

siLENT

FROM
MILLION MINUTES

**INTRODUCING siLENT:
STAY SILENT.
GET SPONSORED.
RAISE MONEY.**



Thank you very much indeed for agreeing to raise money by staying silent for Million Minutes. This sheet should give you everything you need to get started with your Lent fundraising.

SHOULDN'T LENT BE MORE THAN JUST GIVING UP CHOCOLATE?

We think Lent is a great time to try something different: silence. Take time to give up the things that fill life with noise and restlessness. Not only will you allow time for silence, your sponsorship will make a real difference to those young people without a voice, for whom silence isn't a choice.

HELP US REACH A MILLION

Million Minutes is a really simple idea! A million minutes of silence, each minute sponsored to raise money for brilliant projects supporting young people (of which more later). We're nearly there but need a few brave people to help us over the line. So thank you for helping us to break through the million minutes count this year! Here are a couple of ways to stay silent:

24 hours straight - Just go for it! You've already chosen to support young people by staying silent. Now choose your date in Lent (1 March - 14 April), and start collecting sponsorship. Why not choose a date so that you stay silent whilst at your place of work or study? We're sure lots of people will sponsor you for your effort!

Every day - Just half an hour a day during Lent (and an hour on Good Friday and Holy Saturday) adds up to a whole day. It'll also be a good chance to take some time out yourself if you're looking to reflect and take time out this Lent.

HOW YOUR SILENCE WILL MAKE A DIFFERENCE

We hear about it all the time. Young people causing a nuisance. Young people hanging out on the streets and in shopping centres. Young people making older people feel unsafe. Recent surveys have shown that young people are increasingly unhappy with their lives, and one in five young people don't feel they have the ability to change their circumstances for the better.

It's one of the reasons we're supporting local parishes to reach out to young people in their community, meeting them where they are, and inviting them into a safe space with a welcoming smile and a listening ear.

Andrew in North London was just 17 when he volunteered to help run an outreach project. The change in him has been astounding. He's literally walked the streets and built relationships with young people he'd never have spoken to before. With others in the parish he's offered the parish space and resources to other young people.

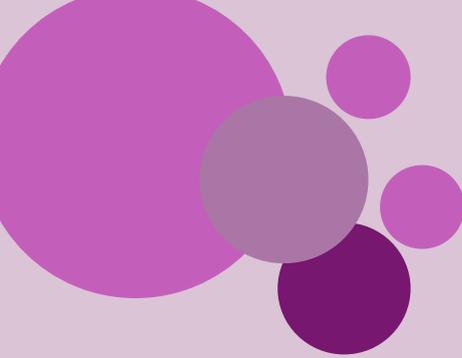
Paul, a very isolated young man on the autistic spectrum, met Andrew through the outreach - and now he's engaged, taking part in the project. From a quiet, shy, fearful beginning, he's now coming out of his shell, and getting involved in things. He was even a presenter, introducing acts and telling jokes, at a local fundraising event.

All of this is only possible because of support from others. Young people like Andrew and Paul need us to stand with them. We do that through siLENT. It's a really simple idea. We stay silent to speak up for young people who often don't have a voice in society. And by doing it we're raising money through sponsorship.

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MILLIONMINUTES.ORG/SILENT



GET STARTED

It's really easy to introduce siLENT to others and raise sponsorship.

1. Get a Virgin Money Giving page which automatically adds GiftAid and connects to Million Minutes. Just click the link at millionminutes.org/silent

2. If it makes more sense for you to do it the old fashioned way, you can download and print out siLENT sponsor forms are available at millionminutes.org/silent

3. And if you have access to a paper bulletin or noticeboard, you can harness the power of the smartphone and get sponsored by text.

To donate £5, text **LENT24 £5** to 70070
(You can donate £1/ £2/ £3/ £4/ £5/ £10)

There are other useful resources online for primary schools, secondary schools and parishes.

SAMPLE EMAIL

This Lent I will be staying silent to raise vitally needed funds for youth charity Million Minutes.

[Your Online Fundraising Page Link here]

For the past 5 years they have given grants to projects than give voice and support to young people.

[Your Online Fundraising Page Link here]

Across the country, young people are often overlooked - their silence isn't a choice.

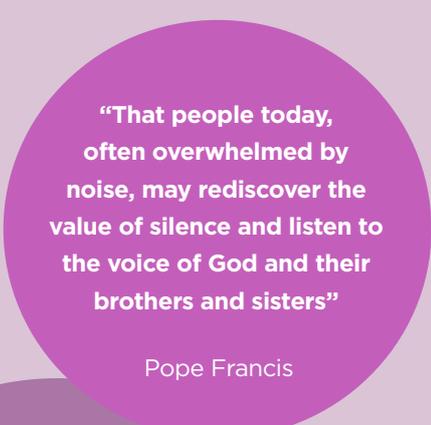
Young people like Paul, an isolated young man from North London, who Million Minutes have supported to discover his talents and gifts, and enabled him to grow in his confidence to participate in and contribute to his community.

[Your Online Fundraising Page Link here]

Many thanks for your support of my silence and Million Minutes!

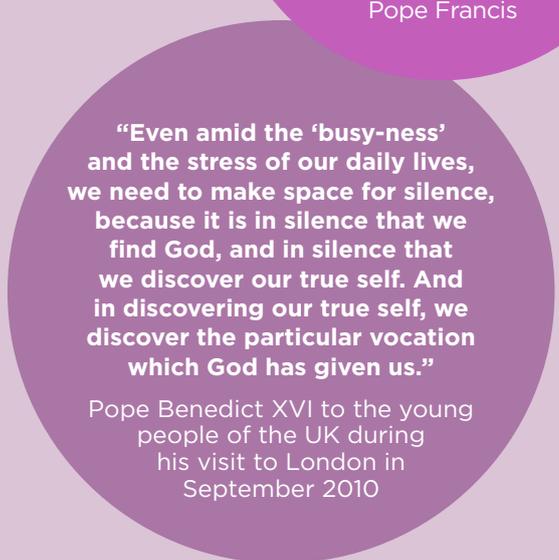
SAMPLE SOCIAL MEDIA POST

Help! I'm staying silent so young people can find their voice. Sponsor me? [Link in here]



"That people today, often overwhelmed by noise, may rediscover the value of silence and listen to the voice of God and their brothers and sisters"

Pope Francis



"Even amid the 'busy-ness' and the stress of our daily lives, we need to make space for silence, because it is in silence that we find God, and in silence that we discover our true self. And in discovering our true self, we discover the particular vocation which God has given us."

Pope Benedict XVI to the young people of the UK during his visit to London in September 2010



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