



**Together at  
Christmas**

# Thank you

for your interest in supporting Family Action this Christmas.

For many of us, Christmas is a special time for giving and sharing, and spending quality time with family and friends.

However for many families across the country, this isn't the case.

With over 4 million children growing up in poverty[1], one in four adults experiencing a mental health issue each year[2], and seven million children and adults providing care for a loved one[3] – pressure on family life can mean Christmas is miserable, rather than magical.

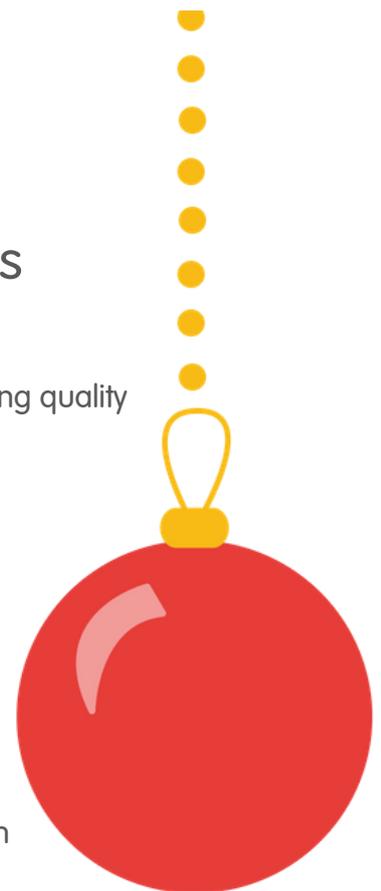
We believe that all children, and their families should have the chance to have a happier Christmas together. That's why we need your help to give them the support they need to manage the pressures of family life.

Come Together At Christmas with Family Action to help make Christmas a time to enjoy for some of the country's most vulnerable families.

## About The Toy Appeal

Every Christmas since 2009, Family Action has run an annual Christmas Toy Appeal, where we match companies with our services to buy and deliver gifts to the children and young people who we support. In total, you've helped us deliver nearly 25,000 Christmas presents. This year we've had over 7,000 requests and its set to be the biggest toy appeal ever!

Here's how you can get involved in spreading some Christmas magic...



# Sandra's Story

Sandra\* and her children received gifts through the Toy Appeal last year. We wanted to share their story with you to show you, with the right support, what a difference a year can make. By supporting Together at Christmas, you can help turn around the lives of families like Sandra's.

This time last year, Sandra was struggling to see the light at the end of the tunnel. She had been through a horrendous experience – severely assaulted by the father of her three children. Due to the extent of her injuries, she spent weeks in intensive care, and because there was no extended family to care for her children, they were moved to foster care for this time.

After she recovered, she was reunited with her children and moved to a women's refuge. Although now safe in her accommodation, Sandra was still struggling to get by after her traumatic experience. She was finding it hard to implement boundaries and routines with her children, and her eldest wasn't going to school. She too had dropped out of her training course, leaving her feeling hopeless about the future.

At this point, Sandra was referred to Family Action and one of our outreach workers, Jenny, began to support her. Jenny built up a relationship with Sandra over several weeks, visiting the refuge and helping pick her children up from the temporary nursery.

Jenny was a lifeline for Sandra. She liaised with the women's refuge to help her get school places for her children and start counselling – going with her to the

first session as she was feeling so anxious. With Jenny's help, Sandra was moved into a new home with her children. At first this was unfurnished, so Jenny applied for a grant for new beds, curtains, washer, cooker and toys and clothes for the children. Jenny also helped Sandra attend play groups with her youngest child to help her meet other mums in the community.

Christmas can be a struggle for many families – with expectations to buy presents and give children the

best possible experience it can put a lot of pressure on parents. However for Sandra's children, it was even more important to provide them with a stable Christmas. Jenny ensured

that Sandra's children were all signed up to receive a Christmas present through Family Action's Toy Appeal. As well as toys, the family were given a donation of decorations at Christmas. Without these they wouldn't have had anything to help them celebrate.

This year has been a brighter start for Sandra and the children. The two older children are now settled and thriving in their new school and the youngest

has a place at a local nursery. This has meant Sandra has been able to return to her own education. Thanks to the counselling she now attends regularly, she is much more confident and happy to go out on her own.

Sandra still attends a parenting course with Family Action, but on the whole Jenny's work is done. Sandra has told us she loves her new life and the support she has received has restored her faith in humanity.

\*name changed to protect identity

£15

Could buy a gift for children like Sandra's

£400

Could pay for a family like Sandra's to receive support from Family Action



# Get involved



Whether you wish to make a donation, or create your own page to fundraise with friends, visit our Together at Christmas [JustGiving](#) homepage to get involved.

## Host a Get Together for Family Action

Invite friends, family or colleagues to come together over the holiday period and raise money for Together at Christmas to help vulnerable families. Use our poster on the next page!

Sell glasses of  
**hot mulled  
wine** and **mince  
pies**

Make and trade  
**Christmas  
decorations** and  
**crafts**

Hang **candy  
canes** on your  
tree, and ask for a  
£2 donation

Ask guests to  
bring and buy  
**Christmas  
themed cakes**

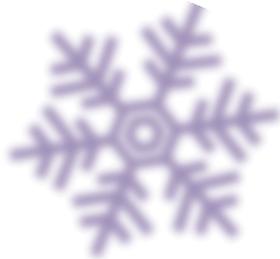
## Buy Family Action Christmas Cards!

