



Welcome to your guide to fundraising.

Together, we are creating meaningful change where it's needed most – supporting grassroots charities and changing lives across the UK.



Thank you for choosing to fundraise for Focus Foundation!

We are so pleased to have you on board!

By supporting Focus Foundation, you're backing grassroots charities working at the heart of our communities – organisations that are often underfunded yet best placed to help those who need it most.

Every pound you raise provides vital funding that helps small charities grow, reach more people, and continue delivering essential services while building long-term stability. Your support also connects them to wider networks and opportunities, creating impact that lasts far beyond a single donation.

Fundraising for the first time?

We know that fundraising can sometimes feel daunting especially if it's your first experience...

That's why we're here to support you every step of the way.

Whether you're taking on a personal challenge, hosting an event, or getting your workplace involved, this guide is designed to give you the tools, ideas and confidence to make your fundraising a success.

Have a question?

We are all ears! Please reach out to our team at info@focusfoundation.org.uk and we will do our best to support you.

Focus Foundation: Our mission and purpose.

At Focus Foundation, we bring people, businesses and communities together to create meaningful, lasting change.

We exist to support grassroots charities across the UK, the small, often underfunded organisations working on the front line of their communities. These charities are deeply connected to the people they support, providing vital services, safe spaces and opportunities where they are needed most.

Through funding, mentorship and meaningful partnerships, we help these organisations grow, reach more people and strengthen the communities they serve. We also work to connect them with wider networks, opening doors to further opportunities, collaboration and long-term sustainability.

As a small team, everything we do is rooted in a shared belief in the power of community and the difference collective action can make.

By fundraising for Focus Foundation, you are becoming part of that movement, helping ensure that grassroots charities can continue their vital work and make a lasting impact.



Our charitable impact so far...

£1,498,935.93.

Awarded in funding.



121,044,000.

Direct beneficiaries.

329,837.

Indirect beneficiaries.

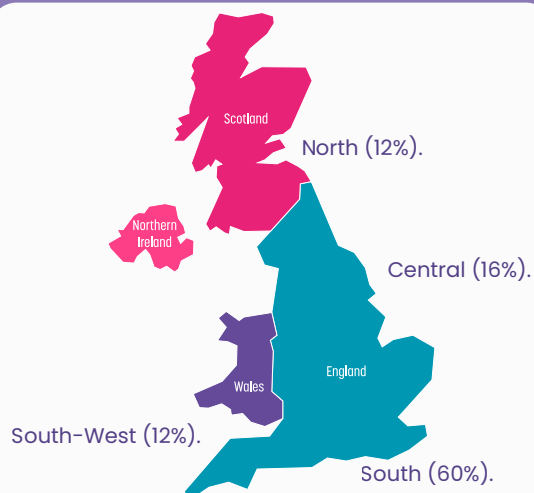


253

Total grants

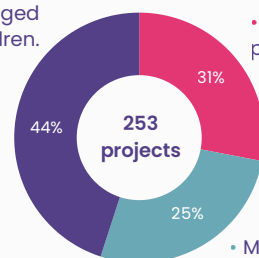
540,881,000.

Total beneficiaries.



• Socially and economically disadvantaged children.

• Community projects.



• Mental health.

“

Focus Foundation are **more** than simply a grant-making trust.

They show **genuine interest** in our charity and are keen to ascertain how best they can **support our growth and development.**

Their input to date has been **outstanding** and they have been with us every step of the way.

Serena Crisp.
Hope charity Project.

Want to explore how we are making a tangible difference in our communities?

Uncover our success stories, latest news, collaborations and more on our website by clicking the link below:

[Visit our website.](#)

The impact of your fundraising: Turning generosity into change.

Every pound you raise makes a genuine difference.

Grassroots charities are often working with limited resources, yet they are supporting some of the most vulnerable people in our communities.

Your fundraising helps provide them with the funding and support they need to continue and expand their vital work.

Here's what your fundraising could make possible:

£100

Would provide 400 meals to support vulnerable people across homeless hostels, schools, and food banks.

£300

Could support a group session for 10 parents of children struggling with their mental health, giving them a safe space to begin accessing help.

£200

Provides a young, vulnerable person with a safe place to sleep, hot food and a listening ear for 12 nights.

£700

Will provide six months of music therapy for a young person with disabilities, giving them a creative outlet to express themselves and build confidence.

A few simple steps to begin your fundraising journey.

Getting started might feel like the hardest part, but it doesn't need to be complicated. Whether you already have an idea or are starting from scratch, these simple steps will help you get underway:

1.

Set up your fundraising page:

Creating an online fundraising page is a great place to start. We recommend JustGiving.

This makes donating simple, secure and allows your supporters to follow your journey from start to finish.

2.

Make it personal to you:

Your fundraising journey is uniquely yours, which makes your fundraising meaningful. Let your page reflect that.

When you share your experiences and what's motivating you, you give others a reason to care, connect and support.

3.

