NORTHERN IRELAND MUSIC THERAPY TRUST

Fundraising Pack

Changing lives through music therapy

Your support helps us bring the power of music therapy to people across Northern Ireland.



Every note.
Every person.
Every life.



On behalf of everyone at the Northern Ireland Music Therapy Trust, I would like to extend our heartfelt thanks to all our fundraisers and supporters. Your support plays a vital role in helping us provide music therapy services to children and adults across Northern Ireland who are facing a wide range of challenges, including disability, trauma, and mental health difficulties. Through the power of music, we can support communication, emotional expression, and overall wellbeing for those who need it most. Every contribution makes a meaningful difference, and we are truly grateful for your commitment to our work by helping to transform lives through music.

This Fundraising Pack explores some of the ways you can get involved and gives ideas to help you start your fundraising journey. Whether you're a sky diver or a pianist, an event organiser or a participant, you can make a real difference to what we can achieve using music to improve life and care. So have a read, be creative and do get in touch!

We're ready with resources and support to help you achieve your endeavours and make the most of your generous contribution to Northern Ireland Music Therapy Trust.

Amanda Watson
Income Generation Lead
Northern Ireland Music Therapy Trust

The Legal Stuff

Please do check before you plan any event what your restrictions and safety guidelines are. Visit: https://www.fundraisingregulator.org.uk/code/allfundraising to find out more information.

Or email fundraising@nimusictherapytrust.co.uk before you undertake any activity for advice and guidance. As with all things please remember to adhere to the Government Guidance and Regulations at this time.

The easiest and safest way to fundraise is to set up a **Just Giving Page**, this ensures that you do not have to handle cash. However, if you prefer a sponsorship form, we have one on the next page that you can share with your household.



enthuse an access company

JustGiving

Setting up your Just Giving Page

Log into your account and click 'Start Fundraising'.

1. When asked **Are you fundraising for a registered charity**? select **Yes** and continue.

2. Search for the cause you want to support: **Northern Ireland Music Therapy Trust.**

3. www.justgiving.com/charity/Music-Therapy-Trust

4. Let us know whether you're taking part in an event, celebrating an occasion, fundraising in memory or doing your own thing.

5. If you can't see your event listed, select '**Add your own'** at the bottom of the page and tell us a bit more about your activity.

6. Choose your web /social media address – this is the link you'll be sharing with friends and family when asking them to donate.

7. Tick **Yes** if you're running a bake sale, or selling tickets to an event, raffle or auction. Donations to your Page won't be eligible for Gift Aid.

8. Click **Create your page.**

9. Your Fundraising Page is now set up and ready to accept donations. Its now time to personalise your page. Add in your fundraising goal and a bit about why you have decided to support the charity. Remember to add in pictures and update you page regularly.

NORTHERN IRELAND MUSIC THERAPY TRUST

SPONSORSHIP FORM

I'm fundraising for Northern Ireland Music Therapy Trust. Every donation helps support the power of music therapy to transform lives.

MY GOAL £

ABOUT US

Northern Ireland Music Therapy Trust is a charity using music to improve health and wellbeing across Northern Ireland. We work with children, young people, adults and older people facing a wide range of challenges. Through professional music therapy we support emotional wellbeing, communication, rehabilitation and quality of life.

GIFT AID

NI Music Therapy Trust can claim an extra 25p for every £1 you donate at no extra cost to you!
Please tick the Gift Aid box below if you are a UK taxpayer and would like us to Gift Aid your donation.

Full Name	Address (We require your full address and postcode to be able to claim Gift Aid)	Postcode	Amount £	Gift Aid (Please tick)	Donation Received (Please tick)
				☐	☐
				☐	☐
				☐	☐
				☐	☐
				☐	☐
				☐	☐
				☐	☐
				☐	☐

giftaid it

GIFT AID DECLARATION

I am a UK taxpayer and I want Northern Ireland Music Therapy Trust to claim Gift Aid on all donations I have made in the past 4 years and all donations I make from the date of this declaration until I notify you otherwise.

