



# Fundraising Booklet

Email: [fundraising@aware.ie](mailto:fundraising@aware.ie)  
Phone: 01 661 7211  
Website: [www.aware.ie](http://www.aware.ie)

# About Aware

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Aware was founded in 1985 by Dr. Patrick McKeon and a small but dedicated team of volunteers, many of whom had their own personal experience with depression, or bipolar disorder. The organisation developed in response to the clear need for information, understanding and support, both for individuals who had a diagnosis of depression or bipolar as well as family members supporting a loved one.

## Vision Statement

Aware undertakes to create a society where people affected by stress, depression, bipolar and mood disorders are understood, supported, free from stigma, and are encouraged to access appropriate therapies.

## Support

Support Groups    Locations nationwide

Support Line      1800 80 48 48 (Freephone)      7 days, 10am-10pm

Support Mail      supportmail@aware.ie      Encrypted Service

## Education

Schools Programme    Beat the Blues Talk | Life Skills for Schools

Life Skills              Group | Online

Wellness@Work      Positive Mental Health at Work

## Information

Aware website      [www.aware.ie](http://www.aware.ie)

Aware lectures      [www.aware.ie/lectures](http://www.aware.ie/lectures)







# Fundraising for Aware

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Thank you for considering fundraising for Aware.

Every mile you run, cake you bake and table quiz you organise raises valuable funds which ultimately changes and saves lives.

There are so many ways you can fundraise for Aware, to help you get started we have some suggestions below.

## **Laugh About It**

- Host a comedy evening at a local club, ask the club to donate a percentage of the ticket sales

## **Fashion it for Money**

- Hold a theme party (colour-theme, super hero, you name it!) and charge your friends to attend
- Have a denim day in work, everyone donates €2 to wear Jeans on Friday

## **Foodie!**

- Put your culinary skills to the test, hold a “Come Dine with Me” evening and ask guests to pay for their meal
- “Bake for Break” hold a coffee morning bake sale at work and ask your colleagues to pay for their treats

## **Hair Raising**

- Change the colour of your hair and get sponsored to do it
- Hairy? Hold a sponsored wax-a-thon

## **Let me entertain you**

- Hold a company talent show, charge admission
- Have a table quiz night, with all proceeds going to Aware

## **Daredevil**

- Skydive, hike a mountain or bungee jump on behalf of Aware
- Take part in a triathlon, marathon or an ultra-cycle & raise funds



# What next?

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## Let us know

Fill out an [expression of interest online form](#) telling us about your event - when it's on, what you're doing, who is involved, etc.

## Fundraising Materials

If you need any fundraising materials, email [fundraising@aware.ie](mailto:fundraising@aware.ie)

We have:

- T-Shirts
- Balloons
- Information and Support Literature

If you're able to drop by and pick them up, even better (it saves on postage costs). You can organise the materials you need by talking to Jane in our fundraising team on 01 661 7211.

## Set up an Online Fundraising Page

This simplest and most secure way to fundraise is to set up an online fundraising page. You can do this through either:

- Everydayhero: <https://nfp.everydayhero.com/ie/aware>
- JustGiving: <https://www.justgiving.com/aware-ireland>

## Promotion

If you're holding an Aware approved event that the public can attend, let us know in advance and we'll share your poster on social media.



GIVE



♥ DONATE

# Ways to return your sponsorship

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## Online through our Website

- [www.aware.ie/donate](http://www.aware.ie/donate)

## Online Fundraising Page

- EveryDayHero: <https://nfp.everydayhero.com/ie/aware>
- JustGiving: <https://www.justgiving.com/aware-ireland>

## Cheques or Postal Orders by Post / Drop in to our office:

- Aware, 9 Leeson Street Upper, Dublin 4

## Lodge directly into the Aware bank account

- Call the office on 01 661 7211 or contact [fundraising@aware.ie](mailto:fundraising@aware.ie) for our bank account details.

## Thank you so much for your kind support!

Support like yours ensures we're able to answer the phone to someone who is concerned about their mood. It ensures we are available to answer an email. It helps keeps our support groups open. Thank you!



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