



**THE
FISHERMEN'S
MISSION**



Get Physical!



FISH MISH

FUNDRAISING PACK

Do you enjoy the feeling of accomplishment after a jog?

Are you a keen sports person, or just getting into fitness?

It doesn't matter what level of activity you feel you're at, enthusiasm is all we need!

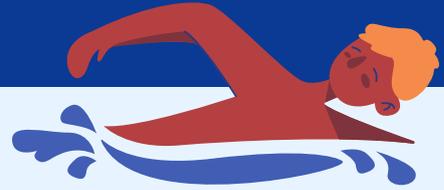


So how can we have fun exercising... while fundraising to support the Fish Mish?

This pack will provide an outline of how to run a fitness-based fundraiser.

If you plan to start a fundraiser, feel free to email enquiries@fishermensmission.org.uk and let us know your big plans - we love to hear your stories, and can offer you support!

The Nitty Gritty...



First - choose an activity! Are you a rower/runner/swimmer/cyclist/dancer/roller skater...?

Next - choose a goal! Examples include...

Completing X miles/steps in X weeks.

**Climbing the height of
insert famous mountain here on a cross-trainer.**

**Exercising to get fit, stay healthy, or for
a religious/spiritual festival such as Lent.**

**“We’re asking our local community
to each walk 100 miles for the Fish Mish.”**

**“For 1 month, I’ll be dancing
in my kitchen for 30 minutes a day.”**

**Host a one-day event - you could sell tickets,
or have a donations bucket.**

Compete with your colleagues at work!

Then decide whether this is something you want to do yourself, or as a team.



After that, what are the next steps?



1. Chose a start date/duration!

We've found that shorter fundraisers, of around 2 weeks, tend to work well - but if you're feeling extra fit, carry on for as long as you like!

2. Set up a fundraising page:

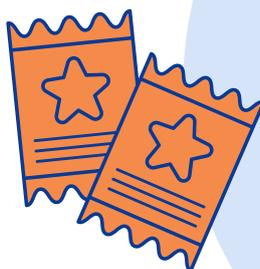
If you plan to ask family and friends to support you, click 'Start Fundraising' on the Fish Mish JustGiving site to create your fundraising page. You can set a fundraising goal, write your story, and upload a fun cover photo!

<https://www.justgiving.com/rnmdsf>



3. If you're selling tickets:

If you plan to host a ticketed event, decide the ticket price, and advertise it to your local community.



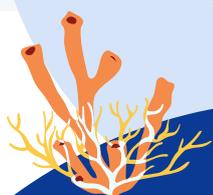


4. The techy stuff:

You may want to generate a QR code that links to your fundraising page with www.qrcode-monkey.com/ (it's free!)



Scan me with your phone camera to visit QR code monkey now!



2. Share, share, share!

Share your story, photos, & videos!

You can post about your fundraiser on your personal social media, tagging us @thefishmish, or send us your fundraising story along with your photos and we'll either upload it to our social media, website news section, or feature your story in our Network magazine!



5. Advertise:

Once you're happy with everything so far, you can begin advertising on your social media, or by contacting local press, businesses and radio!



Finally, seek support from us!

From simply letting us know your fundraising plan, to asking for advice with advertising, risk assessments, setting a goal and raising funds, please do get in touch! We're always willing to assist our supporters.

Please email enquiries@fishermensmission.org.uk

