



# Your workplace fundraising guide

**Whether you're an experienced fundraiser or trying something like this for the first time, we hope this guide gives you plenty of ideas and confidence to raise funds and awareness for Saoirse. And have fun along the way!**

## **Inside, you'll find:**

- Tried-and-tested workplace fundraising ideas.
- Simple tips to help you raise more money.
- A bit about who we are and what we do.
- Advice on spreading the word about your fundraiser.
- Examples of how your fundraiser helps women and families experiencing domestic violence.
- How to pay in the funds you raise.

**We hope you find this guide helpful. Every euro you raise helps provide safety, support, and hope.**

# Workplace fundraising ideas



Thank you for choosing to support Saoirse through your workplace fundraising. Whether you're marking an awareness day, bringing your team together for a shared purpose, or supporting your organisation's CSR commitments, here are a few ideas to inspire you – or you can do something completely unique! Even if you already have something planned, these could be fun additions to make your event extra special.

## 1 Fundraising raffle

Invite colleagues to donate for a chance to win fun perks and prizes. Maybe even an extra day off in 2026 for one lucky team member!

## 2 Coffee morning

Share tasty treats and good vibes in exchange for donations. Encourage everyone to bring their best homemade goodies.

## 3 Table quiz

Host a lunchtime or after-work quiz – in the office, local pub or online. Teams donate €40-€80 to play.

## 4 Colour day

Donate €10-€25 and wear orange or purple for the day. Orange and purple are signature colours for domestic violence prevention (and Saoirse!)

## 5 Great Saoirse Bake-Off

Invite colleagues to bring homemade treats and donate to taste and vote for their favourites. Add categories like 'Best Presentation' or 'Best Newcomer' to keep things fun while raising funds for Saoirse.



## 10km 'Walk Across Ireland'

With 28 people walking 10km, your combined steps are equivalent to walking the full width of Ireland. With 50 people, your combined steps are equivalent to walking the length of Ireland!

This is a powerful way of recognising that domestic violence is a growing and urgent crisis all across Ireland.

Ireland ranks second in Europe for the prevalence of violence and abuse against women. But when we stand together, we can provide safety, empower survivors, and transform lives.

### How to take part

#### 1 Choose a 10km route

Howth Cliff Walk, Glendalough, and many trails around Ireland offer 10km walking routes.

#### 2 Register your Walk Across Ireland event

Visit [www.sdvs.ie/fundraiser](http://www.sdvs.ie/fundraiser) to create your fundraising page – it's quick and easy!

#### 3 Get walking!

As well as a great fitness challenge and opportunity for team-building, every euro you raise helps provide safety, support, and hope.



## Cycle For Saoirse

Help Saoirse end the cycle of violence. Spin on exercise bikes or ride the open road — your miles power real change.

Team up for a spinathon or cumulative mile challenge. Every kilometre helps women and children escape domestic violence.

### How to take part

#### 1 Choose a challenge

- **Group Spinathon** – Team up and ride 500km on spinning bikes together — the length of Ireland!
- **Group Challenge** – Set a kilometre goal and complete it over a weekend, a week, or a month.

#### 2 Register your Cycle For Saoirse event

- Visit [www.sdvs.ie/cycle](http://www.sdvs.ie/cycle) to create your Cycle For Saoirse fundraising page – it's quick and easy!

#### 3 Get on your bike!

- As well as a great fitness challenge or opportunity for team-building, every euro you raise helps provide safety, support, and hope.

# Top fundraising tips

Here are some tried and tested tips to help you raise more funds for families escaping domestic violence.

 **Create a fundraising page**  
Go to [sdvs.ie/fundraiser](https://sdvs.ie/fundraiser) and set up an online fundraising page. It's quick and easy to do and will make your fundraising so much easier. We also have great tips on how to use your page effectively.

 **Personalise your page**  
Add a profile picture and explain why you're supporting Saoirse. A personal story builds connection.

 **Set a fundraising goal**  
Aim high, but realistic! Fundraisers who set a target tend to raise more.

 **Kickstart by donating to your page**  
It shows commitment and encourages others to follow.

 **Collect donations**  
Your coworkers will be excited to support your fundraiser. Share your fundraising link with them via Whatsapp, email, social media... everything you can to get the word out about your fantastic fundraising.

 **First sponsor**  
Try to get a particularly generous colleague or manager to be your first sponsor. Others are then more likely to match their amount.

 **Double what you raise... instantly!**  
Ask your workplace if they'll match what you raise. It's called matched giving, a lot of companies do it, and it could double your total in an instant!

 **Spread the word**  
Use posters, emails, social media, the local press... everything you can to get the word out about your fantastic fundraising.

 **Gentle nudges**  
Don't be afraid to remind folks to donate – people just need a nudge sometimes.



If you need any advice, or materials for your fundraiser, please email [fundraising@sdvs.ie](mailto:fundraising@sdvs.ie)

## About Saoirse



**Feel confident speaking about Saoirse Domestic Violence Services and how your fundraising is changing and saving lives.**

**Saoirse has been supporting individuals and families experiencing domestic violence for 20 years.**

**Every day, we help women and their families escape abuse and begin to rebuild their lives.**

### What we do

- Saoirse has been supporting women and children experiencing domestic violence for 20 years.
- We provide life-saving and life-changing services – including refuge accommodation, 24/7 helpline, counselling, support groups, court support, and children's services.
- We provide compassionate support to over 500 families every year.
- We respond to thousands of calls for help annually, and hundreds of refuge requests.
- We engage with communities to educate and challenge perceptions of domestic violence, focusing on prevention and awareness.
- We campaign and advocate for social change, legislation, and government policies to address the crime of domestic violence.

# How to pay in the money you raise

Once your brilliant fundraising is complete, please send in the money as soon as you can. That way, you'll start making a difference right away.



The quickest and easiest way is online at [sdvs.ie/donate](https://sdvs.ie/donate)

You can also pay in by cheque, phone or bank transfer:

## By cheque

Make the cheque payable to 'Saoirse Housing Association CLG' and post to:

Fundraising Team, Saoirse Domestic Violence Services, PO Box 10819, Tallaght, Dublin 24

Remember to include a note with your details so we can say thank you.

## By phone

To make a donation over the phone, you can call our Fundraising Manager on 01-414 0740

## By bank transfer

Please email [fundraising@sdvs.ie](mailto:fundraising@sdvs.ie) and we'll provide you with our bank details and a unique reference.

**Thank you.**





# Thank you and good luck with your fundraiser!

## We're here for you

Please contact our Fundraising Team if you have questions or need help with your event.

We'd love to hear from you!

Get in touch at [fundraising@sdvs.ie](mailto:fundraising@sdvs.ie)

**Saoirse Domestic Violence Services, PO Box 10819, Tallaght, Dublin**

Saoirse Housing Association CLG trading as Saoirse Domestic Violence Services.  
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