

RESTART CHARITY AMBASSADOR

2025

BE A FORCE FOR GOOD...

Anyone can support RESTART Lives by volunteering at the weekly Drop In, by joining in with fundraising events, or by donating.

Being a Charity Ambassador, though, is a bigger role. As an Ambassador, you will be helping the charity to become known in your community, and encouraging your friends and your network to support the charity too.

This might be through assemblies, talks, and lessons at school, or by promoting the awareness and fundraising events run by RESTART in your community, creating a plan of how to gain maximum support and then implementing that with support from charity staff.

MORE INFO:

OLIVIA@RESTARTLIVES.ORG

WHAT DOES RESTART DO?

RESTART Lives exists to support anyone who is currently homeless, at risk of becoming homeless or recovering from homelessness.

The charity does this by working both on the direct issues affecting an individual such as housing, work, or benefits, but also on the issues affecting that individual as a person such as their mental and physical health, their sense of community and their ability to build a meaningful life, beyond their basic needs, with things like hobbies and friendships.


RESTART takes on individuals for casework. There are three caseworkers who can each work one to one with individuals to understand exactly what their barriers are to living the life they want and need. Caseworkers then co-create a tailor made plan with their guests to help them overcome those self-identified barriers.

RESTART also runs group programmes which include fun things like a Film Club every fortnight, as well as group employability sessions (about finding work) and group sports sessions (about staying fit and well). There are also mental health programmes providing one to one and group therapy to help individuals create a sustainable personal base on which to make the progress they want and need to in their life.

The charity prides itself on providing something meaningful for individuals whether they are ready to make bold changes, or whether they can't right now but need a community space, food and things like coats, hats and sleeping bags. The Friday night Drop In at St Columba's church welcomes everyone from 6.30-8.30pm every week.





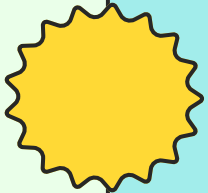
WHAT DOES IT MEAN TO BE AN AMBASSADOR?



RESTART Lives offers lots of ways for volunteers to get involved and young people can become Charity Champions by doing things like giving up some time to help out, or showing a great attitude to spreading awareness and care around homelessness.

Becoming an Ambassador goes further, though. **Ambassadors learn about what RESTART offers and then go into their communities to spread the word, trying to raise awareness for the cause, and at times trying to raise funds too, or bring**

supporters along to events. Ambassadors might, for example, do an assembly or talk at their school alongside a RESTART staff member, or do a school project or coursework on homelessness supported by RESTART. They might do their own sponsored events throughout the year, running a 5k for example, or they might bring a big group along to RESTART events, motivating others in their efforts to raise funds. They might share RESTART posts on their social media and show in various ways that RESTART is important to them and part of their life. Some of these activities will bring Ambassadors into close contact with RESTART staff who can impart knowledge, share skills and this might be something you choose to do as part of working towards a future career or university place.



EVENTS COMING UP

CHANGE IS A WALK IN THE PARK

BIG WALK FUNDRAISER

Ticket
£30

 **DATE**
June 15, 2025

 **TIME**
Start at 11am

 **LOCATION**
Hyde Park, London

#ChangelsAWalkInThePark
#AMileInTheirShoes
#StepUpToTheChallenge



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In June, we are inviting our supporters to join us for a Big Walk on Sunday June 15th in Hyde Park, to raise awareness around homelessness and funds for RESTART Lives.

In the lead up to the 15th, we are asking those who can to also give up their commute to work or school for two weeks, showing solidarity with those who are homeless and who studies show walk between 10 and 15 miles per day just to meet their basic needs.

If you want to be an Ambassador, sign up to take part and motivate as many of your friends and your network to take part too.

Encourage them to fundraise via JustGiving and be the one to remind them why they are doing this and why the cause matters.