Name: _____ Date: _____

Signature: _____

Please notify the charity if you: want to cancel this declaration, change your name or home address, no longer pay sufficient tax on your income and/or capital gains.

Merchandise

We do have a full catalogue of merchandise upon request. Our staff are working remotely and are in the office when necessary, so please be mindful of what you might need and submit your request for merchandise and branded material as quickly as possible to: **fundraising@nimusictherapytrust.co.uk**











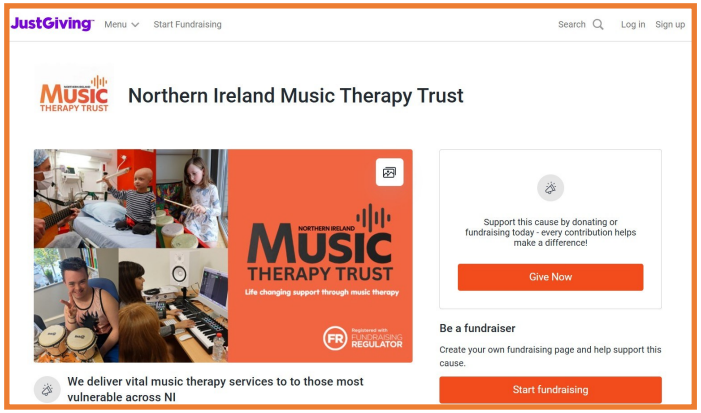


Other Ways To Donate

Post: You can post cheques made payable to: **Northern Ireland Music Therapy Trust**, Unit 4 McKibbin House, Eastbank Road, Carryduff, BT8 8BD.

Online: Visit our website at: www.nimusictherapytrust.co.uk and make a donation with a debit/credit card.

Bank transfer: If you would like to forward your donation by making a bank transfer, please give us a call on **02890 814417** or email the office for our details at:



How your fundraising can make a difference

£26

Could help pay for one hour of a music therapist time.

£50

Could help pay for PPE equipment for one therapist for the year to help protect our most vulnerable clients from infection.

£300

Could help pay for a group workshop for a family in palliative care.







£500

Could help pay for a full set of musical instruments for one therapist.

£750

Could help pay for a 13 week programme in a secure mental health setting for young adults with eating disorders or addiction.

£1000

Will help pay for a 10 week programme to be delivered in the home of a child with complex care needs.

NORTHERN IRELAND MUSIC THERAPY TRUST

Transforming lives through music

Fundraising Ideas

Every note you play helps change a life.

Your support helps us provide life-changing music therapy to children, young people and adults across Northern Ireland. Whether you fundraise as an individual, with friends, school, or at work – every pound makes a powerful difference.



Big or small, your fundraising helps people find their voice through music.

FUNDRAISING IDEAS

Get Active
Take on a challenge – run, walk, cycle or swim for Northern Ireland Music Therapy Trust.

Celebrate & Donate
Celebrate a birthday, wedding or anniversary and ask for donations instead of gifts.

Bake Sale
Organise a bake sale at school, work or in your community. Sweet treats, even sweeter impact!

Workplace Fundraising
Dress down days, coffee mornings, quiz nights and challenges – small actions create big change.

Music Marathon
Host a sponsored sing-along, busking session or music performance. Share the joy of music!

School Support
From non-uniform days to music-themed events, students can make a big difference.

Raffle or Auction
Ask local businesses to donate prizes and hold a raffle or auction at your event.

Think Outside the Box
Have your own idea? We'd love to hear it! Get creative and make it yours.

HOW YOUR SUPPORT HELPS

- Provides life-changing music therapy sessions.
- Supports children, young people and adults with additional needs, mental health challenges, and more.
- Helps people express, connect and build confidence through music.
- Creates inclusive opportunities across communities in Northern Ireland.





Sign Up Now >