



PHASE WORLDWIDE FUNDRAISING PACK

phaseworldwide.org
Registered Charity No: 1173323



Registered with
FUNDRAISING
REGULATOR



WELCOME TO PHASE WORLDWIDE

PHASE Worldwide was founded in 2005. Since then, we've grown into a charity which has raised millions of pounds for communities in Nepal. Every year, the work we support changes the lives of around 50,000 people.

We believe that everyone, everywhere, even those in the most remote places in the world, should have access to primary healthcare, basic education, and livelihoods opportunities.

We support projects in some of the most remote and rural communities in the world. In these areas, poor health, low levels of education and few livelihood opportunities trap people in a cycle of poverty. Through our local partner, PHASE Nepal, we support integrated and sustainable health, education, and livelihoods projects.

PHASE Worldwide and PHASE Nepal work together to enable people to access knowledge, skills, and services, whilst at the same time, strengthening local government provision in Nepal. We work together to raise money to fund this work, deliver our successful GP mentoring programme, and demonstrate best practice in charity governance and within the international development sector.

LAST YEAR...

27,628

VULNERABLE PEOPLE



ACCESSED PHASE
SUPPORTED HEALTH POSTS

IN MUGU,



1,024

FARMERS WERE
PROVIDED WITH
AGRICULTURAL AND
NUTRITIONAL SUPPORT



MEET LALKALA

Lalkala lives in Mugu and is a member of a PHASE Livelihood farmers group. Speaking with PHASE, she shared how becoming a member of the farmers group had helped her family. *"In the past, we would mostly plant grains because that was the only thing possible for us to produce due to the weather. But the grains only supported us for 6-7 months on the year."*

"I could never have imagined we'd ever produce this many vegetables! I have cabbage, cucumbers and cauliflowers in my garden - For the very first time!"

Lalkala lives with her family of seven and has a daughter who had a complicated delivery. Now, Lalkala is pregnant again, but shared her optimism for the future. *"This time, I have enough green vegetables and I have been trying to prepare food for myself, following the advice from the midwives."*

With the support of PHASE technical officers in Mugu, we have been supporting local farmer's groups with training on vegetable farming, kitchen gardening, improved seeds, on-field technical advice and agro-tools.



“Because I didn't have enough nutritious food, my first baby was premature and underweight. But this time, I have plenty of green vegetables and I know my next baby will be a healthy one!”



HOSTING EVENTS

Getting people together by hosting an event can be a great way to raise funds - and have a brilliant time in the process!

Host a coffee morning

Put the kettle on, bake some cakes and ask your friends & colleagues to join you. Let them know it's all for a good cause, and suggest they donate what they might spend if they went out for a coffee!

Hold a quiz night at your local pub

Why not ask your local pub if they'll allow you to use their space on a quieter night of the week for a charity quiz! Ask for £20 per team, and see if the pub will donate the bar tab for the winners. The pub benefits with happy customers and you've done a brilliant thing for charity!

Invite friends over for a dinner party or sell tickets to a supper club

Similar to a coffee morning, you can create a Nepalese themed dinner and ask your guests to donate what they'd spend on dining out. A wonderful way to experience Nepal together and understand where your donations are going.

Or think bigger!

Parties, summer fetes and formal dinners are all great ways to create a captive audience for fundraising. The main thing is getting people together for a good cause, so get creative! Remember, if you've got people together, think of ways to maximise fundraising like holding raffles and auctions with items donated from friends, colleagues or local businesses.





PHYSICAL CHALLENGES

What better way to raise money than pushing your limits with a physical challenge! If supporters know you're out of your comfort zone and trying your hardest, they'll get behind you with generous donations.



Set your own challenge

From committing to walk 10,000 steps-a-day, or swim in the sea every week whatever the weather, there are lots of things you can do to show your investment. Just make it personal to you. Setting up an online sponsorship page like Just Giving will help share your progress and encourage people to donate.

Sign up to an organised event like the Great Bristol Run, London Marathon or a local triathlon

The list of organised events is endless, and they're great events to train towards and complete for charity. As above, an online sponsorship page helps encourage donations.

