



TOMMY 10K

YOUR FUNDRAISING PACK



WELCOME To the Tommy 10K!

Firstly, we would like to take a moment to say thank you for taking part in the **Tommy 10k**.

At RBLI we help veterans and their families in their time of need and support them to live the most independent life possible. Since 1919 we have provided crucial accommodation, welfare and employment support to injured veterans and people with disabilities. Right now for every person we can help, there's three that we can't. That's why we need people like you; with more funding, we can grow our village, support more people who need us and help them to find their purpose again. It's as simple as that, so thank you very much.

Since the Covid-19 pandemic started we continue to provide help, advice and financial support to people in great need. With the help of supporters, just like you, we are able to make a huge difference. Every year we are able to save lives, keep families together, prevent homelessness, and provide mental health care – enabling those we support to live safe, secure and fulfilling lives.

By taking on the Tommy 10k you're helping us to provide lifelong support for veterans and their families as well as challenging yourself physically and achieving a goal, all whilst doing something amazing for charity.

Last year the Tommy 10k raised over £250,000 for our veterans. That money has gone towards our centenary village where we are building a wide range of accessible, purpose-built homes, assisted living accommodation and family homes, and with a state-of-the-art community center at its heart. The money you raise makes a real difference to the daily lives of those we support.

We've created a fundraising pack that explains more about RBLI and how your fundraising helps, ideas for fundraising, advice on how to set up a brilliant online fundraising page, top tips and easy wins, plus plenty of tools to help you promote your challenge.

If you've got questions, need some help or just want to chat about your challenge, get in touch by emailing me at fundraising@rbli.co.uk or give me a call on **07827948905**

Make sure you join the Facebook Group, details will be included in your welcome email and we would love to see photos or videos of you during or after the challenge, it will keep everyone motivated so feel confident that we're all behind you and we would love to hear how you're getting on!

Thank you so much, we hope you enjoy your challenge and we can't wait to hear more from you! Look after yourselves and your loved ones.

Best wishes,

Vickey Fitzell

Head of Community & Events



Our History

1919

Aylesford's Preston Hall is set up by a committee which later becomes Industrial Settlements, to provide support to troops returning from the First World War with tuberculosis.



1926

HRH Edward Prince of Wales visited our village in Aylesford, he took great interest and later became a patron.

1944

During the Second World War the number of patients and settlers at Preston Hall increased to 1,641.

1971

Her Majesty Queen Elizabeth II bestowed the Royal prefix on the charity. A few years later Her Majesty visits Aylesford to see our work.



1985

RBLI greatly expands the woodwork and signs departments following periods of exponential growth in sales.



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1917

Landscape architect Thomas Mawson writes "An Imperial Obligation." Inspired by the death of his son in WW1, the book outlines the demand for a village for war veterans.

1921

It becomes clear that soldiers who recovered at Preston Hall had life changing symptoms that required more support. Industrial Settlement's first village bungalows are built for veterans with large balconies to help aid recovery from tuberculosis.

1937

George Orwell stays at Preston Hall after returning from the Spanish Civil War and falling ill with tuberculosis.



1964

British Legion Industries (formally known as Industrial Settlements) launches a social enterprise signs department employing 136 disabled veterans.

1975

In December Her Majesty Queen Elizabeth II toured BBMC's goods department and the signs departments.

1993

RBLI's high dependency nursing home Gavin Astor House opens.

2005

Queen Elizabeth Court, RBLI's assisted living accommodation for veterans and their dependants opens its doors.



2016

The RBLI factory is rebranded and launched as Britain's Bravest Manufacturing Company at the House of Commons.

2018

RBLI's LifeWorks programme reaches over 1000 Armed Forces Veterans nationwide.

2020

RBLI's Tommy Club is launched. The club was formed by our esteemed President General The Lord Dannatt creating a powerful new community that will ensure veterans will get the support they need..



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2002

RBLI purchases a Leatherhead social enterprise run by the Queen Elizabeth Foundation, expanding operations into Surrey in hope of helping more people to find a safe and inclusive place to work.

2011

RBLI's transformative employment support programme for veterans, LifeWorks, is launched.

2017

RBLI builds the first phase of the 'Centenary Village' by completing 24 specially adapted homes for disabled veterans..

2019

Royal British Legion Industries enters its centenary year and launches Scotland's Bravest Manufacturing Company in Renfrewshire. Appleton Lodge officially opened by Her Majesty Queen Elizabeth II and a time capsule is buried at the Centenary Village development.