Share your story far & wide:

Whether it's friends, family or colleagues, sharing your story and why you've chosen to support Focus Foundation, helps others feel connected to your cause and encourages them to get involved.

Make it simple for people to get involved by sharing your page link, this means they can learn more and donate in just a few clicks.

4.

Keep the momentum going:

Stay connected with your supporters by sharing updates along the way.

Whether it's progress milestones, training updates or event highlights, keeping people involved helps maintain energy and encouragement.

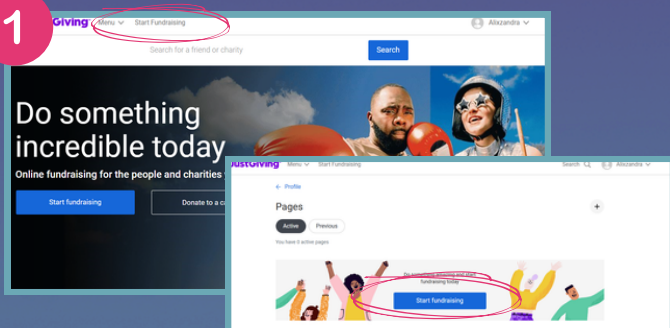
Our Top tip: Try setting a fundraising target on your page - over 85% of pages with targets achieve them! Plus, watching your total rise as you get closer to your goal is a great motivator.

Setting up your JustGiving fundraising page.

We know how much time, energy and commitment goes into preparing for your fundraising activity. To make things simple, we recommend setting up a JustGiving page to collect donations and sponsorship in one place.

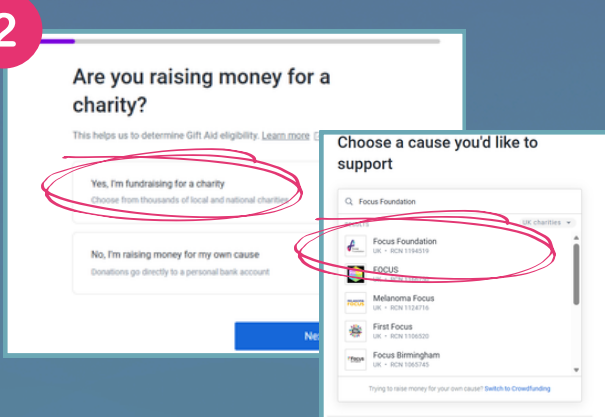
It only takes a few minutes to get started, and once your page is live, everything is handled for you, from collecting donations to transferring funds.

1



From the JustGiving homepage or your profile, select 'Start Fundraising' to begin.

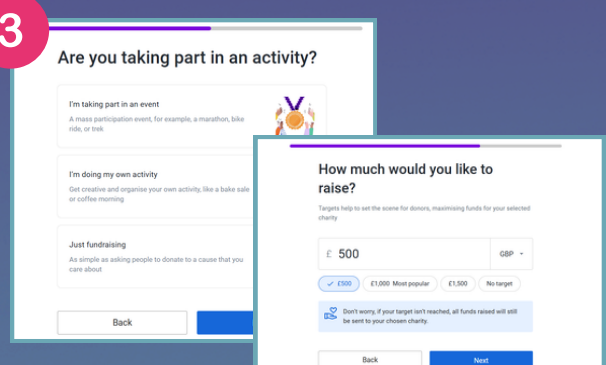
2



Select 'Yes, I am fundraising for a charity'. At this point you may be promoted to create an account, or sign in to an existing one.

Once you have done so, search for Focus Foundation in the 'Search for a cause' drop down. Our RCN is 1194519.

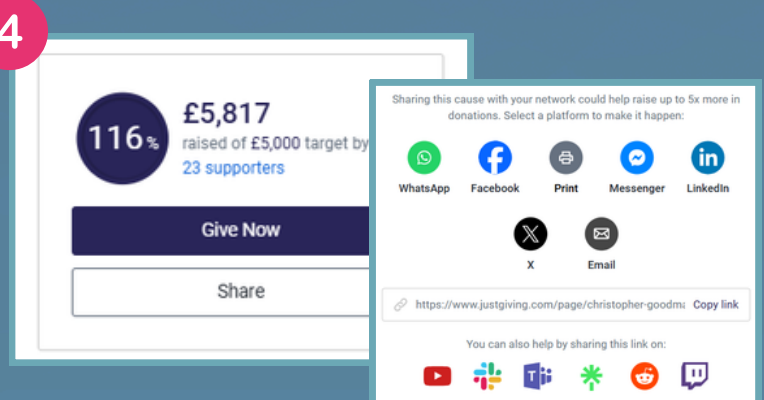
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Follow the JustGiving guided process, including selecting whether you're fundraising in memory of someone, choosing your activity (if applicable), and setting yourself an optional fundraising target.

Now you can set your page live!

4



Share your page widely to spread your message, boost visibility, and encourage more people to donate.

You can do this easily by selecting the platform you wish to share to.

Not sure where to start? Try these fundraising ideas.

When it comes to fundraising, often the simplest ideas are the most effective

Here are some ideas to help get you started:



Organise a quiz.



