

**FitzRoy**  
transforming lives



**Be amazing  
& fundraise  
for FitzRoy**

**Fundraising for FitzRoy could change your life, as well as the lives of people with learning disabilities.**

**feel fabulous  
push your boundaries  
discover talents  
learn skills  
make friends  
be amazing**

**That's why people choose to  
#FundraiseForFitzRoy**

**"It's been a great experience getting involved with FitzRoy, and raising awareness and money to help transform the lives of people with learning disabilities."**

Gemma, Spinnaker Tower abseil



Don't forget to  
**#FundraiseForFitzRoy**  
on Twitter

# You're amazing!

**Without fundraisers like you, FitzRoy wouldn't be able to provide the life-changing resources that transform the lives of people with learning disabilities. Your hard work and donations give real choice, independence, and a better life for all the people we support across the country.**

We love hearing from all our fundraisers, we're always on the end of a phone, or email, and no question is too small or too big. Don't hesitate to get in touch, we're here to help. Email us on [fundraising@fitzroy.org](mailto:fundraising@fitzroy.org) or call **01730 711 111**.

Thank you!

**"My colleagues and I have been fundraising for FitzRoy since 2006. Personally I enjoy a challenge and there is nothing more challenging to me than cycling 100 miles as part of Ride100. It will be an honour to cycle around London for FitzRoy!"**

Jamie, Purple Foodservice Solutions, Ride100 cyclist



# The heart of FitzRoy

**a charity supporting people  
with learning disabilities**

Every day FitzRoy staff work hard to bring about a better quality of life for people with learning disabilities. As a values-driven organisation the people we support are always at the heart of everything we do, and this helps us transform lives.

FitzRoy's vision is a world where people have equal opportunities regardless of any disability; a world where independence, choice, happiness, and opportunity are available to all people with learning disabilities.

We are on a mission to support more and more people, and we need your help to do it.

# A little bit about how we started

The founder of FitzRoy - Elizabeth FitzRoy - was a remarkable woman who was passionate in her belief that people with learning disabilities should have the same opportunities as everyone else.

In the 1940s, Elizabeth adopted a baby boy with Down's syndrome. As Michael grew, Elizabeth came face to face with a shocking lack of understanding, respect, and opportunity available for people with learning disabilities. She was also vehemently opposed to the hospitalisation and institutionalisation of people with learning disabilities so prevalent at the time. This led to her, and John Williams, who shared her

frustrations, pioneering the idea of small family-sized homes in communities; warm, loving places that people could receive proper care and attention. The first Elizabeth FitzRoy home in Grayshott, Surrey was opened in 1962.

The challenges which Elizabeth and John faced in 1962, are as relevant now as they were then. These values continue to influence everything FitzRoy does and they transform lives today. With your help we will continue to do everything we can to transform the lives of people with learning disabilities.

**"I have done so much in my life and it feels right to be raising money to help support this great charity."**

Anne, London Marathon runner

# How you transform lives

## #FundraiseForFitzRoy

### Independence

Sandeep recently got a new iPad with a special app that means he can now communicate through picture boards, so the people around him understand his needs and choices. He has also been able to FaceTime with his family, for the first time ever.

### Discover

*"He's a young man enjoying life, with people his age. He was ready to move - and it's lovely for me as I can just be his mum again."*

Peter's Mum is amazed at the changes in Peter since he joined a FitzRoy service.

### Voice

*"Without FitzRoy, I would have lost my voice."*

Lucy's life was changed when the money raised by fundraisers was used to buy her a text to speech device.

Talking photo album to keep in touch with friends and family	€20
Easy to use cooking utensils and bowls to join in baking sessions	€65
Jelly bean switch to help a wheelchair user open automatic doors	€99
Personal sensor kits to take on holiday and ensure the support worker is alerted to any needs	€180
Talking microwave	€219
Projector and slides to give a calming bedroom environment	€600
Tactile wall mural for sensory development	€1,500

## Learn

"These are some of the things we've been able to buy in the last year, because of people like you who fundraise for us."

Jan Deane,  
Fundraising Manager

## Friendship

Donations have enabled a group of gentlemen to regularly go out together. Wheelchair accessible transport is expensive to hire, so now they can make the most of the sunny weather and get down to the coast from their shared home in Kent. Strong friendships and shared interests make this a tight knit group, helping to combat isolation.





