Standing together for women's mental health.

Fundraising Pack



Thank you for standing with us!

Women with complex mental health needs in England and Wales are being severely let down by systems that weren't designed for them, and that fail to address their histories of trauma, abuse and domestic or sexual violence.

They are disempowered, marginalised, often labelled – and dismissed – as "hard to reach" and then denied services.

We are WISH, the only user-led women's mental health charity in the UK.
We develop pioneering gender-specific and trauma-informed support services for underserved women, share evidence of what works to improve services and outcomes for all women, and campaign together for social justice.

Empowered by our own lived experience, we help women connect and open up - often for the first time. We stand together with them for the long term, through the ups, downs, relapses and revivals, offering them trust, relational security and guidance.

Helping them build their own positive pathways under their own agency and control.

We are always stronger when we stand together.

Joyce Kallavik, Director at WISH



How we stand with women

We have spent the last 35 years consistently fighting for women's voices to be heard, centering their experiences and standing with them as they make change. Up to this day, we are user-led – meaning that women are at the heart of every decision we make, issue we campaign on, and service we develop.

Counselling

When trying to access counselling, many of us have been sitting on an endless waiting list to receive just a few generic sessions. We provide a better option: free, Trauma-Informed, gender-specific counselling; a safe non-judgemental space to explore thoughts and feelings, to learn more about oneself, and gain an understanding of behavioural patterns that may be holding us back.

Community Link

Through the Community Link project we work with women moving from prison and hospital into the community, as well as women already in the community. Our support includes helping women with debt, employment, maintaining housing or accommodation, linking in with statutory and non-statutory services, accompanying them to appointments as well as emotional support. Our ethos is simple: asking women what they want, rather than assuming or choosing for them.

Advocacy

We currently provide Independent Mental Health Advocate (IMHA) services within several hospitals in the UK. We support people detained under the Mental Health Act (1983), covering emotional support and advice on dealing with the diagnosis. We pioneered the gender-specific advocacy model, understanding that gender can be fluid and non-conformist.

“Suddenly there was a group of women that I could go and talk to who had shared many of my experiences.

Just people that treat you like a human being.

They’d make you a coffee and have a chat, they got to know you and that was lovely.

I hadn’t had that for a long time.”

R, WISH member



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How you can make a difference

Talk about us
We are a small charity and your help in amplifying our voice offline and online is essential. Tell your friends about our cause and how we're working to help women with mental health needs build their own positive pathways under their own agency and control. Join our online community and help increase our reach to women who might need our support. We have lots of great design assets you can download from hour website to show the world you stand with us.

Become a member
We are a user-led membership organisation. Members with lived experience make change happen and shape WISH's future direction.

Volunteer
We're a small team, so any help is valuable! You can support our community work, help with campaigning, fundraising, communications and social media, general administration, counselling and more.

Donate or fundraise
Every donation, no matter how small, is crucial in enabling us to do our work.

Share gifts
We particularly welcome stamps and cards, which we send to women in prison and hospitals to stay in touch and maintain support from afar, for Christmas and birthdays – we are sometimes the only people to send cards to some women, so these are especially important. Christmas gifts, toiletries, especially helpful to improve self-esteem, books and stationery are also very much appreciated.



“When I first went into prison I was 18 years old, I felt all lost and confused.

Then this lovely person came up to introduce herself as Penny. And I have been with Wish ever since.

Now I volunteer myself to speak up for the women in prison.

Because everyone needs a voice and I've been where they are so I know how difficult it is to not hear from family or friends for weeks and months on end. ”

M, WISH member

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A few ways to fundraise

The more socially connected to family, friends, or their community you are, the happier, healthier, and longer you live. Here are a few ways to stand together in a mindful way, while also boosting your mental health:

Cater to the senses
Are you up for a Bakeathon? Or do you prefer to socialise over a Coffee morning or Cocktail evening or an Afternoon tea? Or have friends or members of your community over for a Curry evening?

Engage with the arts
Cosy up for a film screening, gather your friends for an Open Mic Night, or if you are an artist - showcase your work by putting together an art exhibition.

Thrift away
From raffles, book sales, Etsy sales or the good old jumble sales, people like a good bargain, especially for a good cause.

Stay active
Join a walking group, park fun run or a dance class, sign up for a marathon or organise a sports match!
Would you enjoy more something less physical? How about a games night with a challenging board game,a Bridge tournament or taking part in a spelling bee?

Celebrate with us
Couples, friends and families have nominated Wish as their charity for special occasions.

However you choose to fundraise for us you're helping us achieve our vision of a world where every woman can step into her own power to make positive change happen.
Please send us an update and pictures after your event so we can shout about it. We feature as many as possible on our social media pages, website and in our newsletters, which can inspire others to get involved too.

“I don’t know if I will get my parole but I just want to say thank you for everything.

You have helped me with my thought patterns and without your kind and wise guidance I doubt I would have had such a good outcome.

Whether I leave prison now or later at least I’m working on myself and will one day have a better future.

It is such a kind thing, you were a stranger who took time to help me. Thank you for all your support, for ever grateful”

P, WISH member

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Easy ways to donate

Cash donations are always welcome to help support our core community services. These donations, whatever the amount, all enable us to continue to provide our services free of charge to our clients and service users and maintain the important continuity in our work.

Quick Bank Transfer

Bank: Unity Trust
Bank Account Name: Wish
Account No: 20079736
Sort Code: 60-83-01

Through Give As You Live

This popular donations platform is preferred by most of our donors who fundraise for us.

While you shop

On Amazon, simply go to smile.amazon.co.uk and choose WISH as your favourite charity. From then on, every time you shop via this URL we will receive 0.5% of eligible purchases from Amazon. Give as You Live has a similar option - and 6000 shops to choose from! Surely some of your favourites are there.

£6	5 birthday cards & stamps for women in prison and psychiatric hospitals
£10	phone credit for a women just back in the community for continued WISH support
£20	travel expenses for prison or hospital visits or a mentoring session
£30	121 trauma-informed counselling session
£50	group session to explore current urgent issues (like cost of living)
£100	series of 4 coaching sessions for women to identify their goals and move towards them
£200	full support in the first 24 hours for a woman coming out pf prison, crucial to preventing reoffending

Thank you for standing with us!
We hope we have inspired you to take action.

See you online?

womenatwish.org.uk

donate.giveasyoulive.com/charity/wish

@wishcharity #standwithWISH

linkedin.com/company/wishcharity/

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