



## BECOME A SUPPORTER FOR BRIGHTON OASIS PROJECT

There are so many ways you can help!

### 10 Things You Need to Know About Brighton Oasis Project:

1. BOP is a substance misuse service for women and families in the heart of Brighton.
2. The charity was established 20 years ago by women who felt that substance misuse treatment services did not meet their specific needs.
3. Our model of gender-specific service provision is unique in the UK.
4. Our approach is non-judgemental: we exist to support and empower women who have difficulties with drink or drugs to make positive changes in their lives.
5. Our portfolio includes services for women working in the sex industry, women offenders, women with multiple and complex needs and young women with alcohol problems.
6. We run a range of parenting programmes to help Mums reduce the risks to the family caused by drugs and alcohol use.
7. We also provide services including 1-1 therapies and holiday arts activities, for children and young people who have been affected by problematic drug or alcohol use in their family.
8. BOP has (and has always had) a crèche for babies and children, enabling women with child care responsibilities to access treatment.
9. We directly support over 450 women and 150 children each year.
10. The women we work with tell us that with BOP they feel safer and better understood.

*"If it wasn't for the staff and the oasis project I would not have had the courage to return to college and start my life again so thank you" - BOP service user*

**Our annual running costs are currently in excess of £800,000 and we rely entirely on public fundraising and donations. To help us to keep up this essential work within the community, we are looking for willing individuals to support us in our fundraising efforts!**

## 5 Ways You Can Support Brighton Oasis Project

### 1. Make a donation.

Simple, but effective! Become a regular donor by setting up a Direct Debit or standing order or make a one-off donation. Simply complete a pledge card (within this pack) and we'll contact you to follow up.

### 2. Host an event for us

Whether it's an afternoon tea party, a coffee morning or bake sale, a gig or a quiz, organising an event can be a great way to raise funds. We'll support you with everything you need – just get in touch and we can start planning!

### 3. Take on a sponsored challenge

Always wanted to try sky diving or run a marathon? You could fulfil your ambition and raise funds for Brighton Oasis Project along the way by getting your friends and family to support you?

### 4. Volunteer your time or services

Volunteers make up an essential part of our team. Whether it's helping out in the crèche, cooking lunches for our group socials or helping out in the office, if you can commit to us for at least 6 months, we will provide support, training and a good dose of the feel good factor.

### 5. Introduce us to the company you work for

We're always looking to reach out to businesses in the local area that would be willing to support us as their charity of the year or help us with one-off event sponsorship. If you can help make that introduction we'd be so grateful.

## 5 examples of what your money will do

**£480 per year** pays for all the supplies and information packs we need to take on our outreach visits to local women in the community with complex needs.

**£48 per month** pays for a child affected by substance misuse to have regular one to one therapy sessions with our skilled Arts and Drama Psychotherapists.

**£50** pays for a group session of auricular acupuncture to help up to 12 women to manage their cravings

**£25** pays for a week's worth of snacks for the children and infants in our crèche, where they come to play and learn whilst Mum is accessing treatment

**£10 per month** allows us to keep a stock of art materials for children and young people attending Young Oasis for arts and play therapy.

Please contact Laura Ward (BOP's Fundraiser) with any questions you may have about becoming a BOP supporter. Laura can help with your event fundraising plans too.

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