



**Ideas to help you get
your fundraising
started...**



“Our vision is a world in which people living with HIV live long and healthy lives, free from poverty, stigma, prejudice and discrimination. Our mission is to enhance the quality of life for people living with HIV.”

We offer specialist, confidential and free support, information and advice to anyone living with or affected by HIV.

We inform, inspire and involve the people who use our services.



Emily's story

I was diagnosed in July 2016. It felt like an atomic bomb going off. I could hear people; people were talking about it and all I could hear was muffled sound. My brain was going 'what?! This isn't real. Surely this isn't real!?' It was a whole load of confusion all at once.

I wasn't actually in touch with Brigstowe straight away. I very typically Englishly thought, 'no big deal, I can deal with this on my own.' Then it got to December and I just hit rock bottom. Since then I've been meeting up with a Peer Mentor which has been really helping me. I also attended Brigstowe's Newly Diagnosed Group. I think meeting other people who are also living with HIV is really important, just so

you don't feel so isolated. You can see other people going through the same thing and you see that they're normal and you think "I can do that too!"

I think for people living with HIV, reaching out is really important. I know of people who live outside of Bristol where there isn't much support. I feel so lucky to be in this city where we have Brigstowe and these groups happening."

"You can see other people going through the same thing and you see that they're normal and you think "I can do that too!"."

Your fundraising support means we can directly help people living with HIV.

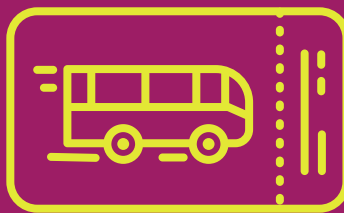
It means we can be more responsive to those who need our support, that we have access to secure confidential spaces to carry out our services, that we can offer emergency payments for those in need.

Your fundraising has a tangible and immediate impact. We hope you are inspired and have loads of fun sharing this with the people around you while you raise money for people living with HIV.



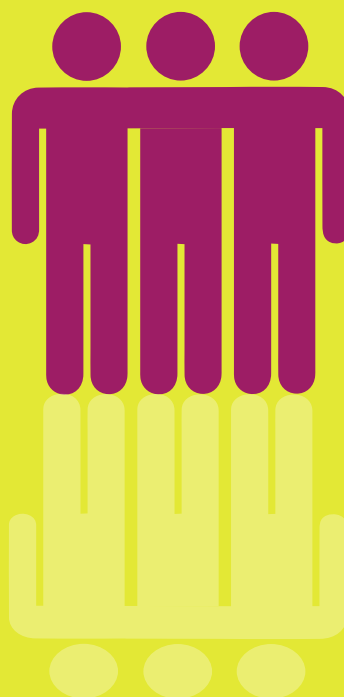
£200

can allow us to roll out HIV awareness training to a group who can't afford it.



£5

can pay for a bus ticket for a destitute client to see their support worker.



£750

can pay for a Newly Diagnosed Group across 3 days.



£50

can allow someone struggling with their diagnosis to meet with their Peer Supporter every week for a month.



£1200

will pay Brigstowe's rent for a month, ensuring support staff have safe, confidential spaces to meet with our clients.

Give in celebration

Do you have something to celebrate? Life events such as a milestone birthday, wedding or special get together are fantastic opportunities to gather friends and family and perhaps raise funds for charity. We can provide fundraising materials, red ribbons and a really big red ribbon flag, if you're interested!



Set yourself a challenge

There is nothing like a financial goal for a good cause to get you motivated.

So, get on your bike, dust off your running trainers, take a dip in a pool, scale that mountain. Show your support for people living with HIV and Brigstowe by taking part in runs, bike races, mountain climbs, treks and sky

dives (to name a few!).

The funds you raise are invaluable. If you're interested in raising funds this way, why not give us a call? We know of loads of activities happening in and around Bristol and would be happy to support you in any way we can.





Food is love

Never a truer word was spoken. We often host shared lunches with our clients. It's a great, relaxed way to talk about important issues and enjoy some good food!

Whether you bake, host a dinner party or a full scale ball and

banquet you can raise money for people living with HIV whilst you do it. Make fundraising for Brigstowe delicious!

If you need some inspiration, get in touch! We've got some great recipes that we can share with you.

Make a personal donation

A small amount donated every month can help us make a big difference in the lives of people living with HIV.

You can set up a regular donation via our website.

www.brigstowe.org/donate

Or by filling out a donations pledge form.



Something entirely unexpected

One of the best things about fundraising is how creative you can be to raise cash. Let your imagination run wild! Have you heard of Guilty Pledgers? If you're hosting a party, you can ask for donations in

return for adding a tune to the party playlist. What about a tiddly winks competition for charity? Karaoke, jam making, office Olympics, a fashion show, cabaret, a sponsored silence. Or come up with something entirely new!



Give in legacy

Leaving a gift in your will can help ensure better futures for people living with HIV. You can do this by leaving a financial donation, part of your estate or a physical gift.



World AIDS Day

The most important day in Brigstowe's calendar. We can give you red ribbons to sell at your place of work. This raises awareness of HIV whilst raising some money for Brigstowe.

Why not hold a public fundraiser around World's AIDS Day, or host a great World AIDS Day bake-off for charity.



Get involved in our flagship event!

Every year Brigstowe hosts a flagship fundraising event. It's a great way to fundraise, meet new people and feel part of a community. Why not get in touch and see what's going on this year!



brigstowe⁺
positive change together

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