Where next? Centenary Village

RBLI's Centenary Village is a major expansion of 100 homes for our nation's most disadvantaged veterans. It includes disability-adapted apartments, family homes, and assisted living homes, as well as new Community Centre with vocational training suites and accessibly gym. Already purpose-built new older care facilities have completed on the Village. It means that veterans with any disability, mental health issue, or care needs from anywhere in the UK can be supported. At this time we must raise £1.5m by December 2021 to keep the build on schedule.

Our Purpose

At RBLI we help veterans and their families in their time of need and support them to live the most independent life possible. We provide crucial accommodation, welfare and employment to injured veterans and people with disabilities.

We have been helping veterans since 1919 when 55,000 soldiers returned from the First World War with tuberculosis. We helped as many soldiers as we could to recover and rehabilitate by offering accommodation and work in our factory after they were released from our hospital in Preston Hall.



RBLI is a separate charity, both in governance and finance, from The Royal British Legion, we do not make money from the sale of remembrance poppies. Your fundraising really does make a difference as it helps us to support over 13,000 veterans, disabled people and people who are out of work each year. There are 1.6 million veterans currently living in the UK. 1 in 10 veterans experience depression and are more likely to be out of work than their civilian counterparts. This is why we're determined to keep helping those who need us and their families, ensuring we provide support for another 100 years.

Right now for every person we can help, there's one we can't. That's why we need people like you; with more funding, we can grow our village, support more people who need us and help them to find their purpose again. It's as simple as that. So thank you very much.



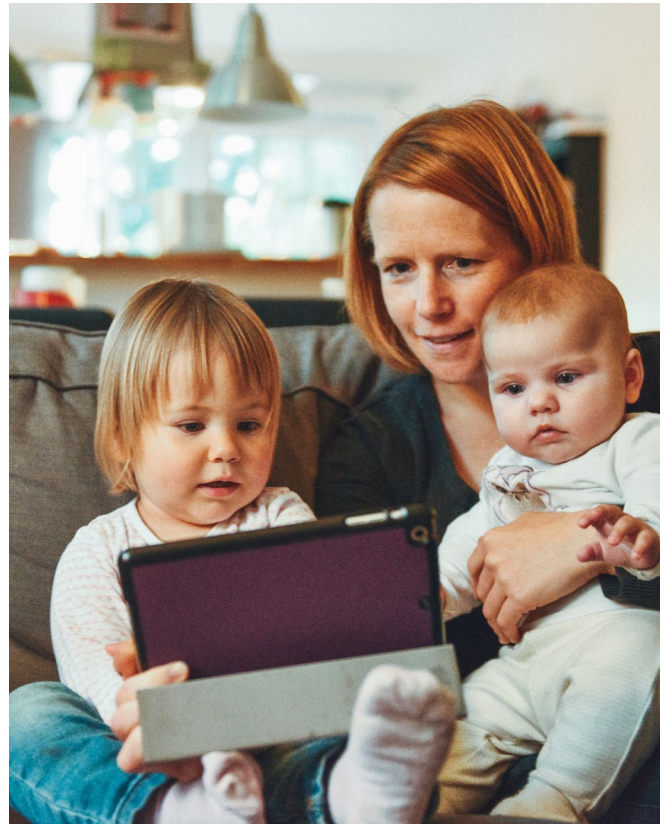
Our Services

RBLI Village

We have accommodation in our RBLI Village for over 300 veterans and their families. We have care homes, emergency accommodation for homeless veterans, family housing, assisted and adapted living apartments. There is a cafe, run by veterans and we hope to build a community centre in our new Centenary Village, which will enable us to reduce isolation and improve wellbeing across the village.

LifeWorks

Around the UK we offer unemployed veterans a free, five day course called LifeWorks. It offers one to one support helping veterans to rediscover their skill set, teaching practical tools for finding a job but most of all it gives them confidence which has so often been lost since leaving the forces. This course genuinely changes lives with 83% of veterans in employment within a year from completing the course. So far we've helping over 1000 ex-servicemen and women through LifeWorks.



Britain's Bravest Manufacturing Company (BBMC)

BBMC is our social enterprise, 70% of those we employ have served our country or have a disability which impacts on their everyday life. Sean who is almost entirely blind as a result of a degenerative conditions was unemployed for almost 15 years before finding BBMC. He says "Since I've been here, it's been the happiest I've been. Life has truly been given a purpose again."

Employment and Welfare Support

Across the South of England we provide support to people with disabilities and others who are out of work or need support to stay in work. We are also experts in supporting people with disabilities and health conditions. Anthony found himself out of work for 26 years and was severely depressed. After receiving support from RBLI he says "For the first time in years I have started to feel happy again".



