

# FUNDRAISE WITH US AND IMPACT LIVES

*Healing Through Adventure Therapy*

ACROSS  
The Nations



# HOW WILL YOUR MONEY MAKE A DIFFERENCE?

*Every pound you raise will be going towards promoting the mental health and well-being of marginalised groups in the Kurdish Region of Iraq, including refugees and Internally Displaced People.*

**£50**

could cover the costs of a group training session, which teaches the basics of tying knots and climbing safety.

**£100**

could cover a group climbing trip for one of the marginalised groups we work with.

**£500**

could fund an apprentice salary for an entire month.

*We rely 100% on voluntary donations, making every penny count.*

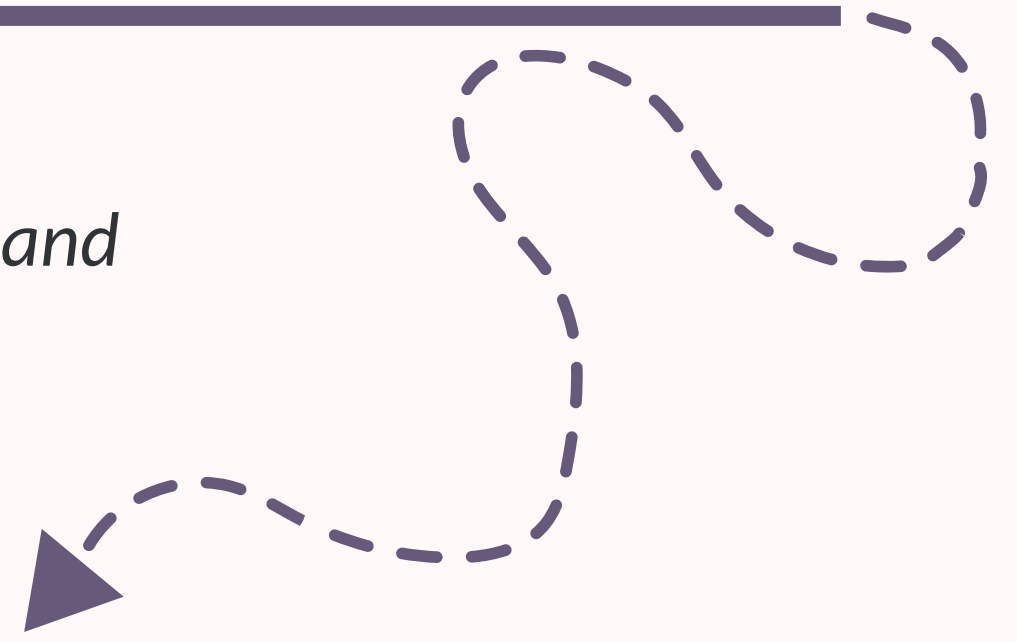
*Help us build and develop the sustainability and impact of this programme, and be a part of the change for better in these communities' lives.*





# HOW CAN YOU HELP?

Here's a list of fundraising ideas hand-picked by our team.  
Can't find one that suits you? Feel free to create your own, and contact us if you need any support!



## Bake Sale

**Top Tip:** Make tray bakes and sweet treats that can be sold individually to simplify your sales. *Want to make it interesting?* Set up a bake-off to give people a chance to show off their skills!

## Climbing Day

Are you a climbing instructor? Or do you have a climbing gym near by? Get in the AtN spirit and show people what experience they would be raising funds for! **See:** Our [Sign Up Sheet](#)

## Sell Raffles

**Top Tip:** Ask your community and local businesses for prize donations, you'd be surprised how generous people can be for a good cause!

## Social Media Campaign

Fundraising is always best when done as a collective! Encourage more people to get involved by inviting people to get involved and donate on social media. **See:** Our [FB](#), [Insta](#), and [Tw](#) Assets

## Dinner Party

A personal favourite of ours, a dinner party is a great way to raise funds, raise awareness of the cause, and have a great time!

**See:** Our [Dinner Party Pack](#) for top tips, invitations, and recipes.

These are just a few of our ideas. There's *thousands* of ways to fundraise! Feel free to create your own or have a scroll through [easyfundraising](#) for more ideas!



# WHAT NEXT?

Thank you so much for taking part in our fundraising efforts for this Adventure Therapy Programme. We literally could not do it without you.

## ✓ Set yourself up on Just Giving

Set yourself up on our [Just Giving account](#), and contact us if you need support!



## ✓ Share, reshare, and share again



Let your community know what you're fundraising for, and take plenty of pictures to help raise awareness! Download our [Flyers](#) for in person events, and our [Social Media Assets](#) for socials, and don't forget to tag us on Facebook @across the nations!

## ✓ Learn more about us

Want to know more of the specifics of what you're fundraising for?



**See:** Our recently published [Adventure Therapy Programme Pitch Deck](#).

And find out more @



**THANK YOU!**

