

GEORGE
HOUSE± TRUST
HIV POSITIVE LIVING



*Ideas to help you get
your fundraising started...*

Nobody should have to face an HIV diagnosis alone.

George House Trust offers person-centred non-clinical support which empowers people to be HIV confident, and live healthily with HIV.

We **inform, inspire and involve** the people who use our services.

Our vision is for all people living with HIV to live happy and healthy lives, free from stigma and discrimination. We want all people to know their HIV status and be HIV aware.



Sam's Story

I was only 18 years old when I was diagnosed as living with HIV in April 2014, and was referred to GHT by my HIV clinician. I phoned George House Trust on a Friday and came in to meet a member of GHT's support team the following Monday.

I was completely shocked by my diagnosis. I felt really isolated and couldn't turn to my family for support. By my third appointment I was starting to 'feel normal again'. George House Trust helped me to develop some support networks, and I was offered a range of support services.

I chose peer support, and was matched with another young peer support volunteer, who was diagnosed himself 1 year ago. We have met for coffee several times now.

At the same time GHT have helped me to find some supported housing and have provided financial support. I have also been given support around disclosure of my HIV status, safer sex practices and managing risk.

“ ”



Your fundraising support means we can directly help people living with HIV.

It means we can be more responsive to those who need our support. It means we can provide a washing machine for someone who needs to do lots of washing due to the side effects of their HIV medication. It means we can get someone on the road to employment by providing a suit and shoes for an interview. It means we can help someone take control of their HIV health with a gym membership.

Your fundraising has tangible and immediate impact and we hope you'll have fun, inspiring and life-affirming experiences while you raise money for people living with HIV.





Give in celebration

Do you have something to celebrate? Life events such as a milestone birthday, wedding, or a special get together, are fantastic opportunities to gather friends and family, have a great time and raise money for charity. We can provide a range of fundraising materials to help support your event. We'll even count your donations and let you know how much you've raised!

Top Tip:

Timing is everything, give people plenty of notice and set your event at a time after pay day.



Set Yourself a Challenge

Get off the sofa. Get on your bike. Dust off your trainers! There's nothing quite like the adrenalin rush from a challenge event – especially while raising money for a good cause. People every year show their support for people living with HIV and George House Trust by taking part in runs, bike races, mountain climbs, treks or sky dives. What have you always wanted to do?

Top Tip:

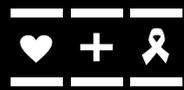
Just Giving or Virgin Money Giving are great ways to collect sponsorship. Set up your page then share it on social media. Don't forget to encourage your sponsors to Gift Aid their donation, so you can raise an extra 25%!





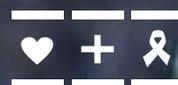
Food is love

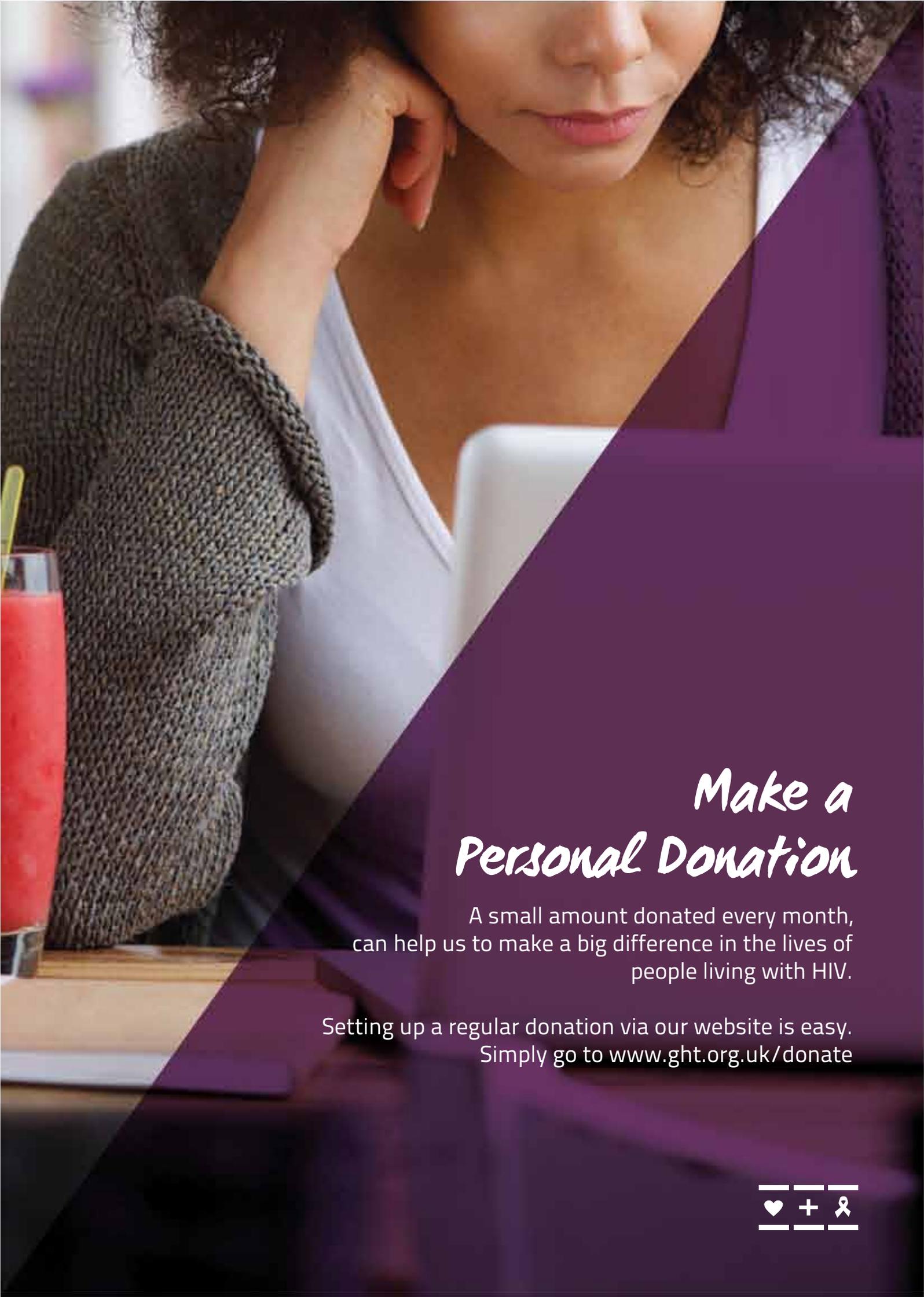
Whether you bake, or host a dinner party, why not bring together a group of friend's or colleagues and show your support for people living with HIV. Be it breakfast, lunch or dinner, make fundraising for George House Trust wholesome and delicious!



World AIDS Day

The most important day in the George House Trust calendar.
We can supply you with red ribbons to sell in your place of work.





Make a Personal Donation

A small amount donated every month,
can help us to make a big difference in the lives of
people living with HIV.

Setting up a regular donation via our website is easy.
Simply go to www.gh.org.uk/donate





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Get in touch

For further information, or to discuss your fundraising ideas email us at fundraise@ght.org.uk or call us on **0161 274 5658**

For more ideas on how to support George House Trust, visit ght.org.uk/ways-to-donate

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