

BELIEVE IN CHANGE

Jasmine's story

Jasmine* was referred to First Light by the police, after her husband assaulted her. She was introduced to an IDVA (Independent Domestic Violence Advisor) who helped Jasmine understand the tactics of control her husband had been using over her, and that there were ways and means of ending and leaving the relationship safely.



“First Light has helped me get my life back on track and look forward to the future. I'm in a safe place now and no longer using the services but I know they're always at the other end of the phone should I need them.”

*Name changed to protect client's identity. Image copyright ©Adobe Stock.

Online firstlight.org.uk/100days

Email 100days@firstlight.org

Phone 03458 121212

#100days

 FirstLightSW

 @FirstLightSW

JustGiving

justgiving.com/campaign/100days

 | FIRST LIGHT

First Light is the trading name of First Light South West Ltd. Registered Charity number: 1090457
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firstlight.org.uk

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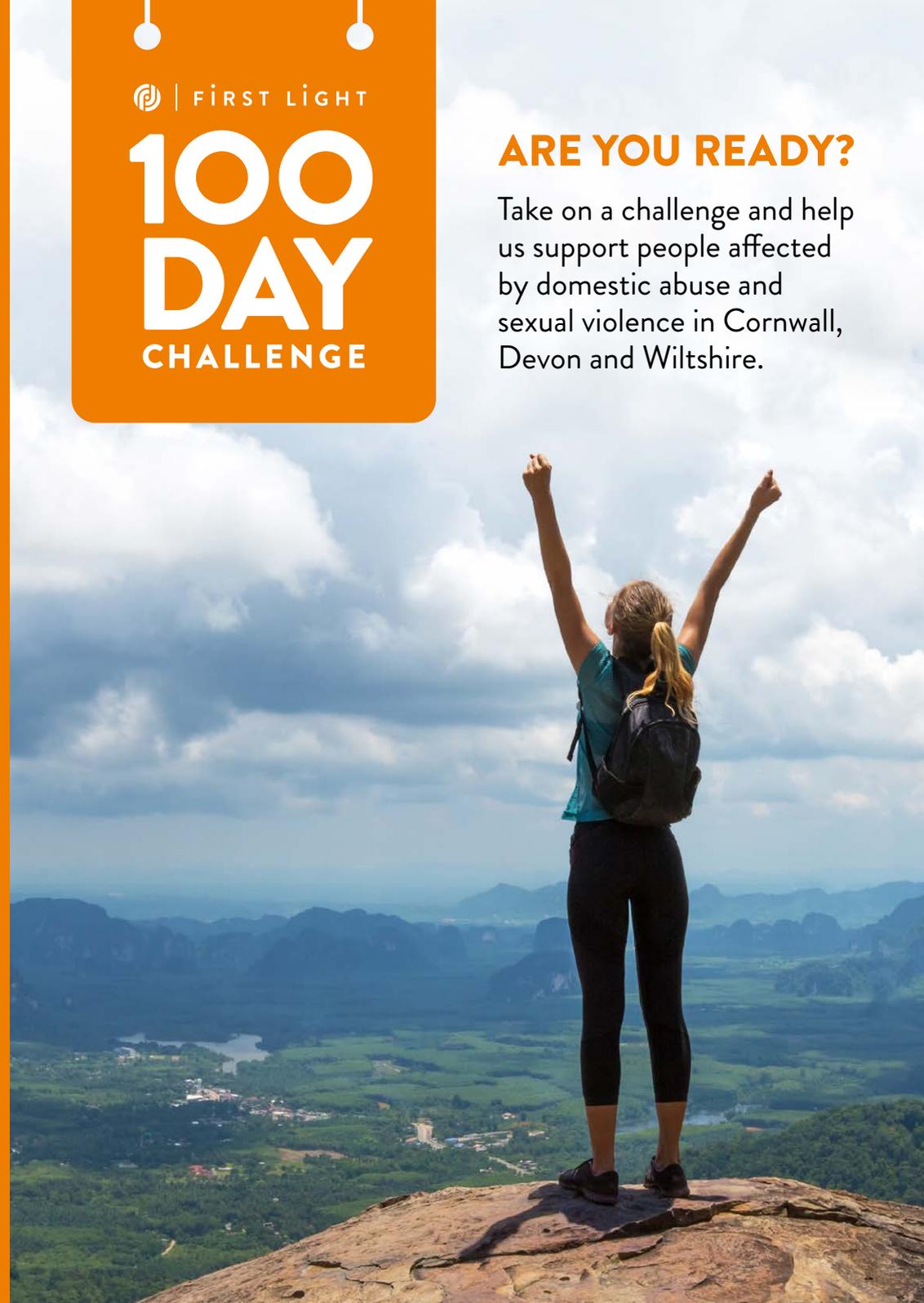
FUNDRAISING
REGULATOR

 | FIRST LIGHT

100 DAY CHALLENGE

ARE YOU READY?

Take on a challenge and help us support people affected by domestic abuse and sexual violence in Cornwall, Devon and Wiltshire.



CHOOSE YOUR CHALLENGE

Sign up to take part in the First Light 100 Day Challenge and help us support more people who have experienced domestic abuse and sexual violence.

This challenge asks you to make a pledge, stick to it for 100 days and raise sponsorship by asking people to support you. Your challenge could be health or fitness orientated; creative or crafty; or out in the community making a difference.

