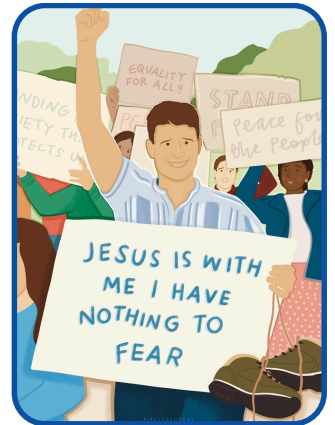


We are inspired by Saint Pier Giorgio Frassati, a former SVP member. Though he died at just 24, Pier Giorgio lived his faith with joy, balancing prayer, friendship, study, and service to the poor.

He loved the mountains, seeing each climb as a symbol of faith. His motto "Verso l'Alto", which means "To the heights", reminds us to keep striving higher in life and in our journey with Christ. Like him, SVP members are ordinary people making an extraordinary difference. With 8,000 members across England and Wales, we tackle poverty in all its forms, offering practical support to those in need. Join us in our "To the Heights" fundraiser. Together we can climb higher and lift others with us.



Pick a mountain for your "To the Heights" challenge and try to reach the summit! There are three ways you could get involved:

- Cover the **distance** by walking, swimming or some other means and asking for sponsorship.
- Give up your **time** (the time it takes to climb) to learning a new skill, or through serving others in your community and asking for sponsorship.
- **Fundraise** in other ways and use the height of the mountain as your fundraising target. For ideas of how to fundraise, [click here](#).

For example, if you chose Ben Nevis in Scotland, you could walk 1345m, spend 8 hours doing acts of service, or aim to raise £1345 through fundraising efforts.

MOUNTAIN EXAMPLES!

Ben Nevis (Scotland)

- 1,345m
- Time to climb: 6–8 hours

Snowdon (Wales)

- 1,085m
- Time to climb: 5–7 hours

Scafell Pike (England)

- 978m
- Time to climb: 4–6 hours

Slieve Donard (Northern Ireland)

- 850m
- Time to climb: 4–5 hours

Mount Everest (Nepal/Tibet)

- 8,849m
- Time to climb: ~1,440 hours (about 2 months)

K2 (Pakistan/China)

- 8,611m
- Time to climb: 1,440 hours (about 2 months)

Mont Blanc (France/Italy)

- 4,809m
- Time to climb: 48–72 hours

Matterhorn (Switzerland/Italy)

- 4,478m
- Time to climb: 8–12 hours

Mount Kilimanjaro (Tanzania)

- 5,895m
- Time to climb: 120–216 hours (5–9 days)

Mount Elbrus (Russia)

- 5,642m
- Time to climb: 120–168 hours (5–7 days)



St Vincent
de Paul Society
England and Wales
Turning Concern into Action

TO THE HEIGHTS FUNDRAISING

Now you have a plan for how you are going to climb your mountain, it's time to get fundraising! Whether you are using Just Giving or sponsorship forms, below are the ways to set up online fundraising and make sure your fundraising (digital or physical) gets to the right place. [Click here](#) for the fundraising pack which includes sponsorship forms (pg14).



Sending a cheque

Send it too: **St Vincent's, Bradford FAO:**
Olivia Stott,
Allenby House,
Rees Way,
Bradford,
BD3 0DZ

- The cheque should be made payable to SVP or St Vincent de Paul.
- On the back of the cheque please write **SVP To The Heights (school/parish address)**.
- This allows us to allocate your funds to those who need it quickly and ensures that we have an address to send you a thank you.



Setting up a JustGiving page

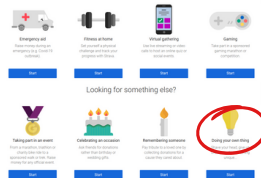
- To set up a page go to [justgiving.com](https://www.justgiving.com)
- At the top click **start fundraising**
- Click on Raising money for **a charity**
- **Search for** St Vincent De Paul Society (SVP England and Wales) – it will look like this and you may need to scroll to find it.



St Vincent De Paul Society (SVP England and Wales)
United Kingdom

The St Vincent de Paul Society (England & Wales) is a Christian voluntary organisation which provides practical help to anyone affected by poverty and...

- Click on do your own thing



- Type of Activity is **Appeal for a charity**.
- Activity Detail is **SVP To the Heights**.
- Add the date(s) of your planned event.
- Set a target
- Page title **SVP To the Heights (insert school/parish name and postcode)**
- Why are you raising money? This year, we're taking on the SVP To the Heights challenge to support the life-changing work of SVP England and Wales. Inspired by former SVP member St. Pier Giorgio Frassati, we're raising awareness of how SVP helps people overcome their own personal mountains. Join us in raising vital funds so the SVP can continue supporting those in our community facing poverty in all it's forms.



Sending a bank transfer or donating online

St Vincent de Paul Society
Sort Code: **60-60-04**
Account No: **46073051**
Reference: **SVP Heights**
(school name & postcode)

[Click here](#) to donate through the website



We all have our own mountains to climb, whether that be a financial struggle, loneliness or another issue. The SVP's mission is to tackle poverty in all its forms, providing practical assistance to those in need. Our members are made up of 8000 ordinary people, just like Saint Pier Giorgio Frassati, who every day make a difference to others in their community. Thank you for fundraising to raise vital funds to help continue the work of the SVP. If you need support for yourself, please email info@svp.org.uk

These are some of the ways the SVP may use the money you raise to change the lives of those in need:

£30

There are many people who understand how it feels to be secure at home, but for some people the place where they live doesn't feel like home. Your gift of £30 will help a person, a couple or a family turn an unfurnished dwelling into a warm and safe home by providing essential items such as a bed, a table and chairs, a fridge or a cooker.

£100

Will pay for around 28 Vinnie packs for rough sleepers

£1000

Would supply nutritious hot food for people that need it delivered due to their medical condition or mental health. 20 people a week for 4 months.

£500

Would pay for resources needed to run mental health programmes to help rebuild people's lives over a six month period.

£2000

Would help to pay for our yearly outreach van that goes to support people where they are. This would cover insurance and some fuel.

We would love to see and share all that you are doing with the rest of the SVP and the wider Church community.

Below are ways to share your good news:



Email us at: youngvincentians@svp.org.uk



Find us on Instagram: [@svpyoungvincentians](https://www.instagram.com/svpyoungvincentians)

We love to see your news, but in order to tell everyone about what you have been doing, we will need you to fill in the [consent form](#) below. This should be attached with any pictures that you send.