



Supporting Veterans
and their Families

Tommy's Lounge **Fundraising Pack**



Fundraising Ideas



Thank you! You've taken the first step to raise funds to support our veterans in need.

Whats next?

tommyslounge.coffee
registered CiC 14503826
info@tommyslounge.coffee

Kickstart your fundraising

Create a fundraising team

Get your friends to sign up to your challenge as well. Join together to bring some fun to the challenge and see who can raise the most.

Make a donation

Get your fundraising off to a good start by showing your supporters you're committed to the challenge by donating yourself.

Social Media

Share your challenge online using your social media channels and get your online friends to donate to the challenge as well as keeping people updated on your progress.

Boosting your funds

Ask your employer

Ask your employer if they would consider donating to the challenge, some companies even have special funds for things like this.

Film a video

When you're doing your challenge film a short clip and share it on social media. Don't forget to tag Tommy's Lounge in it! It will show people how you're going.

Snap a selfie

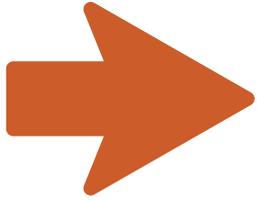
Get your phone and snap a selfie to share with your friends whilst you're getting the goals done. Tag us in any pictures.

Carboot Sales

If you've old stuff sitting around, consider going to a carboot sale and selling it. Donate some of the sales to your challenge pot.



Tommy's Lounge Challenge Calendar



Use this blank calendar to record your journey and goals. Note down when you achieve your targets and when people donate to your challenge. Why not print this off and keep it on your fridge to track your goals and achievements?

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>

My goal is to achieve: _____

I want to raise £_____ for Tommy's Lounge.

I want to complete this in _____ days.

Tommy's Lounge Sponsorship Form



Sponsor contact details are only for the named person below to contact you for payment when completed.

You can donate directly to Tommy's Lounge if you wish by visiting the website below. Remember to say who your donating for.

Name & Contact Details

Title	First Name	Surname	Contact	Pledge	Collected
Mr	John	Smith	01234 567890	£ 5.00	/ /
				£	/ /
				£	/ /
				£	/ /
				£	/ /
				£	/ /
				£	/ /
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				£	/ /

This is sheet ____ of ____ I've raised a total of £ _____ (grand total £ _____)

Next Steps...

Simply collect your donations from your sponsors. When you have them all collected visit our website and select one of the options to pay them into our fundraising account.

The QR Code can also be scanned to donate directly to Tommy's Lounge securely.

WWW.TOMMYSLOUNGE.COFFEE

tommyslounge.coffee | registered CiC 14503826 | info@tommyslounge.coffee





Thank you for taking part

Together we will help veterans in need



Thanks to generous supporters like you and many others across the United Kingdom we will be able to provide Mental Health Support, Advice, Signposting and a safe space to Veterans and their Families.

Facts

1 in 10 serving military personnel sought support for Mental Health in 2021

PTSD of veterans of all conflicts is 7.4%, compared to 4% in the general population. Many cases go un-diagnosed or reported.

the most common conditions found in veterans are alcohol dependancy, depression and anxiety disorders.



4% of veterans who deployed, 6% of deployed combat veterans suffer with PTSD

Fact sources:

<https://www.centreformentalhealth.org.uk/veterans-mental-health-key-facts>
<https://www.ptsduk.org/ptsd-military-personnel>
https://assets.publishing.service.gov.uk/MH_Annual_Report_2020-21

Your money makes a huge difference

£10

A single donation of £10 can give several veterans in need hot meals and drinks through our pay-it-forwards service.

£20

A single donation of £20 would allow us to supply a cooked breakfast to all the veterans attending one of social events.

£30

A donation of £30 can enable us to send a food or toiletry care package to a veteran family in need.

For more information about supporting Tommy's Lounge and what we do for veterans in need please visit our website.