



MUMS SUPPORTING MUMS

Finding the funds

The basics

Many community groups have to raise some funds. Parent and Toddler groups usually have to pay for things such as use of a room in a community centre, buying toys and equipment or replacing toys when they break and insurance each year. The members usually pay weekly fees but these might only cover things like weekly refreshments and might go toward the hall rent. There isn't usually enough to pay for new toys or equipment.

These tips and hints provide information about many of the popular ways to raise funds.

- Donations (money, equipment or other donated goods, donated free use of a room).
- Fundraising ideas and events.
- Finding the grant sources and tips on completing application forms.

If you want to apply for grants your group needs to have

- A constitution (rules about how you manage your group).
- A committee with at least 3 people.
- A bank account.

There are tips and hints on how to get all these in place in the tips and hints on Getting Organised.

If you are a new group just starting out and don't have any of these things in place yet you might want to think about:

- Fundraising events or activities.
- Donations.
- Joining fees and weekly fees from your group's members.

Hints & Tips
to get you
the money
you need

Why we wrote Finding the Funds

Mums Supporting Mums links together small local groups led by mums. We've been developing ways for parents in rural areas to get together.

Some groups such as Parent and Toddler groups usually need to find some funds or grants to start up or to buy some new equipment. Many of the groups and women we have talked to have told us they don't know where to start when they are looking for grants to help them.

Finding the Funds is for small community groups who are looking for ways to raise funds as well as apply for grants and for those with little or no experience. There is lots of information available through the internet on how to apply for grants and organising fundraising events. We have included details for some of them at the end. We have included details of local organisations who can help you.

You will find Hints and Tips to help you if you want to set up local groups or activities. They include parents and toddler groups, informal groups in cafes, buggy walking groups and using social media, as well as tips to help you organise the group and what it does.

We hope these will give parents in other parts ideas on what you can do.

You will find all
the Hints and Tips
on our website at
www.otbds.org

Some groups do a mixture of fundraising events and applying for grants.

Groups that have been running for some time might apply for a grant for some equipment and have a fundraising event to bring in income to go towards general costs such as the weekly hire of a room for the group or for annual insurance.

Having fundraising events have the added bonus of promoting who you are to others in your community. These events are also a good way of attracting new members or people who want to help.

Getting help

There are organisations in each council area that can help you if you are thinking about applying for grants. There is lots of information on the internet about applying for grants, running fundraising events and activities.

You will find information about where to go for help in each section.

"We've found there are lots of people who would like to help you if only they knew what sort of things you need".

"We got toys from a mums and toddlers group in a nearby village. Most of their children are a bit older and they didn't need things for babies. They gave us good advice but the toys were a big help too."

Donations

Some groups find it easy to ask for donations to help them when they first start or when they have been running for a while.

These are some of the items that groups in touch with Mums Supporting Mums have had donated: toys, story books, mugs and plates, storage crates, changing mats, tea and biscuits, juice and fruit for special events and sometimes cash donations to help toward some new equipment for which they've been fundraising.

Some of the things groups do to encourage donations include

- Put posters up in local shop windows.
- Get local newspaper to write article about them and ask for donations.
- Ask for donations through their Facebook page.
- Put small 'wanted' article in local community, newsletter or website page.
- Use free recycle websites.
- Spreading the word through families, friends and other contacts.

Help from local businesses

Many groups get help from local businesses. They might not be able to give a cash donation but they might be able to donate something else.

- A cash donation toward general running costs – they might leave it up to you what you use it for.
- A donation of an item e.g. juice and snacks for your weekly sessions or a special event that you are having.
- Water bottles if you are holding a sponsored event or fundraising event.
- Prizes for a raffle.
- 'In kind' items – free use of a room or free photocopying of posters or leaflets.
- Practical help from someone in their business e.g. someone to help with designing posters, or help with your bookkeeping or accounts.

Find out what local businesses are in your area and be creative about what you could ask them for. Sometimes they have things that they no longer need and it would be cheaper to donate them to you than to pay for uplift / removal.