Our Impact

George's Story

Former Royal Marine George moved into RBLI's Queen Elizabeth Court, our assisted living quarters, after losing his wife in 2015 to a battle with dementia. "The house and the grounds, for just one person was just too much. My daughter would want to text me, but I would put the phone down somewhere and so she would worry that I may have fallen down the stairs. I'm much happier now, because my daughter knows that I'm safe."

George now lives in a flat in Queen Elizabeth Court, our assisted living facility, "I can either cook for myself or, alternatively, I can go down and eat in the dining room. I can do my own washing or I can go down put it in the washing machine and the carers will do it for me. We have an excellent care staff, if I'm ill or unable to do it, they will do the washing up, make me a cup of tea, and they'll make my bed. But when I'm ok, as I am, I do it all for myself, because it is assisted living."

One of the great benefits of being at Queen Elizabeth Court, is that George now lives there with other former servicemen and has had the opportunity to form friendships. George and others now go out together, to restaurants, and to shows, and just generally enjoy themselves, one of those whom George has become friends with is fellow Royal Marine Paul, although they are different generations, they find they have a lot in common due to their shared history in the forces. George even made it his mission to help Paul regain use of his legs after suffering multiple injuries while in the service.

Since moving into RBLI's village, George has also spent his time volunteering with local schools, he delivers leaflets to local residents to keep them informed about what's happening on the village and he gives talks at major events to share his story. His commitment and dedication earned him RBLI's Volunteer of the Year award 2018.



Our Impact

Paul's Story

Paul served in the Royal Marines from 1995 – 2017, his 22 year service, which saw him deployed on 7 operational tours, had a substantial effect on his health, he left the forces confined to a wheelchair, facing daily challenges due to Post Traumatic Stress Disorder (PTSD).

Paul came to RBLI in 2017, struggling with his mental health he said 'My service in the Royal Marines affected me massively, the physical injuries I can see, I can see the scars, and I know that my arm which was injured in 2003, is held together with metal and I know my walking is impaired and I can see the scars where they are, but the scars that I can't see, that other people can't see are the mental side of things, the invisible scars. The nightmares, the only way to stop it, for me, was to have a drink'.

RBLI provided Paul with the physical and mental support to aid his recovery and housing to support him while on his journey of recovery. He first entered rehab and then was offered respite at our assisted living quarters, Queen Elizabeth Court, Paul was placed in his own flat but with emergency buttons to call on staff when needed.

Over the last three years Paul has made huge strides, he has moved to independent living in an RBLI flat, walking with the use of a cane and has stayed sober, he said 'After receiving the help from RBLI, I can now see a future for myself'.

'Without the help from RBLI I don't know where I'd be right now'



Where the money goes

These are a few examples of the huge impact you could make to a veteran's wellbeing with your fundraising.

- RBLI FUNDRAISING -

ESSENTIAL SUPPLIES YOUR DONATIONS COULD BUY FOR A RECENTLY HOMELESS VETERAN MOVING INTO OUR EMERGENCY ACCOMMODATION:

1	PERSONAL PROTECTIVE EQUIPMENT	£2.00
2	TOILETRIES SET	£5.00
3	NUTRITIOUS HOT MEALS	£15.00
4	FRESH BEDDING	£25.00
5	SET OF FRESH BEDDING	£35.00
6	PACK OF ELECTRICAL KITCHEN ITEMS	£70.00
7	SUPPORT AND TRAINING FOR EMPLOYMENT	£100.00

TOTAL AMOUNT £252.00

THANK YOU FOR YOUR DONATIONS!

- RBLI FUNDRAISING -

PACKAGES THAT YOUR DONATIONS COULD BUY TO SUPPORT VULNERABLE, ELDERLY AND DISABLED VETERANS IN OUR CARE:

1	DEMENTIA MEMORY BOX	£150
2	EMERGENCY SUPPORT PACK	£250
3	MUSIC SESSIONS AND PERFORMANCES	£300
4	TRIPS AND EXCURSIONS	£400
5	MOBILITY EQUIPMENT	£1,200
6	TRAINING PROGRAMMES	£2,500
7	6 MONTHS CRISIS RESPONSE SUPPORT	£18,000

TOTAL AMOUNT £22,800

THANK YOU FOR YOUR DONATIONS!

FUNDRAISE



Top Tips

Our 10 Top Tips for Online Fundraising

1. Promote your selfie

Fundraisers with pictures or videos on their page raise 14% more per photo. A perfect excuse for a #selfie.

