

Bodywhys Fundraising Policy



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Introduction

Founded in 1995, Bodywhys – The Eating Disorders Association of Ireland - is the national voluntary organisation supporting people affected by eating disorders and their families. Bodywhys provides a range of non-judgemental listening, information and support services, as well as school talks, training, literature, podcasts and webinars. Other aspects of our work include developing professional resources and collaborating with social media companies to respond to harmful online content and working with the mainstream media to create awareness about eating disorders. Bodywhys develops evidence-based programmes to promote positive body image and social media literacy in children and adolescents and provide relevant support and guidance for parents and education professionals. Bodywhys is the support partner to the HSE's National Clinical Programme for Eating Disorders (NCP-ED).

Sometimes individuals or groups choose to undertake activities to raise funds for Bodywhys. The management of assets and the expenditure of Bodywhys funds require guidelines with respect to the appropriate allocation of such funds. This document sets forth the policy and the procedures Bodywhys adheres to concerning fundraising.

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Donations

A donation is money given to Bodywhys without any expectation of or receipt of direct economic benefit or any other compensation.

Fundraising

Fundraising is an activity conducted where money is donated or contributed, items are sold to raise money with the net contribution donated to an organisation.

Interested parties may seek to conduct fundraising projects or campaigns to raise funds for Bodywhys. No portion of the proceeds of the event, project or campaign will be for the private gain of any individual. The proceeds will be used for the recognised purposes of the organisation.

Any individual requesting funds on behalf of Bodywhys will do so in a respectful manner that does not impose any pressure or discomfort on the person or entity being solicited. Where an individual declines the opportunity to give, the fundraiser shall respect the decision while also thanking them for their support and interest in Bodywhys.

Procedures

Bodywhys should be contacted for all fundraising activities that are for the benefit of the organisation. Please contact info@bodywhys.ie regarding donations and fundraising.

Individuals or groups fundraising on behalf of Bodywhys must ensure that prospective donors are aware of the status of the fundraisers, whether they are volunteers or acting independently as a third party.

Policy

The purpose of this policy is to provide guidance for fundraising benefiting Bodywhys and to ensure that any approved fundraising is in accordance with the organisation's aims and objectives.

Funds raised for a particular purpose will be used for that purpose alone and will not be reallocated.

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In the event funds received for a specific purpose exceed the amount of funding required for that purpose, this will be communicated immediately to the relevant funder(s)/donor(s). The excess funding will either be returned to the funder/donor or will be reallocated and used for another purpose following discussion with and approval from the relevant funder(s)/donor(s). Returns and/or reallocation of funding will be reflected in the financial reports provided to the Board by the CEO and the annual accounts prepared by the organisation.

Where the organisation has been unable to spend funding received for a specific purpose in any given year due to unforeseen circumstances, this will be immediately communicated to the relevant funder(s)/donor(s). The remaining funding will either be returned to the funder/donor or will be carried over and used for the purpose for which it was intended in the following year after discussion with and approval from the relevant funder(s)/donor(s).

Where funds/donations have been raised/received for unspecified purposes they will be allocated to a specific purpose by agreement with the Board and in accordance with the organisation's strategic plan. The purpose for which such funds were allocated will, where possible, be communicated to the relevant funders/ donors and will be reflected in the minutes of Board meetings, and the financial reports to the Board by the CEO and the annual accounts prepared by the organisation.

Where the unspecified funding received in any given year exceeds the amount required to develop and run the services provided by the organisation in that year it will be carried over to the following year and allocated to specific purposes in that year by agreement with the Board. All funding carried over will be detailed in the annual accounts prepared by the organisation.

Fundraising guidelines and endurance events

If you have previous or current experience of an eating disorder or are in recovery, think whether you are ready to talk about your experience. Speak with friends and family for their advice and support in thinking about an activity that's right for you. Put your own health first. Tell your doctor about your fundraising plans and discuss how they may impact your recovery. Avoid setting goals or targets that could be more than you can manage.

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A fundraising event can be an enjoyable experience, but it should never impact negatively on your physical or mental health.

People from all walks of life participate in endurance sports and events, for example marathons and triathlons. We know there can be a great sense of achievement in taking on this sort of challenge. With a focus on exercise in such events we urge you to think carefully about this sort of commitment and how it may affect you, physically and mentally. Training demands can be significant, with regular goals and a need for the body to adapt, along with time for rest. It can be a lot to try and fit everything in and around your personal and work life. Having a good support system around you can be helpful.

Self-care

Try not to take on too much and above all have fun. Ask your family and friends to support you and to be there to cheer you on or help you out on the day.

If you become unwell prior to taking part in an event, or during it, you should withdraw. Your health is the most important thing, please don't worry, no matter how far into your fundraising you are.

Although goals can be an important part of recovery, we do not recommend connecting your recovery goals with your fundraising plans. Receiving donations directly linked to controlling certain behaviours can bring up feelings of additional pressure.