Just £5 for a pack of 10 cards or 3 packs for £10!



# Together at Christmas

in aid of Family Action



Join me for a get together to raise money for Family Action to build stronger families this Christmas.



What.....

When.....

Where.....

RSVP.....



Family Action is a registered charity number 264713

Family Action Head Office, 24 Angel Gate, City Road, London, EC1V 2PT

# Find us on social media



[Facebook.com/FamilyAction](https://www.facebook.com/FamilyAction)



[@Family\\_Action](https://twitter.com/Family_Action)



[@Family\\_Action](https://www.instagram.com/Family_Action)



[Family Action](https://www.linkedin.com/company/FamilyAction)



[#TogetherAtChristmas](https://twitter.com/hashtag/TogetherAtChristmas)

Bring together your network by sharing pictures and info on your fundraising for Together at Christmas

- Share photos of your Get Togethers on Instagram or use Facebook to invite people!
- Share your Justgiving pages and ask friends to donate and don't forget to share it on Facebook and Twitter – on average, every share is worth £5
- Tag us in your posts so we can see what you've been up to!

# The Legal Bit...

We really appreciate your support in raising funds for us. However we are not responsible for organising, supervising or hosting your fundraising. All fundraising is at the organisers' and participants' own risk.

## Lotteries and raffles

If you are planning to hold a lottery, such as a raffle, tombola or sweepstake, please be aware that there are strict rules about what you can do. The Gambling Commission publishes guidance on lotteries at [www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk).

## Licensing

If your event involves the sale of alcohol and/or live or recorded music, dancing, showing of a film or performance of a play, an indoor sporting event, or any entertainment of a similar nature, you may need a licence, depending on whether it is a private or a public event. Contact your local authority for further advice.

## How to tell people you are fundraising for us

If you use fundraising materials, you must use the words that you are 'In aid of Family Action, Registered Charity Number 264713'. This must be displayed on materials such as posters and flyers, for example.



## Insurance

By organising a fundraising event you are responsible for taking adequate steps to ensure that the event poses no risk to others. Check that buildings or equipment that you use or hire are covered.

Insurance is sometimes included in the hire fee but not always. You may need to consider arranging public liability cover for some events which will protect you against claims made by third parties for injury or property damage as a result of negligence.

## Data Protection

If you are keeping any electronic or paper records about people involved in a fundraising event, make sure this complies with the Data Protection Act. As a rule of thumb, don't keep information about people any longer than you have to, and don't share information or data about someone without their permission.

# Health and Safety

Please take into consideration a few basic health and safety principles as part of organising your event to ensure that you keep everyone safe and well.

## Keep safe

Follow the professional advice of equipment manufacturers and staff supervising any facilities. Family Action cannot accept liability for any loss, damage or injury suffered by yourself or anyone else as a result of taking part in a fundraising event. Make sure that the space you are using for your event is safe, and the right size for the number of people you have attending.



## Food hygiene

If your event involves the preparation of food, please take care when handling and preparing food and work to basic rules for safe preparation, storage, display and cooking.



## Paying in your fundraising

## Children

If children under 16 are involved in fundraising in any way, please make sure that they have permission from a parent or guardian and that they are properly supervised by a responsible adult. Children should never approach strangers about fundraising.



## Collections in public

We do not advise you to collect money in a public place or door-to-door. If you decide to do this, you will need to obtain a license from your local authority. Details of this should be available through your local authority website. All collectors must be 16 or over and wear official Family Action identification badges and carry a letter of authenticity from Family Action. Please do contact us if you have been given permission for a public collection.

Thank you so much for raising money for Together at Christmas! You can pay in your funds by:

- Cheque – Made out to Family Action and sent to Fundraising, Family Action, 24 Angel Gate, City Road, London, EC1V 2PT.
- JustGiving – If you are asking other people for donations, set up a fundraising campaign at: [www.justgiving.com/campaign/togetheratchristmas2018](http://www.justgiving.com/campaign/togetheratchristmas2018)
- If you are paying in a lump sum, please go direct to our website to reduce fees – [www.family-action.org.uk/donate](http://www.family-action.org.uk/donate)
- Bank Transfer: (please let us know to expect it)
  - Account Name: Family Action
  - Sort Code: 18 00 02
  - Account number: 02180324

## Christmas Concert

Sponsored by:

**New**  
**Day**

As valued Family Action supporters we would also like to extend an invite to our annual Family Action Christmas Concert. To be held in the beautiful setting of St James's Church, Clerkenwell, so the second year, we have an exciting line up of choirs and singers to create the perfect festive evening.

Directed by Adam Hope it will feature four acts:

Jingle and the Belles  
The Canbury Singers  
Stephanie Foster and George Reynolds  
Sophie Baylis on Flute

You'll be welcomed with bubbly and mince pies to jazz from The Meredith White Trio.

Buy your tickets now at <https://family-action-christmas.eventbrite.co.uk>

All are welcome, so please invite your friends, family, colleagues and clients to join us for a festive evening. All proceeds go to Together at Christmas.

Wednesday 5<sup>th</sup> December, 7pm

## Thank you for your support... Merry Christmas!

Contact

E: [Fundraising@family-action.org.uk](mailto:Fundraising@family-action.org.uk)

T: 020 7241 7608