

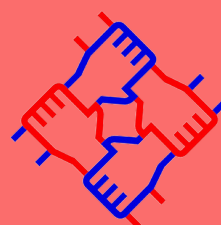
“A nation without violence



Your complete guide to **FUNDRAISING**

As a registered charity we receive no government funding. Fundraising for us is a rewarding way to get involved and support our work.

www.onepunch.org.uk



One Punch
UK

One Punch Can Kill
Awareness - Education - Support

Who we are



How it all began:

My son Kristian was a fit, healthy and happy 18-year-old. On a night out with friends in September 2010, he was approached by a stranger looking for a cigarette, who then punched my son, just once, causing him to sustain a catastrophic brain injury.

Kristian was in a coma initially which he miraculously came out of after 7 days, and I thought he was at the start of his road to recovery. Kristian sustained a frontal lobe brain injury which affected his behaviour and he needed extensive rehabilitation.

I fought hard to get him into the best rehabilitation unit, based in Northampton, some miles from home, and carried out fundraising to help with travel costs so family and friends could visit him regularly. Although he was awaiting an operation for plates to be inserted into his skull, he seemed to me to be doing okay, and I eagerly awaited full rehabilitation to commence, and ultimately, believed I would be able to bring my son home.

After two months at the rehabilitation unit, Kristian started to lose weight and had little interest in anything. I became very worried about him and kept expressing my concerns to anyone and everyone who would listen. My brave beautiful son died on 10 July 2011, he was just 19.

Losing Kristian changed mine, and my family's, lives forever. We live with the pain every day, that's what a single punch over a cigarette caused. I set up the charity One Punch UK with my husband, Kristian's stepfather who he never met, to campaign, educate and support others, in memory of my son, in the hope we can prevent another family going through what mine did.

Our aims

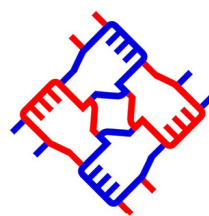
- To raise awareness of the devastation that One Punch can do.
- To educate people about the risks and consequences of a split second decision to engage in violence and help people to make safe choices.
- To harness the knowledge and life experiences of those affected by one-punch violence, to educate others.
- Deliver educational materials for schools, colleges, universities and workplaces.
- We will support the victims of one-punch violence, which includes families and friends who have also suffered as a result. Maxine, Kristian's mum, received very little professional support so this is an important part of the campaign.





FUNDRAISING IDEAS

- Delight friends, colleagues and neighbours by holding a cake bake sale, tea party or coffee morning.
- Have a dress down day, or dress up day at your school, college, youth group or work place.
- Hold a movie/murder mystery night.
- Organise a quiz night or treasure hunt.
- Take part in an organised event such as an abseil, parachute jump or marathon.
- Ask for donations in place of birthday presents.
- Sell unwanted items online or at a boot sale
- Run your own distance in your own time
- Offer your skills if you are good at gardening, DIY, ironing, in exchange for a donation.
- Give up something, like chocolate, and get sponsorship for doing so.
- Shave your hair off - remember to send us before and after photographs!



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FUNDRAISING

Our Fundraising top tips:

- Create an online fundraising page for a quick and easy way to collect donations and for letting friends and family know about your event or challenge. Upload photos and updates.
- Set a target to motivate yourself and your supporters and tell your story - why are you choosing to support One Punch UK?
- Post on social media including a link to your online fundraising page.
- Gift Aid your donation - a simple and effective way of increasing the money raised. For every £1 raised in donations and sponsorship, we receive an extra 25% at no extra cost to you or your supporters (terms apply).
- Charity fundraising is regulated by law so please state that you are acting 'in aid of' One Punch UK, which just means you are independent of our charity. Also please include 'In aid of One Punch UK: registered charity No 1172443'.
- Let us know your plans so we can support you - email info@onepunch.org.uk
- Plan your location, give yourself enough time and be realistic about your expenditure budget.
- Thank everyone involved.

Paying in your donation

Online

The easiest way to raise funds for One Punch UK is by setting up an online JustGiving fundraising page at <https://justgiving.com/onepunchuk>.

Bank transfer

Account name: One Punch UK United Ltd **Name of Bank:** Virgin Money (Clydesdale Bank)

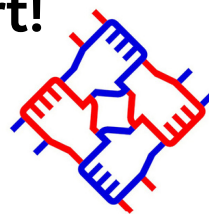
Account number: 60445328 **Sort Code:** 82-11-07

Please send an email to info@onepunch.org.uk letting us know the amount and date of payment

Cheque

Please make payable to One Punch UK United Ltd and send to One Punch UK, c/o 3 Birchington Avenue, South Shields, NE33 4TY

Thank you for your support!



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