Something a bit different?

Making it personal to you is the key. If you're scared of heights, you could do a skydive! Or unable to commit to something too strenuous, find something you can do at home like climbing the stairs to the total height of Mount Everest.

Join our Bristol to Base Camp trek

For the ultimate challenge, we send a group to Nepal to tackle the iconic Everest Base Camp trek each year, so why not join them? For more details, check our dedicated website here: bristoltobasecamp.co.uk



'DO IT YOURSELF' IDEAS

The most achievable way of approaching fundraising, is by thinking of your strengths and using them! With 'DIY' fundraising, it's all about thinking outside the box and doing something that fits in with your lifestyle while benefitting the charity.

Bake sale or similar

Keen baker? Who doesn't like cake!? Set up a stall at work, school or in your neighbourhood and ask for donations for your home baking.

Sponsored silence

Known for being a chatter box? Vow to stay silent for 24 hours and watch the donations pour in!

Litter picking

Support the charity, and the planet! Two brilliant causes your sponsors and volunteers can get behind.

Selling unwanted items

Take your old clothes and homewares to a car-boot sale or sell online via sites like eBay or Vinted, and donate the profits to PHASE Worldwide.

Craft fair

Have a hidden talent like knitting, woodwork or painting? Turn your hobby into your fundraising by attending local fairs and donating profits or a portion of them to charity.





**£20 COULD ALLOW ONE CHILD
TO TAKE PART IN A NUTRITION
PROGRAMME FOR ONE YEAR**



**£50 COULD PROVIDE ONE WOMAN
WITH MATERIALS AND TRAINING FOR
MUSHROOM CULTIVATION**



**£100 COULD PROVIDE TRAINING FOR
ONE FEMALE COMMUNITY HEALTH
VOLUNTEER FOR SIX YEARS**



**£200 COULD PROVIDE TWO WOMEN
WITH MATERIALS AND TRAINING FOR
VEGETABLE FARMING**



**£400 COULD ALLOW 100 CHILDREN
SUFFERING MALNUTRITION
TO BE TREATED**

THE DIFFERENCE YOU COULD MAKE

Every pound raised in support of work could make a huge difference to a rural community in Nepal. Just the smallest donation could change the lives of an entire family, providing them with the support they need to be happy, safe and healthy.

Take a look at what your fundraising could achieve, and how we could use your donation to support our work in Nepal.



HOW WE COULD SUPPORT YOU

We're so grateful that you'd like to fundraise for us and help support our work in Nepal. Fundraising can be challenging, so we're here to support you. Check out some of the ways that we can help make sure your fundraising activities are as successful as they can be!

Talk at your event

Holding a fundraising event and want to inspire your attendees? Ask a member of the PHASE team to drop by (or drop in virtually!) to give a talk about our work and how with their support, they could make a huge difference. We'd be happy to share some inspirational stories and further information about how PHASE works and how our supporter fundraising can make help change lives in Nepal.

Send you fundraising materials and resources

Whether you're running a large event or a small local bake sale, fundraising resources such as posters, leaflets, impact reports and t-shirts are a useful way to provide more information about your cause and make your event look even more professional. Let us know what you might need, and we can post some free PHASE branded materials to help support your activity.

Provide you with fundraising tips


Was your fundraising not quite as successful as you'd hoped? Don't give up! Just get in touch and we can chat through some tips and tricks for ensuring your next fundraising activity is even better than the last.




CONTACT US

If you have any questions, or would like more information about fundraising for us, please feel free to get in touch!

 info@phaseworldwide.org

 phaseworldwide.org

 0117 9166423

 PHASE Worldwide
Brunswick Court
Brunswick Square
Bristol
BS2 8PE

Leaving a gift to PHASE Worldwide

PHASE Worldwide has partnered with Jones Whyte to offer a free, trusted will writing service. As part of this process, you can choose to leave a gift to PHASE Worldwide, a commitment that would help change the lives of people living in some of the world's most remote communities.

By choosing to leave a gift to PHASE Worldwide, you would be making a lasting difference to help us continue our work in Nepal, long into the future. Thank you.



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