- Printing companies or newspaper printer might have end of rolls of paper.
- Local DIY store might give you old wallpaper rolls.
- Curtain makers might have some fabric bits.
- Shoe shops might give you empty shoe boxes (storage or use for a craft activity).

“The local hotel gave us a room for our event for free in exchange for publicity in the local paper and through our social media site. They also donated one night’s B & B for 2 people for our raffle.”

“The local shop gave us juice, tea & coffee, cakes and biscuits for our sponsored welly throw. We put signs up around the table when we served the refreshments naming them and thanking them. They got a lot of praise for helping us out that way.”

These are our tips on approaching local businesses.

- Tell them: Who you are, what you do, who benefits from coming to your group and that you are looking for prizes for your raffle – even small things.
- Offer them free publicity at your event – simple things like a large thank you poster listing all those who have helped you is good local publicity for local businesses.
- Writing a letter, telling them what you do, what your group does, who benefits from your group and what you are looking for is often a useful approach to take with local businesses. It means they can look at your letter when they have time.
- Some companies might prefer a phone call. This often works if you are looking for free things that you can go and collect.

“A letter is more personal than an email. Fewer people write letters these days, so it gets noticed.”

These are things groups have told us that help when you are sending letters.

- Make it personal – find out the name of the manager, or person responsible for dealing with local requests rather than send it to Dear Sir.

- Explain in first sentence / first short paragraph what you are looking for and why – ‘sell your idea’, get straight to the point – businesses don’t have much time to read lots of information before they make a decision.
- Include photos – ‘a picture sometimes is worth a thousand words’ (make sure you have permission from people to use the photos).
- Tell them what they’ll get out of it – offer to acknowledge their contribution and how / where (local press, social media promotion).
- Some companies might not want any publicity – make sure you offer it and they can decide if they want to take up your offer.
- Give some more background information in the middle bit of your letter – more details about who your group is, what you do, who will benefit from what they will provide.
- Thank them for reading your letter and tell them who they can talk to if they want more information.
- Remember to use headed paper (if you have it) with name of group, postal address, phone number and sign it. (‘Headed paper’ can be a smooth-looking start to the letter you do on your home computer or in the library. It doesn’t have to be complicated or expensive.)

“Don’t send too much. But you might want to include something like a draft leaflet about your event or your recent newsletter. Make sure it is something that tells them a bit more about your group and all the good that you do. Don’t send it if it doesn’t help you to sell yourselves!”

Before you send your letter get someone else to read it.

- Does it make sense?
- Is it clear what you are asking for?
- Check for typos or spelling mistakes – it’s easy to miss these.

If you’ve been successful.

- Write back to them and say thank you.
- If you said you’d name them in your publicity, social media or on the day then make sure you don’t forget.
- Tell them how the event went, or send them your newsletter.
- Keep in touch with them.

Fundraising ideas and events

There are lots of different ways to raise money for your group through fundraising activities or events.

Some of the most popular that groups told us about included:

- Coffee mornings.
- Bingo.
- Quizzes – ones you do at home and give back and quiz evenings.
- Race nights.
- Bucket collections.
- Bag packing at supermarkets.
- Pennies in the bottle.
- Car washes.
- Party or discos.
- Halloween party.
- Ceilidh.
- Fairs or fetes.
- Tombolas and raffles.
- Guess... the weight of the cake, the sack of potatoes; name of the doll; teddy bear's birthday; how many sweets in the jar.

- Make and sell crafts and produce.
- Picnics in the park.
- Sponsored walks/ cycle - children around the local park, adults cycling longer distances.
- Welly throws.
- Jumble sales or car boot sales.
- Christmas cards.
- Year planners and calendars.
- Produce a recipe book.

But which one to choose? Think about:

- How much money you want to raise.
- What ones your group would enjoy organising.
- How many people can get involved in helping plan it and help out on the day.
- You might want to

Do a few small events.

And one large event occasionally.

Planning for a fundraising event

Even for small fundraising activities it helps to plan what needs to be done and helpful to get everyone involved in some way.

People become more confident and more willing to help out next time if they've gained confidence doing small tasks and being involved but not being asked to do too much.

