

siLENT FROM MILLION MINUTES

Let's speak up with silence!
Join us in creating a deafening silence in Lent 2018!

The most rewarding part of siLENT is knowing that I am making a positive difference to so many people that I will probably never meet... I may be making some of the poorest places in the country slightly more bearable for some of our most vulnerable young people.

Corey - siLENT participant 2017



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 young people without a voice, for whom silence isn't a choice.

HELP REACH A MILLION

A 'Million Minutes of Silence' is a really simple idea - each minute is sponsored to raise money for projects supporting young people. Throughout Lent 2018 schools, parishes, communities and individuals will help clock up a million minutes!

People can take part in different ways:

Collective silence in school/groups - e.g. a silent assembly, or an hour for the whole school

24 hours straight - Just go for it! Choose a date in Lent (14 Feb-31 Mar), and start getting sponsored.

Phone or Social Media - Give it up for Lent! Instead of spending all those hours online, spend just half an hour a day in silence (and an hour on Good Friday and Holy Saturday). It adds up to 24 hours.

YOUR SILENCE MAKES A DIFFERENCE

Million Minutes **celebrates young people** and **gives grants** to support them to change their lives and their world.

In 2017 Million Minutes supported '**Field of Dreams**' in Basildon, a holiday programme run by young volunteers from the Catholic Parish. Some of the 100 children who attended never leave Basildon during the holiday period and Field of Dreams provides them with activities and new experiences. One volunteer explained: "We know that for some of these children, coming here really is the safest place for them to be during their holiday."



And we've been helping young people like Andrew, from a Catholic parish in North London, who was just 17 when he got involved and volunteered to walk build relationships with vulnerable young people. He's literally offered hope and meaning to them. Paul, a very isolated young man on the autistic spectrum, met Andrew through his outreach work. From a quiet, shy, fearful beginning, Paul's now coming out of his shell, and getting involved in things. The change is wonderful to see.

See Andrew and Paul's story over the page.

STAY SILENT. GET SPONSORED. CHANGE LIVES.



The money you raise during Lent will help many life changing projects supported by Million Minutes. For example, Million Minutes are supporting Catholic parishes across the country to respond to the needs of young people in their communities. See Andrew and Paul's story opposite - 'On the street'.

GET STARTED with siLENT

- 1. Sign up online** and let us know how or your community you are taking part.
millionminutes.org/silent
- 2. Get your online fundraising set up.** Just follow the link at sign up: millionminutes.org/silent
- 3. You can still do it the old fashioned way.** Download the siLENT sponsor forms from the website.
- 4. Get sponsored by text.** Share details with others:
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**:
millionminutes.org/silent. Certificates are available for all participants.

SPREAD THE WORD

SAMPLE EMAIL

This Lent I will be staying silent to raise vitally needed funds for young people with youth charity Million Minutes. [Your Online Fundraising Page Link here]

For the past 6 years they have given grants to projects that 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, 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!



ON THE STREET

Million Minutes supports parishes to reach out to local young people.
Here's Andrew and Paul's story:

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

He says: "Nothing worthwhile comes easily, but helping with this project has been worth the effort, even for a short talk with a young person about their CV or a half-hour discussion with someone about their life."

Paul, a very isolated young man on the autistic spectrum, met Andrew through the outreach - and now he's supported by the project. From a quiet, fearful beginning, he's coming out of his shell, and getting involved. 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 people like you.

YOUTH PEACE

Million Minutes also supports
For Jimmy:



In 2008, Jimmy Mizen was killed in a violent attack. Every year, hundreds of teenagers are killed or injured by broken bottles, guns and knives. It doesn't have to be this way. It's time for an urban revolution. Million Minutes is working with the For Jimmy charity, supporting them to speak to young people about keeping safe, reconciliation and peace. For example, the charity is expanding the "Safe Havens" project, getting businesses and public buildings to become 'havens' for young people in danger, and building community cohesion.

SAMPLE SOCIAL MEDIA POST

Help! I'm staying silent so young people can find their voice and change lives. Sponsor me?
[Your Online Fundraising Page Link here]



 millionminutes