Fundraising for VILOMAH

Baby Loss Charity



www.vilomahbabylosscharity.org.uk

@vilomahbabyloss

E: vilomahbabylosscharity@gmail.com

You're Amazing!

By choosing to support Vilomah Baby Loss Charity, you are joining a compassionate community committed to supporting bereaved parents - not only at the moment of loss, but in the days, months and years that follow. Together we can help them honour their babies, process their grief and find ways to move forward with support and understanding.

We have included practical tools, in addition to ways to help equip and inspire you with creative ideas to make your fundraising impactful and enjoyable.

Together, we can shine light in the darkest moments and bring essential help and support to families when they need it most.

Thank you for your kindness and generosity in helping us make a difference.

With heartfelt thanks,

The Vilomah Baby Loss Fundraising Team

About the VILOMAH Baby Loss Charity

Vilomah Baby Loss Charity is all about honouring baby loss. We provide direct support to bereaved parents at their critical time of loss through our Specialist Baby Loss Service.

In the months and years that follow their loss, we offer fully funded access to **Specialist Bereavement Counselling**. This is available to mums and dads, whether the loss was recent or many years ago. There is no pressure, no expectation and no 'right way' to grieve - just a space to be heard, supported and understood.

We are an Essex-based charity that focuses on providing memory making opportunities and ongoing support for parents who have experienced any form of baby loss. We keep the voices of parents and families at the centre of all we do.

We also work tirelessly to donate hand-finished, unique 'Thinking Of You' boxes so that parents can, where possible, gain comfort, reflection and remembrance. They are designed to nurture wellbeing and honour your baby's existence.



How would your funds help?

Your funds will help us continue gifting our 'Thinking Of You' boxes - the cost of each box is £45.

Your funds would not only go towards helping us continue to create our **'Thinking Of You'** boxes but also enabling us to provide fully funded **Specialist Bereavement Counselling.**

Being there to support parents when they need us most is only possible thanks to the kindness and generosity of our supporters.

For more information on our services, please visit:
www.vilomahbabylosscharity.org.uk
or scan the QR code below:







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Our supporters **drive change** all year round!

Fundraising Ideas

Get Active!

Want to achieve a fitness goal or spend more time outdoors? You can support us anywhere! Run your first 5K or marathon, hike up the hills, do a sponsored swim or even aim to hit your 10k steps a day - but make it fun!





Get Involved!

Show off your cooking skills and hold your own 'Come Dine With Me'. Get your friends together to hold a football championship. Pop on the kettle and set up a coffee morning. Create a quiz and hold it at your local pub or club.

Get Extreme!

Leap into your first abseil, skydive or bungee jump, slide your first zip slide and enjoy the views. Take a trek and test your limits physically and mentally.





Get Festive!

'Tis the season for giving! Arrange a Christmas party with ticket sales supporting Vilomah Baby Loss Charity. Arrange an Easter egg hunt in your local park, get spooky and plan a 'fright night' Halloween event!

Be inspired by **others.**

Prior to August 22nd 2023, I did not know that Vilomah Baby Loss Charity existed. This changed when I gave birth to my baby 6 weeks early. Heartbreakingly, my baby boy, Daniel, was born without a heartbeat.



Whilst in the Bereavement Room with my baby, I was provided with a 'Thinking Of You' box containing many items to help create lasting memories of Daniel. I truly believe that without this compassionate care, the time spent in the family room, and the memories made, I would be unable to sit here today and write this.

As well as the immediate support I received in hospital, Vilomah Baby Loss Charity also supported me by providing access to fully funded specialised baby loss counselling. This support was invaluable in helping me process my grief and navigate life after losing Daniel, knowing I could speak openly with someone who truly understood baby loss without the added worry of financial cost.

Due to the support I received, I knew that I wanted to fundraise for Vilomah Baby Loss Charity. As it approached what would have been Daniel's first birthday, I decided that this would be the right time for me to do it. As well as fundraising, I also wanted to keep myself busy, which is why I came up with the idea of doing walks and runs over a series of days. The idea of '34 miles for Daniel' (a mile for every week he was with me) was created.

To kick-start the walks, my supportive colleagues joined me and we completed 8 miles on the first day. Over the next few days, running up to the 22nd of August 2024, I was joined by different friends and family as I completed the miles - sometimes in glorious sunshine and sometimes in pouring rain.

I have been overwhelmed by the generosity and support given to me from family, friends and colleagues (and even some strangers) and I am delighted with the amount raised. Sadly, there will be more people in the situation we found ourselves in, but I am glad that Vilomah Baby Loss Charity is there to help ease the pain.