Get everyone together:

- Have fun thinking about this, don't make it a chore. Have extra biscuits that day.
- Get everyone's ideas.
- Make a list of things to do.
- Decide what needs to be done beforehand, on the day and afterwards.
- Share out the tasks.
- Get together every few weeks to check everyone is managing to do what they said they'd do – if not, others in the group can help.

"We got a small donation from a local business to help us. We included their name in our newsletter and posters about our event. We sent a thank you to them, told them how much we had raised and what we had bought and sent them some press cuttings out of the local newspaper. When we went back to them the following year just asking them for a small donation, they sent us a cheque for a larger amount than the previous year."



Example

Sponsored walk/toddle

The toddler group decided to have a sponsored walk around the playpark. They decided they could use the event to get more publicity for their group. Here are some of the things they thought about.

Before the day

- Agree a date.
- Give everyone plenty of notice.
- Find out date of the school sports day or any other events that are happening and avoid those dates.
- Have a sponsor sheet so everyone can get family and friends to donate.
- Can someone photocopy these for you? (You can say thank you for their help on your list of thank yous).
- Tell them how far the children will walk (run or toddle) - any donation welcome.
- Tell them on the sponsor sheet what you are raising funds for (e.g. equipment or mention a particular piece of equipment, help towards running costs, help towards the rent of the hall and so on).
- What will you do if it is outdoors and wet? Dress for the rain!
- Does everyone have wellies? (Ask people to help: Can you lend old wellies?).

On the day

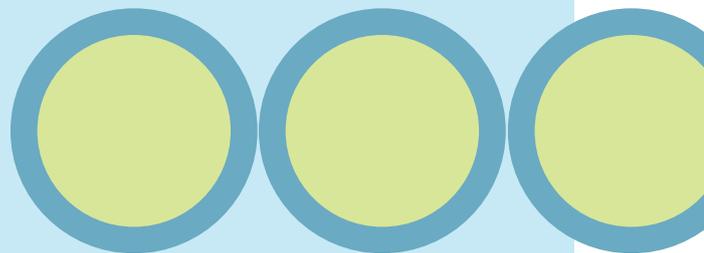
- If someone has two children, do they need a hand? (Granny can come too or can someone else offer to help?).
- What will you use as the 'starting line' and 'finishing line'?
- Who will start it off, who will be at the finishing line?
- Refreshments afterwards - have the walk on the group's usual day but have extra special biscuits for snack.

After the day

- Tell people how the day went. Write small piece for the local newspaper. You can also use it for the community newsletter.
- Put poster up in community saying thank you - and name any local businesses who helped.
- Write thank you letters to any local businesses etc who helped.
- Keep a list of who all helped, mention the walk and say thank you again at the end of the year.

Extras to think about

- Why not ask the local shop to donate biscuits and juice to your event?
- Why not take pictures at the beginning and end - could 'sell' them to everyone to raise extra funds?
- Get the local paper to come and take a photo (helps to raise awareness of your group).
- Give everyone a certificate for crossing the line.
- Put posters up in community and ask people to come and cheer the wee ones on.



Social events

Some groups enjoy organising a social event as a fundraising event. It means people can enjoy themselves as well as raise funds.

"We try to organise something at the weekend so more parents can come."

Example Baby Boogie

We organise a Baby Boogie each year. It's a family disco on a Sunday afternoon. It generates income and involves the whole community and spreads the word of the twins club. It's also a great social get together for families with twins.

Our planning

Some of the things the twins group have to think about each year include

Venue

- Community centre.
- Room in local hotel (might let you use it for free in exchange for publicity and promotion in local press).

Disco

- Someone with their own equipment.
- Or hire disco equipment and find someone (parent) to run the disco.

Tickets

- Tickets in advance.
- Or pay at the door?
- Need to know maximum number of people you can have in your venue.

Publicity

- Local newspaper.
- Posters in shops, cafes etc.
- Word of mouth.

Refreshments and food - options

- Ask local shops to donate refreshments, biscuits etc.
- Get parents to bake cakes, make sandwiches etc.
- Get local catering company to provide snacks and refreshments.

