



Harmless & The Tomorrow Project Fundraising Pack



Welcome

Thank you for considering fundraising for Harmless and The Tomorrow Project.

Every penny you, your friends, colleagues and family members raise goes towards changing and saving lives. The following pages will tell you a little more about us, as well as offering tips and advice on how to make the most of your fundraising.



About Us

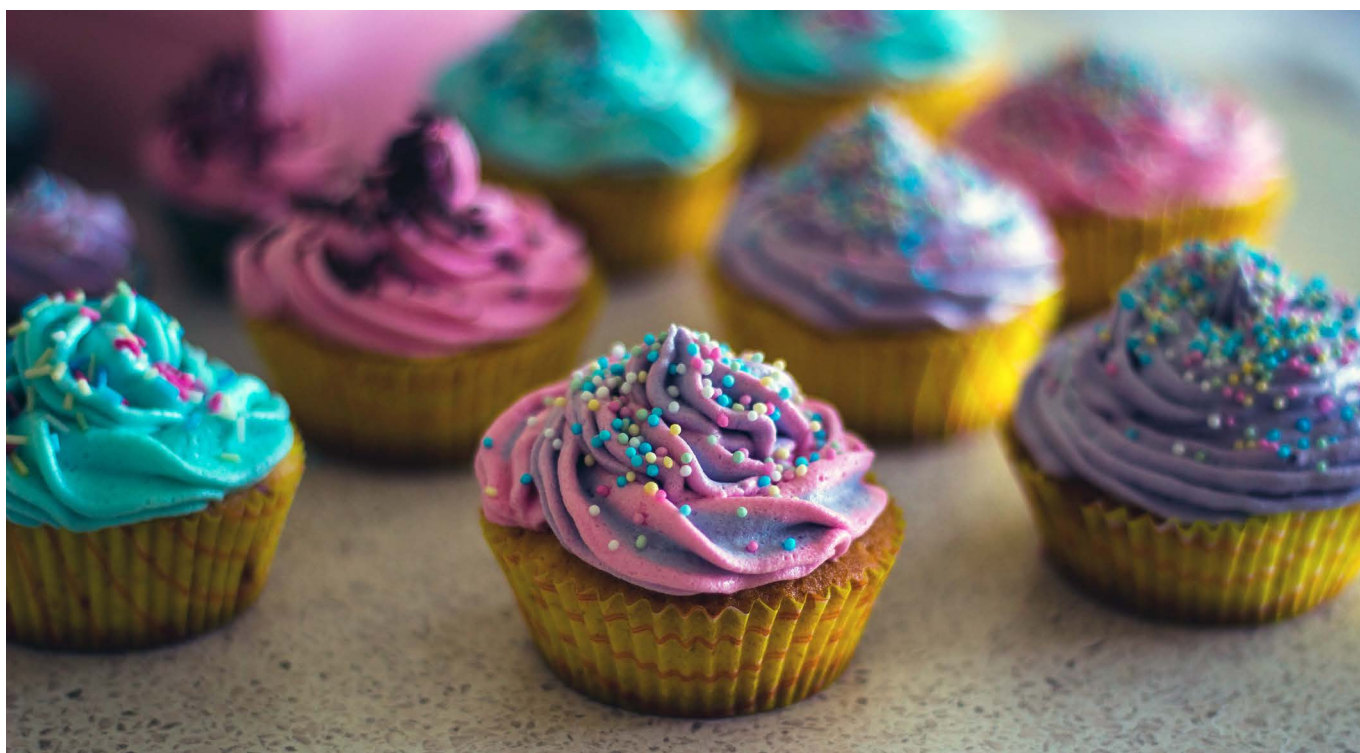
Harmless is the national centre of excellence for self harm prevention, while our sister organisation The Tomorrow Project works to support individuals and communities to prevent suicide.

Since our foundation in 2007, we have helped thousands of people and given a national voice to those affected by self harm and suicide.

We are a not-for-profit organisation focussed on promoting recovery and mental health, while also advocating for greater awareness and public compassion for the diverse range of people who need our services.

How You Can Help

There are plenty of ways that you can help us and we are always looking for people to get involved. Coffee mornings, raffles, music events, galas, sponsored runs, skydiving and fetes are all great examples of fun and creative ways to support our vital work.



Donating Your Proceeds

The simplest way to donate the proceeds of your fundraising event is to visit our LocalGiving page:

localgiving

<https://localgiving.org/charity/harmless/>

If you wish to donate via cheque, please make it payable to Harmless CIC and address it to:

The Office Manager
The Sanctuary
1 Beech Avenue
Nottingham NG7 7LJ

Using Our Logos

As a not-for-profit organisation with limited resources, Harmless and The Tomorrow Project are unable to supply branded collateral such as t-shirts, caps etc for your event. However, we are happy to provide copies of our logos for use in your fundraising efforts. Please contact nick.thompson@harmless.org.uk for details.

Contact

If you need any further information or want to discuss anything further, please contact nick.thompson@harmless.org.uk

Share Your Story

We are always keen to hear why people are fundraising for Harmless and The Tomorrow Project. And don't forget to share your photos with us after the event, and to tag us in your social media posts:



@HarmlessUK



Harmless_UK



HarmlessUK



@lifevssuicide



thetomorrowproject_uk



The Tomorrow Project

Good Luck!

Thank you for choosing to fundraise for us – every penny really does make a difference. We wish you all the best in your efforts and hope that you have an enjoyable and memorable day. Many thanks again from everyone at Harmless and The Tomorrow Project.

