

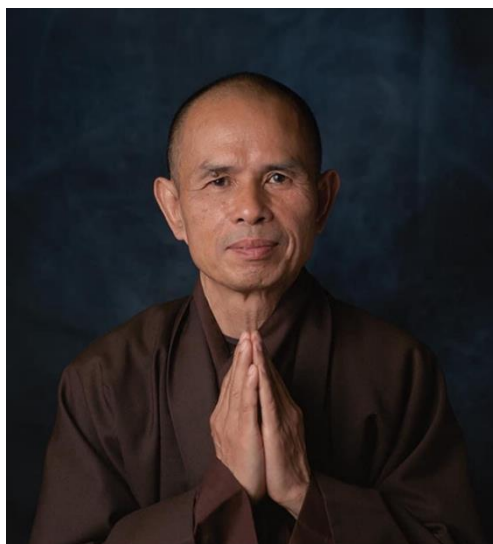


Being Peace Practice Centre

Establishing a UK Practice Centre for mindful living and healing in challenging times

FUNDRAISING GUIDE





Welcome and thank you for your interest in helping to create a dedicated Plum Village Practice Centre here in the UK.

2023 is the 'year of fundraising', and along with the generosity of personal donations, you are invited to join us in raising the funds through events, challenges, personal fundraisers, fundraising with your Sangha or coming along to a Plum Village UK event.

Whether you chose to create your own fundraising event or challenge or join one of our organised events, your involvement and support will be essential.

On the following pages you will be offered ideas and tips for getting started with fundraising as well as events which will be taking place. Please do get in touch via www.plumvillage.uk/beingpeace if you would like any help or to tell us of your exciting plans. We would love to hear from you.



Calligraphy: 'Joy within, Joy all around',
Credit: Thich Nhat Hanh

Fundraise your way

Whether it's just you, with friends or with your sangha, there are multiple ways you can raise money to support the Being Peace Centre.

Here are just a few ideas:

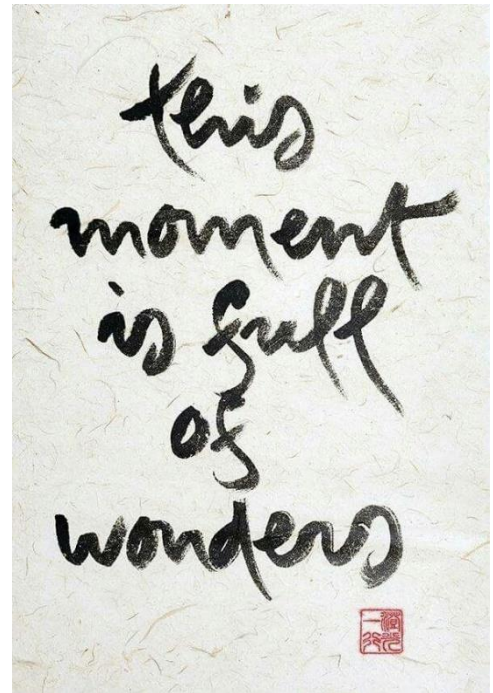
Social events

- Coffee morning - provide tea and cake for a donation.
- Invite your friends for a special 'Come Dine with Me' event and ask them to make a donation.
- Organize an open garden, summer garden party, dog wash with tea and cake, or what about a retro games night (dig out your old monopoly and Cluedo sets from the loft!)
- Gather your friends or Sangha for a mindful walk, sit, day or mindfulness.

Sponsored swim, cycle, run, walk, silence, growing your beard-literally anything can be sponsored if you have the imagination!

Donate your skills and time host a yoga class on zoom, work on a garden, painting & decorating, ironing - anything is possible

Offer items for auction - do you own an Air B & B or can you offer a money-can't-buy experience?



Sell unwanted clothes and goods, use the opportunity to declutter and raise valuable funds.

- Shop online www.easyfundraising.org.uk/causes/plumvilla geuk you spend, brands donate. Household brands like M&S, Tesco, booking.com are all part of the scheme.



Joyful Family Sangha, Credit: Vivienne and Thanh Uong

Plum Village UK Walking Events

TOUCHING THE EARTH

Throughout July 2023

WALK (OR RUN) 100 MILES IN JULY AND
RAISE FUNDS FOR THE BEING PEACE
PRACTICE CENTRE.

During the covid lockdowns many of us rediscovered the joy of walking in our local area. Walking and appreciating our beautiful planet is a key component of Thay's teachings.

You can do this challenge on your own or in a group, all mileage counts, you'd be surprised how much your daily dog walk soon mounts up, or even the walk to the shops. You could use a tracking device like strava, the health app, OS Maps or chose to log your mileage however it works for you.

Join Ramblers' Association walks (first few are free), National Trust estate walks or just walk around your town and local park. Every mile is a step towards us being able to bring the value of mindfulness to a larger audience...

Individuals living with a disability are welcome to adapt the challenge for their own individual

circumstances, we'd love to have everyone join us.

Sanghas can join together to complete the mileage if they prefer.

To apply or find out more please contact us beingpeace@plumvillage.uk

MINDFULNESS WALK

2nd December 2023

Join the international 'Peace in Myself, Peace in the World' mindfulness city walk.

Location: London and other UK cities (tbc)
The international community is coming together to share a message of peace. For the first time in the UK, we will be offering the opportunity to join this short mindfulness walk.