Thank yous

- Have a big sheet on the wall with names of all the businesses and others who have helped.

Other things to think about

- Have a raffle at the event.
- Hotel and other local business might donate prizes (in exchange for publicity).
- Local musicians or local disco person might get involved for free.
- A local catering company might donate a free buffet.

Sponsored walks (and more...)

Someone connected to your group might want to offer to do a sponsored event to raise funds for you.

Some of the examples from groups are: people going on marathons, cycling events, organising their own cycle ride (50 miles to.... and back), sponsored slims, sponsored sings.

What did the groups have to do?

- They helped the person raise the funds by producing signup sheets for people to promise to make a donation if the person completed the event (or a donation for however far they walked).
- The person doing the event asked their friends to sponsor them.
- Members of the group asked their friends.
- A couple of people went on the day to cheer them on and to provide moral support.

"It was great that they came to us, told us that they wanted to take part in the marathon and wanted to raise funds for us (and a charity). It made a nice change not having to go and ask someone to do something for us. They really enjoyed (or so they said) running the 10k and we got 50% of what they raised and they gave the charity the other 50%."

"A parent wanted to learn to parachute jump and they decided to make it a sponsored event and give the proceeds to our group. They achieved a lifelong ambition and we got some much needed funds."



Applying for grants – working out what you need

The starting point when applying for grants is to know what you want to do and what you want to achieve. So start with having that conversation within the group.

Sometimes this will be straightforward. Other activities will be more complicated. The same questions get asked for both. This is a checklist to help you describe what you want to do.

The tips and hints on planning your Project have more detail on developing project plans, especially when you are planning something that is bigger or needs more money.

Questions	Your notes
Name for your project	(leave this until the end if you can't think of a short, catchy, memorable name just now) – needs to be different from your group's name.
What you are going to do	
Where will it take place?	
Who is it for?	
How will they benefit? (What difference will your project make?)	
How do you know there is a need for it?	
When do you want to start (and finish)?	
How are you going to do it?	What you will do, when you'll do each thing, what you'll need to make it happen (equipment, people, venue, other resources, insurance, training?), do you need volunteers, staff?
How much do you want in total?	
How much? – the details.	List all the things that you will need, find out the cost of everything. Keep a note of where you got that information from.
Is some of the money coming from other sources?	This could be your fundraising or a grant from another source.
Once it has happened, how will you know you've made a difference?	What will you look for to show that you've made a difference and met the need you originally identified?
Who will be responsible for making sure it is all done?	Your committee.

Finding the Funders

Asking about possible funders

Finding the right funder is a bit like a matching game – you need to know what you are wanting to do and what you want funding for. You then need to find a funder that wants to support what you do and the sort of things you want funding for.

There are lots of different funders to choose from but not everyone will be able to support you. For example, Children in Need wants to support disadvantaged children and young people, while Awards for All want to help groups bring about change in their community.

Your local TSI (Third Sector Interface) sometimes called CVS will be able to suggest potential funding sources for your group. They will have information about local sources of funding. They may have a database of all the main funding sources or Funding Directories – books with details about lots of funders. They can also help you with your funding applications.

Contact details for the Third Sector Interface in each area in Scotland can be found at www.vascotland.org

These are our local ones:

South Lanarkshire VASLAN www.vaslan.org.uk
Dumfries and Galloway Third Sector First www.thirdsectorfirst.org.uk
Scottish Borders Third Sector Interface www.onlineborders.org.uk/community/scobortsi

Many of the TSIs have funding information available on their websites in the Community Toolkit section. Click on the Community Toolkit link at <http://www.onlineborders.org.uk/community/scobortsi>

“The Mums and Toddlers group in another village explained where they got their funding from. One of their committee helped us with the first grant application to get us started.”

Another starting point is finding out where other groups doing similar things to you have got their funding from. That way you know you are approaching funders who are interested in supporting this type of activity.

Popular funders

These are some of the most popular funders that small community groups apply to.

