



**FUTURE LIVING**

# Fundraising pack

## Help us make a difference

By choosing to fundraise for Future Living Hertford, you are part of something special!

Our services rely on funding and support from amazing volunteers just like you in order to keep going. The services we offer make a real difference to peoples lives. We work with women, men and children who have survived domestic abuse as well as offering support services for the wider community.

Take a look through our fundraising pack to guide you through the exciting process of fundraising for Future Living Hertford.



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# About Future Living Hertford

## FIND OUT MORE ABOUT US

Future Living Hertford was founded by Sandra Conte in 2014. Through the years Sandra worked tirelessly to build a knowledgeable team and range of services for clients facing domestic abuse as well as other life challenges which had impacted their mental health.

Today, Future Living Hertford is based at Vale House and offers life changing services for adults and children. Emma Fleming took over as CEO in 2024 and is excited to continue the work we do, whilst making way for exciting new projects.

These services include our gender specific empowerment programmes for survivors of domestic abuse as well as an affordable counselling service, also available to the wider community.

We support children and young people through The Base, which consists of creative therapy.

We are expanding our preventative work with new lived experience training for Hertfordshire Police, which will start in 2025.

## A WORD FROM OUR CEO

*I am committed to continuing and expanding our work. The dedication and resilience of our team, combined with the courage of those we support, inspire me every day.*

Emma Fleming  
CEO

*"Future Living, which makes up all the wonderful people who care and give their time to helping others, has made such a big impact on our family for the better."*

Future Living Hertford  
client





# Our Mission and objectives

## OUR OBJECTIVES

- To help and support anyone who has felt vulnerable through abusive relationships in order to make them feel stronger, more empowered and able to make healthy life choices for themselves and their families.
- Provide a community based programme of recovery from domestic abuse or addictions.
- Break the cycle of domestic abuse for future generations.
- Give children a voice in their future.
- Provide therapeutic interventions for children and young people who have experienced or witnessed domestic abuse or ACEs (Adverse Childhood Experiences)
- Provide a parenting programme for parents of children who have witnessed or been victims of domestic abuse.
- Develop and deliver educational programmes and training for service users, businesses, and professionals, surrounding domestic abuse and its effects, to enhance their knowledge and understanding.
- Provide interventions for those experiencing poor mental wellbeing.

## OUR MISSION

We exist to help women, men and children to live full and complete lives after their experience of domestic abuse.

We provide transformative support and counselling to men, women, children and young people from our centre in Hertford, and train and support our partners to do the same





# Fundraising ideas



## WHAT YOU CAN DO TO GET INVOLVED

There are lots of ways you can choose to fundraise for us. But if your stuck for ideas, take a look at some fun ways to get started!

### Birthday fundraiser

Why not ask loved ones to make donations on your birthday - the gift that keeps on giving!

### Car boot sale

Do you have any unwanted items you could sell? One persons trash is anothers treasure as they say!

### Cake sale at work

This is a great way to get your colleagues involved and will make your coffee break more tasty too!

### A sporting event

You don't need to break records, a sponsored run or even a walk is a great way to fundraise.





# How to collect your donations

## WAYS TO DONATE

### Text donations:

Donations can be made through Donate, simply text the amount you would like to donate:

To donate £1, text D2FLH to 70201

To donate £3, text D2FLH to 70331

To donate £5, text D2FLH to 70970

To donate £10, text D2FLH to 70191

### Gift Aid it!

Did you know that gift aid allows us to gain 25p more per £1 on each donation we receive?

See our gift aid form below

### Online donations:

Donations can be made through Donate online.

Visit:

<https://platform.nationalfundingscheme.org/organisations/donate/amount&charity=D2FLH>

Or scan the QR code below



### Set up a GoFundMe page:

Use the website below to set up your own Just Giving page

Visit: [www.justgiving.com](http://www.justgiving.com)

Or scan the QR code below





**Vale House, 43 Cowbridge, Hertford SG14 1PN**

## **GIFT AID FORM**

If you are a UK taxpayer and eligible to Gift Aid your donation, please complete the form below and give it to one of our staff. This will increase your gift by 25p for every £1 given (at current rate) at no extra cost to you or us. This form covers all donations from today's date that you might make. Thank you for your generosity with this gift.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6th April to 5th April) that is at least equal to the amount of tax that all the charities that I donate to will reclaim on my gifts for that tax year. I understand the charity will reclaim 25p of tax on every £1 that I give. (Not including council tax and VAT)

Name.....

Address  
.....  
.....  
.....

Signed..... Date.....

Registered charity number 1155145

A member of the British Association of Counselling Practitioners



# Useful resources

## LET US HELP YOU

We've created some useful resources in the pages below which you can use to help with your fundraising. Or if you're feeling creative, why not make your own?

If you would like a copy of our logo to use, please ensure you email us to gain permission. We will then send you a downloadable version of our logo.

Email: [info@futurelivinghertford.co.uk](mailto:info@futurelivinghertford.co.uk)

### Our registered charity number:

Future Living Hertford's registered charity number is:  
1155145

What is this?

A registered charity number is a unique identifier for an organisation that is registered with a charity commission

### Our contact details :

01992 537 344

[info@futurelivinghertford.co.uk](mailto:info@futurelivinghertford.co.uk)

[www.futurelivinghertford.co.uk](http://www.futurelivinghertford.co.uk)

Don't forget to tag us with updates about how your fundraising is going on our social media platforms:



Facebook

@FutureLivinghertford



Instagram

@Futureliving43



X

@FutureLiving43



The background of the entire page is a vibrant illustration of numerous hands of various skin tones (white, tan, brown, black) reaching out from the top and bottom edges. The hands are wearing different colored sleeves and cuffs, such as blue, grey, green, yellow, and pink. Scattered throughout the scene are several small, pink hearts, creating a sense of community and care.

# I'm fundraising for



**FUTURE LIVING**

A charity dedicated to supporting survivors of domestic abuse as well as the wider community.

Registered Charity Number: 1155145

**Will you help me on  
my mission to raise  
money for**



**FUTURE LIVING**



**For every cake sold, you are supporting Future Living Hertford in their work to help survivors of domestic abuse.**

You can find out more about Future Living Hertford here:  
[www.futurelivinghertford.co.uk](http://www.futurelivinghertford.co.uk)

Registered Charity Number: 1155145



**FUTURE LIVING**

**You're invited to:**

**At:**

**Date:**

**Time:**

**This event is in order to raise funds for Future Living Hertford. A charity supporting survivors of domestic abuse as well as people in the local community.**

**To find our more about Future Living Hertford, visit their website:  
[www.futurelivinghertford.co.uk](http://www.futurelivinghertford.co.uk)**

Registered Charity Number: 1155145



**FUTURE LIVING**

**Future Living Hertford is a charity dedicated to supporting survivors of domestic abuse as well as services for the wider community.**

**You can find out more about their work by visiting their website: [www.futurelivinghertford.co.uk](http://www.futurelivinghertford.co.uk)**

**Help me to raise**

**£ \_\_\_\_\_**

**For Future Living Hertford**

*Every donation will take me 1 step closer to my goal.  
Thank you for your support!*

**Why I'm choosing to raise money for  
Future Living Hertford:**

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# Thank you for your support



**T H A N K**  
**Y O U**

**Thank you for Choosing to support Future Living Hertford.**

**We wish you the best of luck with your fundraising journey!**

**If there is anything else you need from us, please get in touch.**

 [\*\*info@futurelivinghertford.co.uk\*\*](mailto:info@futurelivinghertford.co.uk)

 **01992 537 344**