



*Never give up on
achieving your goals*
Andrew "Bart" Simpson



SUPPORT US

TRANSFORM LIVES THROUGH SAILING



INTRODUCTION

Hello,

My name is Alex. I have been sailing with the Andrew Simpson Foundation for the last 4 years.

I am living with autism and struggle with my self-confidence and social interactions. Being able to sail each week has helped me grow in confidence and develop good relationships with the instructors and my friends.

I love going sailing and look forward to it each week. But I would not be able to go sailing without the support of the Foundation.

Every penny you raise means that more young people like me can go sailing.

THANK YOU SO MUCH.

Alex (age 13)



TRANSFORMING LIVES THROUGH SAILING

The Andrew Simpson Foundation was inspired by Olympic Gold and Silver medalist Andrew 'Bart' Simpson MBE.

Our core purpose is to transform lives through sailing.

Absolutely everything we do is driven by our belief that all young people can excel and succeed in life and work.

We believe that the challenges of sailing and watersports do this by promoting health and well-being whilst also building essential life skills. These skills then enable young people to progress through education and into work.

In this pack you will find lots of hints and tips to help you with your fundraising. There is also advice on how to set up a fundraising page and maximise your donations through social media.

Whatever you decide to do, we will be with you every step of the way. Thank you so much for choosing to fundraise for the Andrew Simpson Foundation. Together, we will transform lives through sailing.



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WHAT DIFFERENCE CAN I MAKE?

Madoc's Story:

Madoc took part in our Aiming High Programme in 2019. Madoc's Mum, Hannah, talks about the impact the programme has had on them both: "Madoc has profound non-verbal autism; he loves being near water, but it is very difficult to access suitable activities to fulfil his desire.

Taking part in this programme is one of the best things we've ever done for Madoc, he has gained so much from this – we all have. The therapeutic benefits are huge and help him regulate his behaviour which can be violent and challenging. This programme was tailored to his needs and affordable for us.

Not only has it had huge benefits for him, but it has had a very positive effect on my wellbeing. Very few organisations are truly "inclusive" but at the Andrew Simpson Centre we have never felt more included.

Hannah Lee – Mother of Madoc, talking about the Aiming High Programme.



Madoc has profound non-verbal autism; he loves being near water, but it is very difficult to access suitable activities to fulfil his desire.



£35



Covers the cost of one
Discover Sailing Session
for one young person

£150



Supports the running of
one term of Sailing Club
or Race Club

£600



Gives one aspiring Young Leader
the chance to access
our year-long programme

£1500

Pays for one block of 6 sessions of
Aiming High for
10 young people



£6000



Allows 40 young people to benefit from the
Sail Fit programme

FUNDRAISING IDEAS



1.

ORGANISE YOUR OWN RACE/ REGATTA

Do you love a good competition? Why not get together with friends and organise your own race day/ regatta. Enter as teams or individuals, get the bbq going on the shore and make a day of it. If you would like to race against people from all over the world, why not take part in Bart's Bash. Head to our website to find out more.



2.

BECOME A BAKE-OFF CHAMPION

Think you could be the next Mary Berry? Host a cake sale at your sailing club/ school/ workplace and enjoy some tasty treats whilst raising money for ASF. Why not make it interesting by having a sailing/ nautical theme.



3.

CHALLENGE YOURSELF

From a 5k to an Ironman, open water swim to a skydive, it is good to sometimes do something scary and challenge ourselves.



4.

WHO DOESN'T LOVE A GOOD QUIZ?

Get friends and family together and take part in a good old quiz. Nautical themed questions could be the order of the day.



5.

SAVE THOSE PENNIES

Look after the pennies and the pounds look after themselves. Why not just put your spare change in a jar and when it is full, send the money in to ASF. You will be amazed at how much you can raise.



6.

WATER-SPORTS SPORTS DAY

Here at ASF we love everything to do with the water so why not organise a day full of water-sport activities and competitions – paddle boarding, windsurfing, kayaking.



7.

FANCY DRESS

Get sponsored to wear that wetsuit to work or that lifejacket to school. Other fancy-dress outfits are available!



8.

COCKTAIL EVENING

Get all dressed up and enjoy a drink and dinner with friends. Run a raffle or auction and help raise funds for ASF.

THINGS TO THINK ABOUT

- When do you want to start – get the date in everyone's diary
- Who are you going to invite?
- How much do you want to raise?
- Do you need insurance? If you are hosting an event at a venue they usually have their own insurance. If you are hosting a large event at home or a property you own we would recommend checking your insurance to make sure you're covered for events.
- How are you going to promote your event? Take a look at our Promotion and Social Media info for ideas.
- Do you need to set up a fundraising page? We would recommend using Just Giving or Virgin Money Giving page.
To set up a Just Giving page scan the QR code.



HOW TO GET MONEY TO US

Thank you so much for choosing to raise money for the Andrew Simpson Foundation. We really do appreciate your support.

There are several ways you can send money to us. You should have received a Paying in Form with this pack which details how to send money to us via cheque or bank transfer. More details can be found below:

Cheque:

all cheques must be signed, dated and made payable to 'Andrew Simpson Foundation'. Cheques should be sent to the below address:

Andrew Simpson Foundation Head Office
Weymouth & Portland National Sailing Academy
Osprey Quay
Portland
DT5 1SA

Bank Transfer

If you would like to make a donation directly into our bank account, please email enquiries@andrewsimpsonfoundation.org and we will send you further information .