- Award for All (Big Lottery Fund) www.biglotteryfund.org.uk/prog_a4a_scot
- Communities and Families Fund (Big Lottery Fund) www.biglotteryfund.org.uk/prog_communities_and_families_fund
- Foundation Scotland, main grants and Express Grant www.foundationscotland.org.uk/
- BBC Children In Need (small and large grants) www.bbc.co.uk/programmes/b008dk4b/features/grants
- Voluntary Action Fund www.voluntaryactionfund.org.uk/
- Bank of Scotland www.bankofscotlandfoundation.org/
- Henry Duncan Awards, Lloyds TSB Foundation (charities only) www.ltsbfoundationforscotland.org.uk/index.asp?cookies=True



“We’ve learned that if the funders only support work with teenagers and young people then there is no point in applying to them if you want funding for families with children under 12 years of age.”

How to choose the right funder for you

You need to find funders that want to support the things that you want to do and the type of group you are.

Most funders provide information to help you. You want to find out if they fund:

- Your type of group (community group, charity etc).
- What your group was set up to do (children, young people, improve the environment and so on).
- What type of activities or things that you want funding for (start up grant, equipment, sessional worker costs, project costs and so on).
- In the timescale that fits with you (some funders only decide once a year).

There are funders such as some charitable trusts and local grants schemes through councils which make smaller grants to groups which are not a registered charity. These groups are called community groups. Most of the bigger grants only go to groups which have become a registered charity.

There is more information about this in the Tips and Hints on Getting Organised and in the list of useful sources at the end of this set of Tips and Hints.

Information from funders to help you

Funders have different sorts of information to help you. They will usually provide this on their website. Some funders (for example BIG Lottery Fund) will send out information packs and application forms to you.

Some of the information they provide includes:

- Application form to complete or list of information they want you to include in a letter or application.
- Detailed guidance and criteria (how they make decisions on what to fund).
- Lists of things they will fund.
- Lists of things they won't fund.
- Deadline dates for sending in applications and dates for decisions.
- Examples of what they have funded in the past.
- FAQs – frequently asked questions.

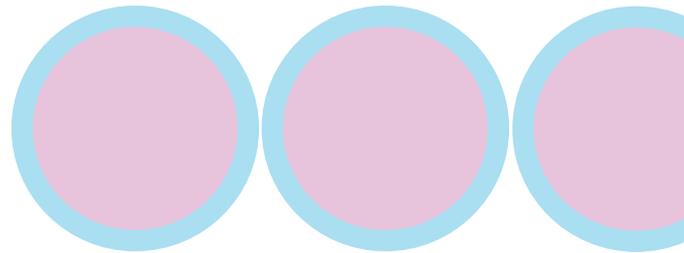
Many funders will welcome email or phone call enquiries if you want to check something before applying. They want to save you time and effort and help you make a better application.

There are some funders who don't have a staff team to answer individual questions. They will tell you in their guidance if they can respond to email or phone calls.

Watch out for

Make sure you have the most up to date information. Some funders:

- Change their priorities or what they will fund every year or so.
- Change their application form.
- May change the application deadline dates.
- May have to close a fund because they have allocated all the funds.



“Everyone said it was really difficult to apply for funding. The workshop broke it down into bits, it made it easy for us to see how to use our ideas and answer the questions. You made it simple and straightforward. It is much easier than I thought it was – the workshop really did help us”.



Tips for completing applications

Once you've decided which fund or funders you are going to apply to you need to read all the guidance information carefully.

Use a pen or highlighter pen to mark the instructions or information that you think is relevant to your application. It saves time – you won't need to read the whole guidance each time when you are checking what you've to do.

Some things to look out for include:

- Deadline for sending applications in.
- Where and how to send the application (email or post it).
- How to apply - application form, online application form or sometimes a letter of application.
- What you need to send with it (usually constitution, bank statements, annual accounts) check what they want and that you have it all (give yourself time to sort any gaps).
- Do you need an independent referee? This is someone who knows about your group and your application and can vouch for your group.
- Who needs to sign the application form?

In the Tips and Hints on Planning Your Project we've given more suggestions to help you plan what you want to do. It includes many of the most common types of questions funders ask for.

