

A top-down view of two women lying on a white surface, wearing bathrobes. The woman on the left is wearing a light pink bathrobe and has a greyish-green facial mask on her face. The woman on the right is wearing a white bathrobe and has a dark charcoal facial mask on her face. Both women have a slice of cucumber held over their eyes. The background is a plain white surface.

HOW TO HOLD A

# PAMPER EVENING

**COMBAT  
STRESS**  
FOR VETERANS' MENTAL HEALTH

Pamper evenings are a super way to get family, friends or colleagues together to raise money for veterans' mental health whilst relaxing and enjoying some chilled out pamper time.

## BEFORE YOUR PAMPER EVENING >>>

- **Date / time:** These events work best perhaps mid-week when there isn't much else happening and there is the opportunity to just relax. Unless you want to include a little tittle and liven it up afterwards with a party then maybe stick to a weekend date.
- **Venue:** This works well from the comfort of your own home or perhaps a village hall or local hotel or spa. If using a public venue, make sure to check on any licences you might need.
- **Promotion:** Write an invite list and get invitations sent out as soon as you have a date. You can buy pre-made invite cards or design your own hard copies to post or hand out. Alternatively design your own digital invites to email. Make the most of social media and create an event on Facebook and invite your friends/contact.



- **Goal / target:** Try giving yourself a target of how much you want to raise – this could get extra donations from people who want to help you reach your target.
- **Book the pampering:** Book local therapists and hairdressers for manicures, massages, waxing, facial masks, pedicures, and more. Also try health and beauty Reps (Body Shop, Avon, Younique etc) who offer demos at parties.
- **Prizes:** See if you can source some games prizes for a raffle or games – as it's for a great cause, speak to local businesses who may like to donate items.

## AT YOUR PAMPER EVENING »»

- **Helpers:** Could you enrol a friend to help set-up products, prepare food, decoration, games, music, and of course clearing up.
- **Decoration:** Either go modest, or go all out – your pamper evening, your way! Make sure you go for a relaxed vibe with plenty of cushions and candles! We have plenty of Combat Stress branded items you can use too if you wanted to put out some literature.

- **Fundraising:** Decide whether you want to charge an entry donation for the pamper evening. Try to think of relaxed games or activities to raise extra money, with some great winning prizes. Make sure you have plenty of options for people to donate such as our cardboard collection boxes.
- **Awareness:** If you are comfortable with speaking, try to plan a moment to say a few words about why you support Combat Stress so people understand the difference their support makes to veterans and their families. Make sure you have plenty of literature for people to pick up too.

## AFTER YOUR PAMPER EVENING »»

- **Banking:** Count, record and send us the money you raise as soon as you can. See 'Paying in money' for the different ways to do this. It's a good idea to share responsibility for this amongst more than one person and to prepare in advance by getting some money bags from the bank.
- **Thanking:** Remember to follow up with guests and anyone who has supported the event to thank them and let them know how much was raised to help veteran's mental health.



## PAYING IN MONEY >>

There are lots of ways to pay in money. Please include your supporter number (if known), your name as a reference, and information about the donation.

### Bank transfers:

#### BANK ACCOUNT DETAILS

Bank: Natwest  
Account Name: Combat Stress  
Sort Code: 60-00-01  
Account Number: 00100013

#### BANKING IN SCOTLAND

Please pay into the above Natwest account via RBS branches in Scotland.

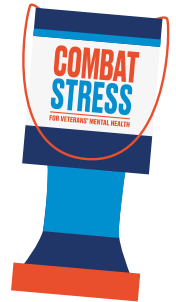


- **Online:** Donate directly through our online collections page [combatstress.org.uk/collection-donation](https://combatstress.org.uk/collection-donation)
- **Coinstar:** Coinstar machines are situated across the UK. You can take the cash to any Coinstar machines, select 'donate to charity' then select 'other' and enter the code **2998** to deposit directly to Combat Stress. You will receive a voucher detailing the donation. You must send a photo of this voucher to:

[fundraising@combatstress.org.uk](mailto:fundraising@combatstress.org.uk)

Find your nearest machine:

[coinstar.co.uk/findamachine](https://coinstar.co.uk/findamachine)



- **Cheque:** Please make cheques payable to 'Combat Stress' and send to:  
**Combat Stress, Fundraising Department, Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX**
- **Online fundraising page:** Set up an online fundraising page for the event where you or guests can donate directly. You can do this through our platform [events.combatstress.org.uk/community-fundraising](https://events.combatstress.org.uk/community-fundraising) or Justgiving.
- **Phone:** Call **01372 587 140** and quote your name, postcode, and event.



For more help and advice,  
call **01372 587 140** or email  
[fundraising@combatstress.org.uk](mailto:fundraising@combatstress.org.uk)



# TOP TIPS >>

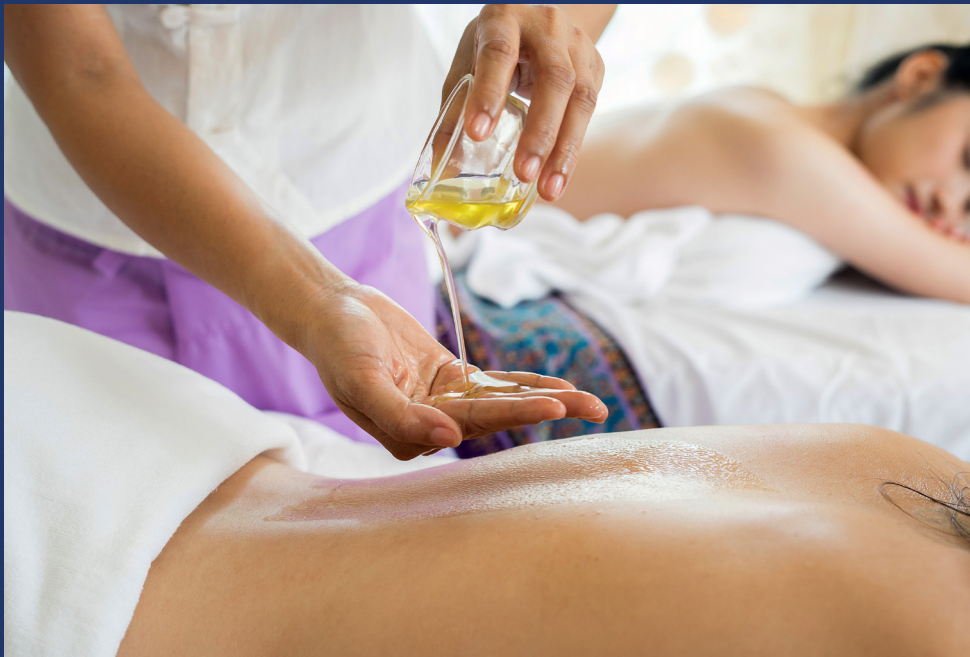


- **Food and drink:** If you're offering food or drink, please consider guests who may have allergies or special diets. Always visit the [Food Standards Agency](#) for advice.
- **Let us know:** Tell us about your pamper evening so we can support and advise if needed – we'd love to hear all about it!
- **Double your money:** Do you or any of your helpers work for a company that offers 'matched giving' for charity? If so, encourage them to apply and you can double the amount you raise!



# KEEPING IT SAFE AND LEGAL >>

- It's important that you are safe and legal whilst fundraising in aid of Combat Stress.  
Please follow our ['Keeping it Safe and Legal'](#) guidance document.



[combatstress.org.uk](https://www.combatstress.org.uk)

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