

# FREEDOM FROM TORTURE LOCAL GROUPS



**WHERE YOU FIT INTO FREEDOM FROM TORTURE,  
HOW YOU COULD RAISE AWARENESS, AND  
HOW YOU CAN FUNDRAISE IN YOUR AREA.**

Make sure to follow us on social media to keep updated on campaigns and survivor stories:

-  [@freedomfromtorture](https://twitter.com/freedomfromtorture)
-  [@freedomfromtorture](https://www.facebook.com/freedomfromtorture)
-  [@freedomfromtorture](https://www.instagram.com/freedomfromtorture)
-  [@freedomfromtorture](https://www.tiktok.com/@freedomfromtorture)
-  [freedomfromtorture.org](https://freedomfromtorture.org)

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**FREEDOM  
FROM  
TORTURE**  
EMPOWERING  
SURVIVORS.  
REBUILDING  
LIVES

# WHERE DOES YOUR GROUP FIT INTO FREEDOM FROM TORTURE?



You will be part of a growing community of local groups supporting Freedom from Torture from your area. We will support you in getting your group started, if it is a new one, or in helping get you involved with an already existing group in your area.

The aims of local groups are to expand our community as a charity, and to highlight the importance of our work and raise awareness of Freedom from Torture on a local level. As a local group, you plan and run fundraising events to ensure the vital work we do can continue. You can also get involved in Freedom from Torture's campaigns by taking these campaigns local or by contacting relevant authorities when needed.

You will slot into an already thriving community of supporters. We currently have 25 local groups throughout the UK who already fundraise and raise awareness for us. The work they do is truly incredible, and we would love to have this network expand even further and have more committed supporters join us.

We provide you with introductory meetings and maintain closer contact whilst your group is still getting set up.

## THANK YOU!

The following pages include some ideas of activities and events you could plan as a group, alongside some information on how best to do these.

Most local groups have a chair, secretary and treasurer to ensure the running of the group goes smoothly. The chair would organise group meetings and oversee the actions of the group. The secretary would take minutes from meetings and usually oversee the groups emails. And the treasurer communicates fundraising totals to us and ensures the group is financially stable. We have also seen success in some groups delegating roles further, with other roles including: social media coordinator, campaigns coordinator, and fundraising coordinator.

By joining this network, you have joined a committed team of activists across the country, all campaigning and fundraising in support of survivors of torture.



# RAISING AWARENESS

Within your local group you can raise awareness of our cause and campaign in your local area to make a difference. To do this successfully we will help you gain a good understanding of our work and our strategic goals.

We provide specialist psychological therapy to help asylum seekers and refugees who have survived torture recover and rebuild their lives in the UK. And we provide training for professionals working with torture survivors.

Alongside survivors, we campaign for change in the UK and across the world. Together we raise awareness and influence decision-makers about torture, and its impact.

## So, how can YOUR GROUP raise awareness in your area?

- **Webinar / Speaker event**

Depending on your capacity, and how comfortable your group are, you can host a speaker event in a local church hall or community centre. At these events you can discuss the work of Freedom from Torture, show videos, or have someone from HQ come to speak. This can be replicated online using zoom, a platform that allows you 40 minute meetings for free. If you wanted to host a longer webinar and don't have a premium account, we can help out.

- **Collaborations**

Many of our local groups currently collaborate with other organisations such as their local Amnesty International Groups, City of Sanctuary groups or Student Action for Refugees. Working with other groups, attending their events, or going into a meeting and discussing Freedom from Torture will expand your reach within your community.

- **Setting up an information stall**

Either at your local train or tube station, or in your city/town centre, you can set up a small stall with information about Freedom from Torture. Many groups have used this set up to get petition signatures, or to purely raise awareness. Please do check the rules in your area, and contact local authorities for permission for your stalls.



# FUNDRAISING

The other main role of your group is to fundraise for us so we can continue our vital work in providing psychological therapy to help asylum seekers and refugees who have survived torture.

When fundraising, you can use online tools such as JustGiving – use this link <https://www.justgiving.com/freedomfromtorture> to fundraise for us. The set up process is self-explanatory, and you can even make a team fundraising page! You can also take card payments, as we can send you a zettle card machine to use at events, or take cash and send it to us via bank transfer.

All events are another opportunity to raise awareness, so encourage those attending to follow your social media and engage with people in conversation about the cause.

Knowing the best ways to fundraise in your area can be difficult, so here are a few ideas that you could carry out or that could spark an idea!

## Larger events

- **Art auctions**

- **Challenge events**

You can organise your own, such as East Sussex group's annual South Downs walk, or your group could take part in our wider community challenge events, such as:

- **Spring in your Step**

A walking challenge designed to be accessible for all groups and their families.

- **Crossing over Water**

This challenge was originally created by our North London supporters group, with an incredible level of success. Participants can cross water however they choose. In the past we have had kayakers, swimmers, and people walking across all London bridges – just to name a few! This challenge represents the difficult journey many of our survivors have had to take across water.

- **Concerts**

- **Poetry and literary events**

- **Open garden events**

Our Manchester group's annual Chorlton Open Gardens runs over a whole weekend in the summer and usually involves over 30 gardens opening their doors.

## Smaller events

- **Bake sales**

- **Plant sales**

- **Coffee mornings**

- **Dinner parties**

This can be done through Freedom from Torture's annual summer supper club.

- **Open Gardens**

- **Pub quizzes**

Our Manchester group host multiple yearly quizzes, and even transferred them online for the pandemic! Normally they also include a raffle into this event, and the group have a bank of questions they can also give to your group.

- **Car Boot Sale**

If you have any questions or comments please contact our Community and Local Groups Officer, Poppy, at [pbartontopple@freedomfromtorture.org](mailto:pbartontopple@freedomfromtorture.org)