Host a dinner party.



Run, walk or cycle a set distance.



Host a raffle or prize draw.



Sell pre-loved items.



Sell something handmade.



Do a digital detox challenge.



Learn something new.



Do a community clean up.



Give something up for a set time.



Organise a bake sale.



Set yourself a challenge.

Testimonials from our past fundraisers:



Nicky | Mount Kenya Challenge.

"Climbing Mount Kenya at nearly 50 pushed me beyond my physical and mental limits for a charity so close to my heart, and I was carried through every challenge by the strength, courage, and unwavering support of an incredible group who became lifelong friends.

I'm immensely proud that together we raised £18k for mental health charities and to represent Focus Foundation as an ambassador, helping to change lives and support such a vital cause at a time when mental health impacts so many."

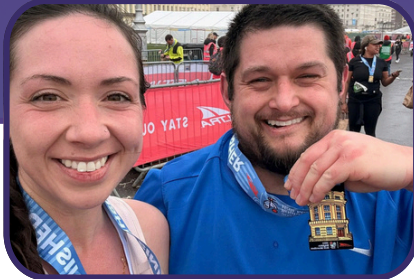


Oscar | Charity Footgolf Tournament.

"I'm 12 and I had an idea to do a footgolf tournament with my friends. We all got sponsored to play and we chose to give the money to the Focus Foundation because we wanted to help other kids.

It was really fun organising it and playing together, and it made me feel happy knowing we were doing something kind."

From start line to lasting impact: Brighton Half Marathon 2026.



£5,014 raised by 18 runners at the Brighton Half Marathon 2026 in aid of The Clock Tower Sanctuary.

In February 2026, a team of 18 runners from Focus Group and Zone4 Hove came together to take on the Brighton Half Marathon, raising an incredible £5,014 in support of Focus Foundation.

As runner Becky Staines-Tempest shared: "Knowing that the miles I was running were helping to support such an important cause gave me a real boost on race day." Despite "very challenging conditions on the day with heavy wind and rain", the team pushed on with determination and purpose.

Reflecting on the experience, Becky said: "It pushed me to keep going, even during the tougher moments, and I'm really proud I was able to contribute in some small way. It was a challenging but hugely rewarding experience that I'll always remember!"

Every mile run and every pound raised contributed to something bigger. Combined with additional funding from Focus Foundation's grant pot, a total grant of £7,972 was awarded to The Clock Tower Sanctuary.

The Clock Tower Sanctuary supports 120–180 young people experiencing homelessness each year, providing a safe and welcoming space where they can access essentials such as hot meals, showers and clothing, alongside dedicated one-to-one support from caseworkers.

This funding is helping to deliver their Women's, Men's and Craft Group Activities Project, offering structured sessions such as yoga, pottery and jewellery making. These sessions create space for young people to rebuild confidence, develop new skills and form positive connections – small, steady steps that can make a lasting difference.

Thank you for supporting us, and small grassroots charities.

We can't thank you enough for choosing to fundraise for Focus Foundation.

Your support helps shine a light on grassroots charities that are too often overlooked, ensuring they have the funding, connections and opportunities they need to continue their vital work.

Because of you, more people will receive the support they need, more communities will be strengthened, and more small charities will be able to grow and thrive.

You are part of something bigger, a collective effort to create meaningful, lasting change.

Thank you for being part of our journey.

Frequently asked questions:

Do I need to register with Focus Foundation before I begin fundraising?

In most cases, setting up your fundraising page is enough to get started. However, if you're planning something larger, like an event or group activity, we'd love to hear from you so we can support you along the way.

Is there an age requirement for fundraising?

We welcome fundraisers of all ages. If you're under 18, we ask that a parent, guardian or responsible adult is aware and involved in your plans.

Can you support me with fundraising ideas?

We'd love to. Whether you have a clear plan or are starting from scratch, we're here to help you shape your ideas and make them happen with practical advice and guidance.

What should I do if I can't take part in my event anymore?

If your plans change and you're unable to go ahead with a fundraiser we have been in contact about, Please let us know as soon as you can by emailing us at info@focusfoundation.org.uk.

Am I able to raise funds offline as well as online?

Yes, definitely. If you're collecting donations through events or receiving cash contributions, we can support you in getting these paid in safely. Just get in touch and we'll talk you through the next steps.

Can I fundraise with others?

Absolutely - we encourage fundraising with friends, family or colleagues. It's a great way to share the experience and build momentum together.



Focus Foundation

To learn more please reach out to:
info@focusfoundation.org.uk

Connect with us on social media:



[focusfoundation](https://www.linkedin.com/company/focusfoundation)



[focusfoundationuk](https://www.facebook.com/focusfoundationuk)



[focus_foundation_uk](https://www.instagram.com/focus_foundation_uk)

[focusfoundation.org.uk](https://www.focusfoundation.org.uk)

Registered charity number: 1194519.

Registered address: Focus House, Shoreham-by-Sea, BN43 6PA.

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