CAF Donation

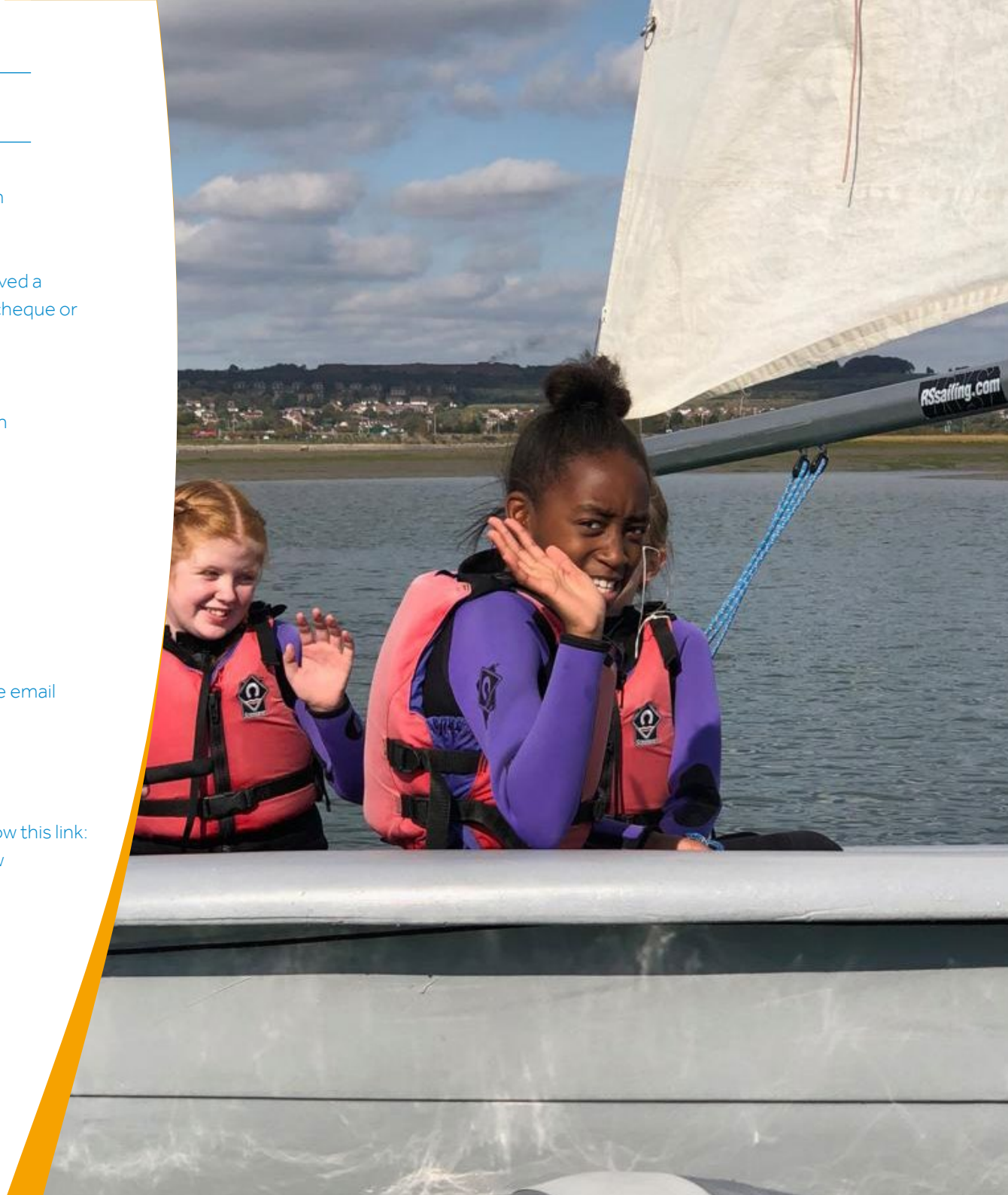
To make a donation via the Charities Aid Foundation website, please follow this link:
<https://www.cafonline.org/my-personal-giving/start-giving/donate-now>

Just Giving

To make a donation via Just Giving follow this link
<https://www.justgiving.com/assf> or scan the above QR code.

Virgin Money Giving

To give via Virgin Money Giving follow the link
<https://uk.virginmoneygiving.com/giving/>



PROMOTION AND SOCIAL MEDIA

One of the best and easiest ways to raise money is to tell everyone about what you are doing and why. We have created some great tools to help you promote your fundraising event. All you need to do is to head to our website and download the following resources:

- **Poster**
- **Logos**
- **Sponsor Form**
- **Social Media Images**
- **Email Footers**

We all know the power social media has to change the world. We would recommend using your social media channels to promote your fundraising and encourage people to donate.

We would also love it if you followed our social media channels and tagged us in any promotion you do. We will then be able to share your amazing fundraising with our incredible supporters:



www.facebook.com/andrewsimpsonfoundation/



www.twitter.com/andrewsimpsonfo



www.instagram.com/andrewsimpsonfoundation/





THANK YOU

Your support will enable us to transform many more lives through sailing!

Everything we do is driven by our belief that all young people can excel and succeed in life and work. We believe that the challenges of sailing and watersports do this by promoting health and well-being, as well as enabling young people to develop essential life skills.

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