You might want to ditch a bad habit for 100 days and ask friends and family to sponsor you; or maybe there's a particular fitness goal you'd like to set yourself; there might be a creative project you want to take forward; or you could progress a more spiritual practice such as mindfulness or meditation.

Whatever you decide to do, this can be a fantastic way to get fit and improve wellbeing or achieve something you've always wanted to do. It's a tough challenge but one for which you'll be fundraising to help change lives with encouragement from all the people supporting you and your progress.

Read ahead for more ideas and information about how to take part.

“Challenges are what make life interesting and overcoming them is what makes life meaningful.”

Joshua J. Marine

ABOUT FIRST LIGHT



First Light is a charity supporting people in Cornwall, Devon and Wiltshire that have experienced domestic abuse and sexual violence.

Our name reflects the work we do with people making a brave move toward a brighter future away from violence and abuse. To leave an abusive relationship or recover from a sexually violent attack will often be the most difficult experience a person can go through in their lifetime.

Every year we help over 4,500 adults and children in South West England to lead safer lives, free from violence and abuse, and we want to reach out to provide support for many more.

We also invest in education and training programmes to help promote healthy relationship values to children, young people and professionals; and increase awareness of how to recognise and support peers who have been affected by domestic abuse and sexual violence.

“Let us make our future now and let us make our dreams tomorrow's realities.”

Malala Yousafzai



100 DAYS... OF HEALTH AND FITNESS

100 days is just over three months, which is generally considered by wellness experts to be an ideal amount of time for a pretty good overhaul to your health and fitness.

Some ideas:

- Take on a running programme such as Couch to 10k (NHS)
- Ditch the car and cycle to work each day
- Quit smoking or pledge to go 100 days without alcohol, sugar or caffeine.



100 DAYS... OF CREATIVITY

If you want to push forward your creative practice or have always wanted to re-connect with your crafty side, pick a date to start then commit to a cherished project or long-held goal.

Some ideas:

- Make a drawing or painting each day then hold an exhibition
- Sharpen up your culinary skills and try a new recipe a day
- Write a blog or start a book
- Learn to play a musical instrument

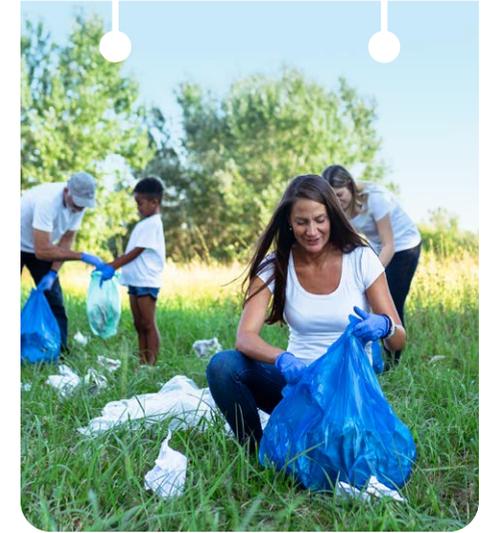


100 DAYS... TO MAKE A DIFFERENCE

You can also use the 100 day challenge to contribute to making the world a better place. Help out in the local community where you can or make changes at home to reduce your impact on the environment.

Some ideas:

- Go vegan or vegetarian for 100 days and ask for sponsorship to see you through.
- Take part in regular beach, park or village clean-ups or start your own!
- Help out neighbours with dog-walking or pet-sitting and ask for donations.



“
Life changes very
quickly, in a very
positive way, if
you let it”

Lindsey Vonn

HOW TO FUNDRAISE

Once you've decided on your challenge and the dates for your 100 days, let us know by emailing 100days@firstlight.org.uk and most importantly, ask people to sponsor you.

You can ask for sponsorship [offline](#) then pay in at firstlight.org.uk/100days or you can set up an online page on [JustGiving](#).

JustGiving

Set up your 100 day challenge page by going to justgiving.com/campaign/100days and start collecting donations from family, friends and colleagues. Share your link via email, social media or any other promotional opportunities that come your way.

You can also add monies donated offline to your JustGiving total too. To do so, just choose to 'Edit your page' then click 'Edit' next to 'Raised offline' in the 'Donations made to your page' section. Then simply add the total amount here.

JustGiving™

JustGiving is a trusted partner for charities all over the world. They do not share their data with anyone without their permission and never sell or trade personal information with third parties. They also don't try to 'upsell' other services on the back of people's generosity, and invest everything back into the business of providing superior tech for charity fundraisers.

BOOST YOUR DONATIONS

Tell your story

An engaging story makes a difference and encourages people to donate more. If you can, let people know why you're fundraising for First Light and what it means to you.

Share your news

Don't forget to share your page on social media. It's a simple but effective way to promote your fundraising to your friends and family.

Add photos

Sharing photos is an excellent way to personalise your page. JustGiving will prompt you to add updates so you can show people how your 100 day challenge is going.

Set a target

A great way of motivating yourself, letting your supporters know what you're aiming for and that you're getting closer to your goal.

A huge thank you!

The money you raise enables us to help thousands of adults and children in Cornwall and the Isles of Scilly, Devon and Wiltshire lead safer lives and find hope again.