"Don't leave these things to the last minute. You might miss the deadline because you didn't check these things out early enough. Or you get stressed driving round late at night getting the signature of someone you saw just the other day."

Some people:

- Write down the things they want to include in each answer but don't write full sentences straight away.
- Find it easier to write full sentences straight away.
- Have lists and bullet points for some of the answers, sentences for others.

Other ideas to help:

- Write (if using a computer) your answers in a word document and then copy and paste your answers into the form.
- Practice on a spare copy of the form first if you are sending in a handwritten one.
- If you are handwriting it, make sure your writing is legible.

There is no one right way to answer the questions except:

- Give them everything they ask for, but don't pad it out with unnecessary information.
- Remember that they don't know your group and they won't go looking for any other information except what you give them on their form.
- Make it clear, concise, to the point and easy to read and understandable.

Before you send it off get someone else to read it to make sure:

- It makes sense.
- The budget adds up correctly.
- You don't have any jargon in it or make assumptions that the reader knows about your group.
- That you have answered all the questions (easy to miss a box to tick or tick the wrong box in your hurry).
- The form is signed and dated if it asks for this.
- You have got all the right documents and information to send with the application.

Take a photocopy or print out a copy from your computer.

"Take your time to read the form right through from start to finish. I find that having tea and chocolate helps."

Checklist for background information

You can use this checklist to see if you have everything in place. Sometimes papers are with the person who organised the group last year. Most funders explain what they need for new groups which have not yet had an AGM or have accounts for a year.

<i>What funders often ask for</i>	<i>Where it is</i>
Have you got a constitution? (you will need to send a copy with your application or before you get the money if you are successful)	
What is the name of your group on your constitution)	
Name on the group's bank account – is it the same as the name on your constitution?	
Your committee – what does your constitution say (e.g. chair etc and numbers?)	
Do you have enough people?	
When do you have your AGM?	
How do you record your income and expenditure?	
How many people sign cheques?	
Do you provide annual accounts or income and expenditure accounts to your members at your AGM?	
Do you have the latest copy? Are they signed and dated?	
Are your annual accounts checked by a person who is independent of your group? Who did it for the last accounts?	

Why applications fail

Funders say that they receive lots of applications for things that they just don't fund. It doesn't matter if it is a great application for a very worthwhile group.

Research by the Directory of Social Change showed that one third of all applications to funders ended up in the bin because they were ineligible. The applications that failed could have been for good projects that would make a difference to people's lives. But they were rejected because the application didn't meet the criteria set by the funder.

These are the 10 most common reasons why applications fail:

- That funder will only fund registered charities and the applicant is not a charity.
- The project doesn't meet the criteria.
- Project doesn't demonstrate the need.
- Project is poorly planned.
- Form is incomplete or illegible.
- Deadline missed.
- Supporting documents missing or inaccurate.
- Projects are not presented clearly and concisely.
- The budget doesn't add up.
- No monitoring or evaluation process in place.

"Remember: you want to sell your idea to them so make it sound interesting and different."

"I get my sister to read over the applications and the letters. She isn't as emotionally involved so can see the things we've missed."



Writing a funding letter

Some funders ask you to send a letter of application instead of giving you an application form to send in.

Some give you a list of questions to answer in your letter. Others give you very little guidance on what they want in the letter and leave it up to you.

These are some things to include if you have to write a letter of application:

- Who you are.
- What you do.
- Who benefits from your organisation.
- How it fits with the funders criteria/what they want to fund.
- What you are looking for funding for.
- Why do you need this equipment or want to do these activities.
- What difference do you want to make.
- How do you know people will use them.
- How have you asked them.
- How much will it all cost.
- Detailed budget, list, of what you want funding for and include amounts.
- Who will manage it (day to day), who is on your committee, what skills and experience they have to manage this type of project and how will they manage it.
- Send in copies of constitution, accounts and anything else that is needed – read the guidance and find out what they want.

Get someone else to read it before you send it in. Look at the list of things that we suggest you do before sending in an application form.

