRENT CHALLENGES AT TRUSTLINKS.ORG/CHALLENGES**

# CASE STUDIES

## SOUTHEND HIGH SCHOOL FOR BOYS ACADEMY TRUST

**£4000 RAISED**

Charity Week - They carried out a range of activities during charity week including Sumo Wrestling, sponge the teacher, food challenge and more!





## THE SHRIMPERS TRUST THE BIG WALK

**£887.38 RAISED**

An overnight 34 mile fundraising challenge where a group of dedicated Southend United fans walked from Braintree to Roots Hall to raise money for local community causes.

## HARMONISE CHOIR CONCERT

**£500 RAISED**

The Harmonise Choir held its 3rd Annual Concert on November 29, 2025, at the Leigh Road Baptist Church in Leigh-on-Sea. The sold-out evening featured over 270 attendees.



# YOUR FUNDRAISING IMPACT

**£25**

Could help us buy plants for our growing together sessions

**£50**

Could help us fund one TLC counselling session to a person in the local community in need

**£100**

Could help us one of our regular member activities/meetings

**£250**

Could help us fund more research into how mental health problems occur

**£500**

Could help us fund more equipment to fundraise more efectively in the future

**£2000**

Could help us fund our community events and new initatives

*Good Luck!*

# OTHER WAYS TO SUPPORT

MONEY

TIME

PRODUCTS

TRAINING

# CONTACT

www.trustlinks.org
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admin-support@trustlinks.org

FUNDRAISING REGULATOR
charity number 1092324