To apply or find out more please contact us beingpeace@plumvillage.uk



Walking meditation, Plum Village, Credit: Monica Max West

Other events and challenges

JURASSIC COAST TREK 3 DAYS (2 NIGHTS)

1st - 3rd September 2023, or other dates
available in 2024



This is a fully supported challenge with food, accommodation and guiding, pickups from local train station included.

Stretching 95 miles between Old Harry Rocks in Dorset, to Orcombe Point in East Devon, the Jurassic Coast – England's first Natural World Heritage Site – is the most geologically diverse coastline in the world. With a more recent history of mining, shipwrecks and smuggling, this is a fascinating stretch of coastline. This trek takes in some of its most spectacular scenery, from the renowned natural stone archway of Durdle Door to the beautiful circular Lulworth Cove, as we continually climb and descend the steep hills of the Jurassic Coast.

Full Funded - £80 registration fee, £320 trekking fee. Every penny of fundraising you do on top comes to Plum Village UK.

To apply or find out more please contact us
beingpeace@plumvillage.uk

SNOWDON BY NIGHT (2 DAYS, 1 NIGHT TREKKING)

10th June - 11th June 2023, other 2023 and
2024 dates also available



Fully supported with mountain leader and back up. Hot drinks before ascent and celebration breakfast at the end; some snacks on the mountain.

Snowdonia National Park in North Wales is synonymous with beautiful, rugged landscapes and wonderful trekking and outdoor pursuits. The highest mountain in England and Wales at 1085m, Snowdon's Welsh name is Yr Wyddfa, reputedly the burial place of a mythical giant.

A popular summit trek by day-time, it forms a real challenge by night. The base for this challenge is a friendly hotel, which makes for a comfortable, sociable start to the challenge as we tuck into fantastic food and get to know each other. At the end, we gather back together in the warm and celebrate our overnight achievement with a tasty breakfast!

Fully Funded £49 registration fee, £175 tour cost. Every penny of fundraising you do on top comes to Plum Village UK. To apply or find out more please contact us
beingpeace@plumvillage.uk

LONDON TO PARIS CYCLE CHALLENGE (5 DAYS)

6th -10th September 2023 or 2024 dates available

This is a fully supported challenge with most food, accommodation, cycle leader, mechanic, and Eurostar included.

Cycling from London to Paris is one of the great cycle experiences in Europe. Passing through picturesque Kent countryside, this route crosses the Channel and continues through the small villages and medieval market towns of Northern France. With long days in the saddle and some strenuous hill-climbs, the sight of the Eiffel Tower, the finishing point, will evoke a real sense of achievement. The last day in Paris allows time to explore the sights and soak up the romantic atmosphere of this majestic city!

Fully Funded - £124 registration fee, £900 tour cost. Every penny of fundraising you do on top comes to Plum Village UK.

To apply or find out more please contact us beingpeace@plumvillage.uk



TREK VIETNAM, (12 DAYS)

14th October - 25th October 2023 or October 2024

Included return flights from the UK, most meals and accommodation, tour leader, local guides and cook, entrance fees to sites visited.

Explore the birth country of Thich Nhat Hanh on this magnificent trek in northeast Vietnam, offering the perfect combination of spectacular scenery and fascinating culture.

Karst limestone and granite mountains rise dramatically from the remote, lush jungle, where waterfalls tumble into hidden steep-sided valleys and abundant nature reserves.

From serene lakes and valleys cultivated with corn and rice, we traverse steep jungle-covered hills onto high ridges. The views over the towering limestone pillars are every bit as impressive as their more famous sea-based counterparts in Halong Bay. This trek promises spectacular off-the-beaten-trail trekking.

Fully Funded: £399 registration fee, £1,600 tour cost. Every penny of fundraising you do on top comes to Plum Village UK.

To apply or find out more please contact us beingpeace@plumvillage.uk



Top Tips & the nitty gritty



Most fundraising starts life with the seed of an idea. We are here to help you make the most of your fundraising so please contact us to find out more.

Fundraising can feel daunting, but there are lots of ways to make it manageable and joyful. If you are stuck for ideas, but have a talent or drive to do something we can talk it through. We are planning to set up a helpline



Here are a few tips....

Tell others about your event, use email, posters, and promote on any social media channels you are on. Tag us #plumvillageuk @plumvillageuk and we may be able to share your plans.

For any fundraising posters or if you are providing information about your event please include the following: 'In aid of Plum Village UK, registered as The Community of Interbeing UK (Charity Number 1096680)'

Set up a fundraising page on Just Giving, send the link to your friends. It's an easy way to spread the word and enable friends to donate to your fundraiser.
www.justgiving.com/thecommunityofinterbeing

If you work for a company your employer may match fund any money you raise. We can help with the paperwork if you can apply!

Don't forget to gift aid it. If you are donating your own money and you are a taxpayer, don't forget to gift aid it. We get an additional 25% on your donations at no extra cost to you.

Thank you for your interest in fundraising for the Plum Village UK Being Peace Practice Centre.

Contact us

Email: beingpeace@plumvillage.uk

Website: <https://plumvillage.uk/>

Follow us on social media

Instagram: @plumvillageuk

Facebook: Plum Village UK

Twitter: @plumvillageuk

Donate now

www.plumvillage.uk/support-us



Thich Nhat Hanh teaching, Plum Village, Photo Credit: Monica Max West