

RYTHMIX

Fundraising Pack



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



A note from Mark Davyd, CEO

We can't thank you enough for joining us and deciding to support Rhythmix.

We believe in the power of music to transform lives and that everyone should have the chance to express themselves through music. Over the last fifteen years we've seen and heard hundreds of personal stories of the real difference our work has made those facing challenges in their lives. We see this in the huge sense of achievement of young people performing their own music or in the joy of parents seeing a smile return to the face of their child in hospital.

Thank you for choosing to fundraise for us so we can carry hear more stories.

We hope this Fundraising Pack will help you every step of the way, from choosing a fundraising idea, to raising sponsorship and support.


Remember that fundraising should be fun! You can do anything – bake, knit, run, raffle, swim, BBQ dance or Ebay. Why not bring music to your local community through a sponsored sing-a-thon, an open mic night or a battle of the bands?

Whatever you decide to do and however much you raise, you'll be helping to make a

huge difference to the lives of vulnerable children and adults most in need. Without support from people like you, we couldn't provide the transformational work that we do.

So, on behalf of the fundraising team and all of those we support, good luck and thank you for helping Rhythmix transform lives through music.

Mark Davyd



"I want to be out there, hearing things, seeing things and creating things, and my mentor has been the first person in my life that has actually helped me to do this"

Autumn, a teenager in care given one-on-one mentoring from a Rhythmix tutor



What our work can do

Over the last 15 years, Rhythmix provided transformative experiences to thousands of young people in the South East. This is one such young person's powerful story.

Alex* was part of a support group for young people who had experienced living in a home with domestic abuse or violence.

Alex's group contained young people with a variety of issues - some had been subject to abuse and neglect whilst others had been responsible for caring for a parent or sibling who was a victim of domestic abuse. Their difficult home lives meant that many of the young people had problems at school and difficulties making friends.

Alex learnt songwriting skills from Rhythmix music tutors to explore and express her issues in a safe environment. Her voice - musical or otherwise - was met with encouragement and recognition. The group talked about their experiences and personal struggles with unhealthy relationships, bullying, drug abuse and self-harm. **Slowly,**

she felt safer and more trusting of the group, and was able to use this opportunity to write powerful song lyrics relating to her own stories of abuse to express and release from difficult feelings.

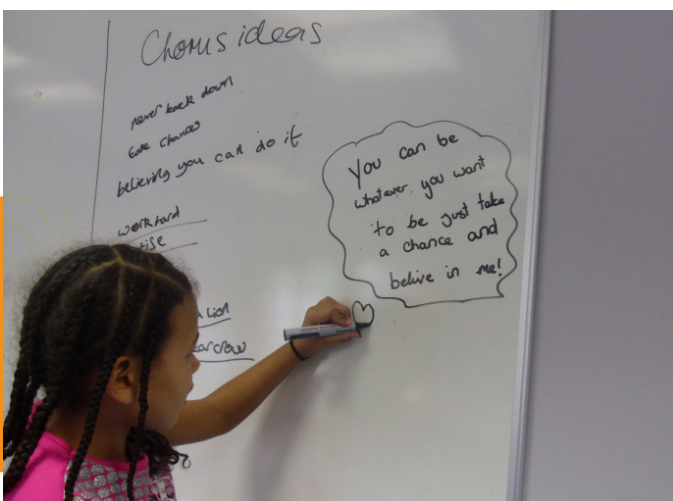
"Alex* gave songwriting a lot of thought and spent time outside the group thinking about lyrics and how they could be used. She then brought ideas back to the group and was able to put lyrics across, which was then fed into the track. For Alex **expressing herself with music to the group was the first time she had been able to feel a sense of belonging,** gaining status in the group and having her efforts recognised."

Rhythmix tutor, discussing Alex's participation in the sessions.

Alex and the group had 1 to 1 time with male and female role models from Rhythmix, who all work as professional musicians, and understood their needs both as budding musicians and young people in difficult circumstances. With this, Alex and the other young people learnt to work together and support each other when their families couldn't through music and new friendships.

As a result of the sessions Alex and the group have rebuilt self-esteem, confidence and self-awareness. This has lead to better school attendance, fewer night terrors, increased concentration levels, a reduction in self-harm, an increased interest in hobbies **Your fundraising for Rhythmix will help us to run projects like this, and help transform the lives of young people like Alex*.**

*Name changed to protect young person's anonymity



What your support can do

£12

could buy a set of guitar strings for a project that teaches young people in care communicative songwriting and performance techniques.

£23

could pay for us to duplicate CDs to take home as souvenirs as part of personal development session for young people with learning disabilities.

£78

could allow a child in a hospice to make music with their family for two hours, forming lasting happy memories for parents and siblings.

£260

could pay for a session in a dementia unit to support those who are withdrawn prematurely to be in the moment and engage with relatives through music.

£530

could pay for five Arts Award qualifications as part of our work with homeless young people, allowing them to have the confidence and professional skills to start applying for creative industry work.

£1000

could pay for ten weeks of sessions music making with a young person in a residential mental health unit, giving them a positive outlet for emotions and build positive relationships with adults for the first time.



“A member of staff told me that one of my regular participants, Leah, had been having a really bad time and no one could calm her down until someone said that it was **Rhythmix** that afternoon...her response was “Oh great I’ll be alright after that”. The fact that they are often waiting in the corridors for me to arrive also helps to demonstrate how much these young people value this project.”

Rhythmix tutor at project supporting young people with mental health issues



Top tips for fundraising

Make a facebook event - If you're on facebook, this is a great chance to utilise the hundreds of friends you've amassed over the years, and their friends too!

Keep people informed - Let people know what Rhythmix do and give examples of Rhythmix projects. The more people care and understand the impact of the projects and programmes, the more they will want to give.

Set targets - Give yourself a realistic aim for fundraising and make it public, people always want to help others to hit their targets.

Contact the local press - If you're running a big event, the local press love to cover community events and can be great advocates for the work of music in the lives of young people.

Plan it through - Give yourself a list of things you need to do and work through them methodically, it will definitely get you excited for the big event!

Get family and friends involved - even if someone can't help you organise or run and ask them to reach out to their circles to fundraise for you.

Set up your own fundraising site - We can help you set up your own fundraising site on JustGiving.com so you can keep track of how much you individually raise.

Have fun! - Make sure you enjoy what you do, and your enthusiasm for Rhythmix will get everyone around you excited too.

Keep in touch - Let us know what you've done so we can offer support and our thanks before and after your event.

"Music is my life so having the **Rhythmix** session to look forward to really keeps me going. I really appreciate being given 1-1 time so that I can get my stuff recorded, and without these recordings there's no way I'd be able to get into BIMM (Brighton Institute of Music) which is my ambition." - **Katie, participant on "Music in Mind" mental health project**

"That was wonderful, what a lovely thing to do. Your music brought his heart rate down."
Mum of a child in a high dependency unit at hospital



A final thank you

Any questions about fundraising, or want to make an individual donation?
Visit our website or email fundraising@rhythmixmusic.org.uk

Thank you once for choosing to fundraise with **Rhythmix**. Your support will have a **life-changing impact** on the children, young people and people with dementia that we work with.

Twitter - @RhythmixMusic

Facebook - www.facebook.com/RhythmixMusicCharity

