



MOVE MOMENTUM

Registered Charity Number: 1189061

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**WE BELIEVE THAT DANCE IS FOR EVERYONE.
WE STRIVE TO MAKE THIS A REALITY.**

FUNDRAISING PACK



OUR WORK

Everyone can dance and we know that dance changes people's lives! We witness first-hand the benefits that it has on people's mental and physical health and believe everyone should have access to dance classes that fit their needs. We don't believe in barriers, so we ensure our classes are accessible, affordable, inclusive and FUN for everyone. However, we can only do this through the support of people who generously donate money towards supporting our classes.

Our Street Dance **Academies** in Stanmore and Winnall are for young people aged 10-16. **GEMS** is a friendly and relaxed dance class for over 65s which includes a mixture of seated and standing movements. **Liberate Dance** is an exclusively wheelchair-based dance company. We also deliver a range of workshops for groups and organisations, such as care homes, community groups and special education schools.

Academies



- Running just one of our classes for a year costs on average £6500
- Running all of our projects for a year costs approximately £850 per participant
- Running our annual summer show costs approximately £1000
- Running our annual Liberate Dance summer camp costs approximately £750



GETTING STARTED

We really appreciate your decision to raise funds to support us! To get started, you can email our Fundraising Officer, Keeleigh, at keeleigh@movemomentum.co.uk to be sent a variety of materials you can use to help you raise money. Alternatively, there are resources at the end of this pack that you can print.

You can also tell us about your activity via social media and we will share your story and encourage people to sponsor you.

 Facebook: facebook.com/move.momentum

 Instagram: @move.momentum

Let people know you are fundraising for us

- Post on social media, tag us and use the hashtag #MoveMomentum
- Use the posters at the end of this pack to advertise locally, ask shops, cafes and other community spaces if you can put posters on their windows or notice boards
- Tell your local newspaper/ radio stations
- Download our [sponsorship form](#) if appropriate

Legalities of fundraising

Certain activities may involve checking licensing and data protection rules, for example you may need a permit to use a public space or need permissions to use photographs. Please consider this and check local council, data protection and copyright rules before engaging in your chosen fundraising activity.



IDEAS & TIPS

Activities

- Running, walking, cycling, swimming
- Danceathon
- Bake sale
- Donate your daily coffee/ commute
- Host a quiz or bingo
- Raffle or tombola
- Sell your services, eg makeup/ massage, car wash, handmade crafts
- Car boot sale/ jumble sale
- Do something silly, eg wearing fancy dress, taking an ice bath
- Give up your favourite treat or drink for a month
- Sponsored silence



Top Tips!

- Ask your sponsors to add Gift Aid to their donations
- Challenge others to join in with your fundraising efforts
- Set a realistic goal
- Be the first to donate to your own fundraising. It shows your friends and family that you're taking your fundraising seriously, and people who make a donation to their own page to get them started tend to raise more
- Ask your employer whether they have a matched giving policy. One quick conversation could help double the money you raise.
- Say 'thank you'!

How to send us the money you've raised

- You could set up a Just Giving page:
<https://www.justgiving.com/movemomentum>
- You could set up a Facebook fundraiser which will get donated through PayPal Giving
- You could transfer the money directly to our bank account or send us a cheque - please let us know if this is your preferred option and we will send you our bank details



IS FUNDRAISING FOR

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Move Momentum, is a Winchester-based charity that's all about making dance classes accessible, inclusive, and affordable for everyone.

WHAT:

WHEN:

WHERE:



**OUR LIBERATE DANCE
CLASSES ARE FAR MORE
THAN A DANCE CLASS, WE
ARE A SUPPORT NETWORK
AND FAMILY.**



**LIBERATE DANCE IS AN EXCLUSIVELY
WHEELCHAIR-BASED DANCE COMPANY.
AT LIBERATE DANCE WE BELIEVE IN CELEBRATING
THE FREEDOM OF MOVEMENT A WHEELCHAIR
BRINGS TO PEOPLE WITH DISABILITIES.**



**Liberate
DANCE**

 **LIBERATE DANCE**

 **LIBERATE_DANCE**

#DEFINEYOURMOVEMENT

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FRIENDLY AND RELAXED DANCE CLASSES FOR OVER 65S WITH A FOCUS ON EVERYONE GOING AT THEIR OWN PACE AND ABOVE ALL, HAVING FUN! IT'S ABOUT BEING PART OF A COMMUNITY, BUILDING FRIENDSHIPS AND EVERYONE ENJOYING THEMSELVES. PARTICIPANTS ALSO JOIN US AFTER THE CLASSES FOR TEA/COFFEE.

"The class has introduced some fun into our lives. I really look forward to it and even if I don't feel very well, I don't want to miss it. It is not competitive, you feel accepted and encouraged to be yourself."
Adele, GEMS



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Academies

AFFORDABLE STREET DANCE CLASSES

FOR YOUNG PEOPLE AGES 10-16



Our Academies are far more than just a dance class, they are a safe place where young people can come and chill, hang out with friends and dance. We provide an affordable option to give all young people the opportunity to access dance. We also provide performance opportunities and run social events.