"The staff at FitzRoy are amazing. The support, care, and love they show to the adults they care for is awe-inspiring. I will never be able to thank them enough for what they do for my sister."



## How FitzRoy transforms lives

"We are extremely thankful for our daughter's placement at FitzRoy. She is so happy and well cared for, what would we do without you!"



"I've never been so happy; your service is first class. I'm just so lucky I have found FitzRoy for my son, a big thank you."

# There are lots of ways you can get involved

Whatever you choose to do, we can help you every step of the way. We love to hear all about your plans and achievements so please get in touch and share your stories with us at [fundraising@fitzroy.org](mailto:fundraising@fitzroy.org) or to find out more visit [www.fitzroy.org/get-involved](http://www.fitzroy.org/get-involved).

Fundraise for FitzRoy - get involved with one of our exciting events, or organise your own.

Nominate FitzRoy to be your Company's charity of the year.

Leave a gift in your Will.

Make a single donation or become a committed giver at [www.fitzroy.org/donate](http://www.fitzroy.org/donate) or use the enclosed donation forms.

Volunteer for us.

*You'll find lots more information, inspirational stories and tips and advice on our website.*

"Hiking the Inca Trail was excellent! The view from the Sun Gate was well worth the effort of the 3000 plus steps we had climbed that day to get there. It was just fabulous, and for such a wonderful cause."

Karen, Inca Trail in Peru

# We're glad you asked!

## How do I set up my own JustGiving page?

Setting up a JustGiving page is free and easy, and will only take five minutes of your time. By setting up a JustGiving page you have an online platform to promote your fundraising and achieve your all-important sponsorship goal. Simply visit [www.justgiving.com](http://www.justgiving.com) and click on 'sign up'. You can then follow the step-by-step instructions to create your page.

If you do get stuck, don't hesitate to contact our fundraising team at [fundraising@fitzroy.org](mailto:fundraising@fitzroy.org) and we'll be happy to help you.

## What's Gift Aid all about?

It's a little gift to UK charities from the tax man. If you are a UK tax payer FitzRoy can claim an additional 25% of the value of your donation from the Government at no extra cost to you. Simply sign one of our Gift Aid Declaration forms, and enjoy the feeling of giving that little bit extra.

## Who do I write a cheque to, and where do I send it?

Please make all cheques payable to FitzRoy Support and send to:

Fundraising,  
FitzRoy House,  
8 Hylton Road,  
Petersfield,  
Hampshire,  
GU32 3JY

 Don't forget to add a little note about how the money was raised, and your contact details so we can thank you.



# We're here to help you in any way we can, all you have to do is call...

Stuck on choosing the right event for you?

*Get in touch*

Having trouble setting up a JustGiving page?

*We can help you*

Need posters, invitations or leaflets for your event?

*Just ask*

Please get in touch with your **ideas, questions** and **stories** - we'd love to hear from you, and we're here to help.

Your stories are invaluable and they'll inspire others to get involved with our work. We would be really grateful to hear about your fundraising activity, and why you support FitzRoy.

Email us on **[fundraising@fitzroy.org](mailto:fundraising@fitzroy.org)** or call **01730 711 111**.

Thank you,

The Fundraising Team

**"When I crossed the Ride100 finish line in The Mall outside Buckingham Palace, I had a big smile on my sweaty face. I thought of all the lovely people FitzRoy support who face much harder challenges every day of their lives than me cycling 100 miles. If the money I raise changes something for even one of them, it'll be worth it."**

Sally, Ride London 100 cyclist

**“To help Fitzroy I decided to do something that I had always wanted to do but had been too scared to do. With support of lots of people I managed to raise £650. Once I had landed safely and the adrenaline stopped racing I was really pleased to see that the money I raised went to the FitzRoy Rural Skills helping people with learning disabilities learn and develop new skills.”**

Laura, Parachute jump

## Looking ahead

We have many projects to fund, including equipment and furniture for day and community services. Height adjustable art tables, computer stations and training kitchens are a high priority for people coming to daytime sessions at FitzRoy.

## Join the conversation



**Call :** 01730 711 111

**Email:** [fundraising@fitzroy.org](mailto:fundraising@fitzroy.org)

**Web:** [www.fitzroy.org](http://www.fitzroy.org)

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