After the grant application

Waiting for the result

- Once you've sent your application away, keep all your notes and information together so that you can refer to them if you are successful.
- It can be some time before you find out if you have been successful and you may have forgotten some of the details by then.
- Make sure your referee has a copy (you will already have asked their permission to use them as a referee and talked to them about it.)
- Give final copies of the application to anyone who the funder might phone to ask more questions. You will have given at least one name as the contact person for the application.
- Don't start doing anything until you hear if you've been successful and are given the go ahead. Funders always say they won't pay for anything that has started before they approve the grant.

If you get the funding

- Say thank you.
- Sign the acceptance letter – or whatever else they ask you for.
- Wait until they tell you that you can start. The guidance will tell you if you wait until they pay the money into your bank or they have another start date.

“Biggest help to us has been increasing our awareness of funding that is available. Before we had the support from the mums project we didn't really know where to look for help and were floundering a bit.”

“Feel much more confident now that we know what they are looking for in the funding application forms.”

Getting going

Celebrate while you have the chance before the work starts.

Go back to all your notes when you planned the project as that will make it easier to do all the things you said you'd do if you got the funding.

- Mark up key dates in a diary or calendar for the group, such as when you said you would start or finish certain things.
- Mark down when the funder wants progress reports or a report at the end.
- Remember to keep records of what you do. You will need to send the funder information either at the end or at some agreed points during the period of the grant.
- Check if they have a standard end of grant form to complete. Get a copy at the beginning so there aren't any hidden surprises.
- Keep a note of what you spend on this particular project or activity. Check it part way through to see if you are spending too much or a lot less than you expected and had said in the application.

If things change you can often go back to the funder and talk it over with them. It is easier to do this if you have good information to show how and why things changed.

If your grant application is not successful

- Don't give yourself a hard time.
- Think about other ways to do some of the activities that will cost less, or where you can get funds in other ways.
- Go back to the list of funders and see if there are other funders you can apply to for a similar project, with a few improvements you have thought of since the first one.

If you are new to making funding applications, it is worth asking if the funder can give you feedback on how you can improve your applications in future. The staff at the Third Sector Interface can also give you useful advice.

Background to Mums Supporting Mums

Outside the Box has been working in partnership with Healthy Living Network in Scottish Borders, Healthy Valleys in South Lanarkshire and Building Healthy Communities in West Wigtownshire, Dumfries and Galloway.

The project was aimed at women who wanted to develop small-scale support services and activities for themselves and for others. The aims of the project are to:

- Encourage women to develop small-scale services and activities that support parents and their children, which reflect the circumstances of people living in rural areas.
- Reduce the isolation many mums' experience.
- Point people to sources of advice that will help support their wellbeing.
- Encourage women to use the opportunities for learning and access to employment that are open to them.

The project was funded by LEADER programmes in Dumfries and Galloway, South Lanarkshire and Scottish Borders, Hollywood Trust, Comic Relief, NHS Borders, Big Lottery Fund and contributions from Healthy Valleys and Outside the Box.

There is more information about the project and updates on developments in each local area at www.otbds.org/mums

Further information and help

There are local organisations to help you. The local Third Sector Interface (TSI) might be able to help (they used to be known locally as CVS).

To find your local TSI go to www.vasotland.org

There is lots of useful information for setting up groups, constitutions, committees and sources of funding at www.slcv.org.uk/Community-Toolkit/ctoolkit?PageName=toolkit-home.htm

Know How Non Profit

<http://knowhownonprofit.org/funding/fundraising/fundraising-events-and-challenges/events>

Five Minute Fundraiser

Video clips to help you
www.institute-of-fundraising.org.uk/guidance/five-minute-fundraiser/

Institute of Fundraising

www.institute-of-fundraising.org.uk/guidance/about-fundraising/event-fundraising/

Fundraising - 101 ideas

This is an American website but has some ideas that would work here www.fundraising.com/fundraising-101.aspx

Look for our other Hints and Tips on: Toddler groups, buggy walking groups, social media getting organised and planning your project.

Contact us

There is more on the Mums Supporting Mums project at www.otbds.org/mums

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