4. People tend to match what has already been pledged.

So send your donation page to those who will be most generous or kick start things yourself by doing an anonymous donation.

6. Add a video or livestream

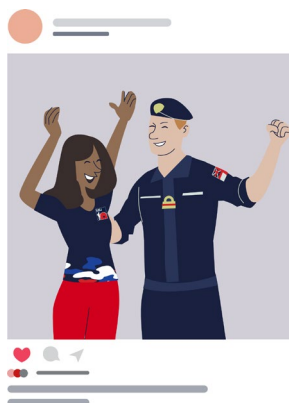
Add a video as a cover photo by adding a YouTube link. Videos really help tell your story and why your cause is so important.

9. Encourage others

Convince your friends to take part and raise money as well ...as it makes the experience more fun! Be persistent, people may not sponsor you the first time you ask so send an occasional reminder.

2. Tell your personal story

Why do you care? Tell your story about why you are fundraising, people respond to a personal story much more than generic text.



7. Email Signature

Add your online fundraising page as a link on the bottom of your email signature with a brief explanation of why you are taking on the challenge.

10. It's not over 'til it's over

20% of donations come in after an event has ended, so make sure you follow up the event with an update about how you did.

3. Shoot for a target

Pages with a target raise 46% more. Aim high and tell the world.

5. Don't forget to share

Sharing on Facebook, other social media platforms and WhatsApp raises more. Don't be afraid, people want to hear about the good things you are doing. Don't forget about email there are lots of your friends, colleagues and neighbours who are not on social networks but would love to hear about what you are doing.

8. Update your page

Let supporters know how you are doing by updating your page often, they will enjoy following your progress.



And don't forget to say a big thank you to everyone who sponsored you

You can also use our premade social media post imagery to share online!

Encourage people to sponsor you or sign up themselves - just head to:

www.rbli.co.uk/fundraising-toolkit

Where there is plenty of things to help you make your fundraiser successful!



Paying in your money



You've done all the hard work of completing the event and working tirelessly to complete your fundraising, so how do you send us your life changing money?

Online fundraising page

If you have fundraised via an online fundraising page on Facebook, Justgiving or Virgin Money the money will come to us automatically so you don't need to do anything.

Cash

If you have been fundraising offline, you will need to pay this money into your bank account and then send us the money, please do not send cash.

Then you can:

Add the money to your **online fundraising page** and the money will come to us automatically

Pay by our donation page:
You can pay using a credit or debit card on our website

Pay by Bank Transfer:
Barclays Bank Plc,
Sort Code: 20-54-11
Account Number:
20914436
Reference: First initial and surname

Pay by Cheque:
Cheques should be made payable to RBLI and sent to RBLI Head Office, Hall Road, Aylesford, Kent, ME20 7NL

Gift Aid

Gift Aid is great as it means we can claim 25p on every £1 donation at no extra cost to you or your supporters. Online pages enable your supporters to automatically Gift Aid their donation.

Match Funding

Ask about match funding. In many companies, a matched giving scheme is in operation whereby the employer will match your fundraising income pound for pound. This is an easy way to double your income! Check whether your employer operates a matched giving scheme - either your HR or Finance Department should know. We can supply you with any supporting documents you will need.

Don't forget to send in your sponsorship forms!

If you need any advice or guidance, feel free to get in touch. Give us a buzz on 01622 795943 or email fundraising@rbli.co.uk.



 rbli.co.uk

 fundraising@rbli.co.uk

 [@RoyalBritishLegionIndustries](https://www.facebook.com/RoyalBritishLegionIndustries)

 [@RBLICharity](https://www.instagram.com/RBLICharity)

Royal British Legion Industries (RBLI) Charity No. 210063. RBLI, Hall Road, Aylesford, ME20 7NL, Kent

RBLI is completely separate to The Royal British Legion and receives no financial support from the annual poppy appeal. The charity must raise its own funds to deliver care and employability support, and build more homes

Sponsorship Form

If I have ticked the box headed 'Gift Aid ' I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

MY SPONSORSHIP GOAL

£

Title	Full Name	Home Address	Post Code	Gift Aid*	Amount	Date Paid
Mr	David Moore	9 Augustus Way	TN16 8EE	✓	£5.00	19.01.21
My Fundraising Total						

My Details

Full Name

.....

My Challenge

Address

Post Code

Phone

.....

Email

Date

PLEASE RETURN THIS FORM TO:

RBLI Fundraising Team, Hall Road, Aylesford.
Kent, ME20 7NL