Fundraising Checklist

- Register your fundraiser with us by heading to our website and clicking 'hold your own event'. This is so we can keep track of your event and ensure we send you a 'Thank You' letter afterwards.
- Sign up for our allocated spaces in the London Landmarks Half Marathon or try and secure a ballot spot at the many events across the country.
- Create your JustGiving page to collect donations and tell people why you are supporting us. You can put as much or as little detail about your reasons for supporting Vilomah Baby Loss Charity as you feel comfortable with.
- Share, share, share! Keep sharing your JustGiving page with your social media followers and keep them updated with your training or preparations!
- Remember to say thanks to all your supporters via your social media. Post photos from your challenge or event so they can see how you got on!

Sharing your fundraising inspires and encourages others to support us!

Remember to tag us on social media. You can find us at:

@vilomahbabyloss



VILOMAH
Baby Loss Charity

Pedalling with purpose to make a difference!

Donating Your Funds

Via Our Website

You can use the **'Donate'** button directly on our website, **www.vilomahbabylosscharity.org.uk** to transfer your funds. Make sure to leave a note with the donation to let us know what event it is from and your name.

Online Fundraising Pages

If you have used **JustGiving** *(which is our suggested platform)*, you do not have to do anything else after completing your fundraiser! JustGiving will transfer the funds raised to us directly! Scan the QR Code to visit our page.

Via BACS

Please email **vilomahbabylosscharity@gmail.com** for our bank account details.

Gift Aid - Boost your impact!

If you are a UK taxpayer, you can increase the value of your donation at no extra cost by choosing to Gift Aid it. This allows Vilomah Baby Loss Charity to claim an extra 25p for every £1 donated, helping your fundraising make an even greater difference.

By confirming that you are a UK taxpayer when submitting your funds, you help us maximise the impact of your support - enabling us to continue providing vital support and resources to bereaved families.

If you need any help at all with your funds, please email us at: **vilomahbabylosscharity@gmail.com**

By creating a fundraiser for Vilomah Baby Loss Charity, you are agreeing to transfer Vilomah Baby Loss Charity the funds within 30 days of the event

Important Information - Please Read

If you are holding a public event in support of Vilomah Baby Loss, you are responsible for ensuring that it complies with the law and is safe for all concerned. Vilomah Baby Loss Charity cannot and does not accept liability for your events or responsibility for accidents or theft/loss of personal belongings or equipment.

First Aid: Ensure you have a first aid kit and first aid station. A venue should have a trained First Aider too. Have a copy of the venue's health and safety policy and fire evacuation plan. Make sure the fire exits are clearly marked and there is equipment for putting out fire, e.g. fire extinguishers. Contact your local fire brigade for more information. Liaise with the venue manager to remove obstructions and clearly mark any areas where people may slip or fall.

Equipment Hire: If you are planning on hiring equipment at your event, make sure that it has the relevant accreditation and compliance with the relevant health and safety guidance. In addition, make sure anyone using the equipment has the relevant experience and complies with insurance and health and safety standards, e.g. van use - do you have the correct license? Bouncy Castle - Not overloaded.

Cash: Prior to the event, make arrangements to store cash securely during the event. Ensure you have made appropriate plans to transport monies from the event for safekeeping. For large amounts of money, we would recommend travelling with a companion. Please use a cash counting form and ensure that two people are present when counting the money, regardless of the amount, e.g. lock box.

Clothing: Make sure those involved in helping you run the event have the right clothing for the external conditions such as rain-wear, a sun hat or high visibility jacket.

Food Hygiene: If you plan to sell food at your event, food safety laws apply. Contact your local environmental health department for relevant food hygiene information, e.g. cake bakes - we recommend avoiding all nuts and by-products.

Alcohol: If you are selling alcohol, at a venue that does not normally serve alcohol you will need a licence. Contact the Licensing Department at your local council. Alternatively, you could hold your event on licensed premises (we would recommend).

Insurance and Legal Requirements: Check with your local authority if you are considering holding a public event or organising a public street collection to find out what licences you may need. Raffles are also subject to guidelines. We would recommend that you sell raffle tickets at your event and draw the raffle on the day. Also, try to get prizes donated because there is a maximum that you can legally spend on prizes. Please contact the Fundraising team for more information.

If you are under 18, you should always involve a responsible adult in your planning and ask your parent/guardian's permission. A parent or guardian will also need to authorise any Vilomah Baby Loss Charity fundraising registration forms.

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