**How to set up a Justgiving Page**

Just follow the steps below to create your page for a charity:

Go to [www.justgiving](http://www.justgiving) .com

Click on the sign up bit on top right of page

Fill in details and follow instructions.

Next steps

1. Log into your account or if already in your account, click ‘Start Fundraising'.

2. When asked 'Are you fundraising for a registered charity?', select 'Yes, continue'.

3. Search for the cause you want to support (The Kent Autistic Trust).

4. Let us know whether you're taking part in an event, celebrating an occasion, fundraising in memory or doing your own thing. (select doing your own thing)

5. If you can't see your event listed, select ‘Add your own’ at the bottom of the page and tell us a bit more about your activity.

6. Choose your web address – this is the link you’ll be sharing with friends and family when asking them to donate.

7. Tick 'Yes' if you're running a bake sale, or selling tickets to an event, raffle or auction. Donations to your Page won't be eligible for Gift Aid. Find out more here.

8. Click ‘Create your page’.

Insert a photo

Insert a story (example below);

**Jacquie Bray's 1000 Miles in 1 Year**

I am walking 1000 miles in 2018 to raise money for The Kent Autistic Trust because I want others to benefit from their support

Thanks for taking the time to visit my JustGiving page.

I am walking 1000 miles in 2018 to raise money for the invaluable Family Support Service at The Kent Autistic Trust.

My husband had a breakdown in his early forties, and needed support from mental health services for several years. Although he made a gradual recovery, there were many areas where he struggled to make progress, and he unfortunately did not become well enough to return to work. I heard a talk from one of Kent Autistic Trust's Family Support Officers which highlighted, amongst other things, the sensory sensitivities which some people with autism experienced. My husband was oversensitive to light, sound, taste, smell and touch, and we soon realised that he may be autistic. KAT told us how to request a diagnosis, and my husband was diagnosed with Asperger Syndrome in his mid-forties. At last the struggles he had experienced throughout his life began to make sense, and he realised where some of his difficulties stemmed from. KAT provided helpful information and advice; my husband was offered the opportunity to attend a social skills group, and I had the opportunity to attend support groups for those caring for an adult on the autistic spectrum, both of these groups helping to reduce feelings of isolation. The Family Support worker was also a great source of support when it came to claiming benefits, putting together an appeal and attending the tribunal. Without her support we have no idea how we would have coped with the high stress levels caused by having to pull together necessary evidence. With her support, my husband won his appeal!

I am raising money for KAT's Family Support service because I want others to be able to benefit from the type of support which has been so invaluable to us. Living with, or supporting someone with, autism, including Asperger Syndrome, has many challenges. As it is a hidden disability, many people living with autism are misunderstood and they often feel alone and isolated, struggling to fit into a world which they don't understand and which often doesn't understand them. For those who have high intelligence levels, a lot of frustration can result from not being able to use their skills to participate in work or other activities because these also require social skills which they struggle with. It is not unusual for an autistic person to end up with mental health problems on top of the difficulties they were already experiencing, making life even more challenging for them. Their families often struggle to know where to turn for support, encouragement and advice on how best to help the person they love, and how to support them to lead as good a quality of life as possible.

KENT AUTISTIC TRUST FAMILY SUPPORT SERVICE works across Kent and Medway to provide information, advice and support to parents and carers of children with Autism Spectrum Conditions, including Asperger Syndrome, and to adults with Autism Spectrum Conditions, including Asperger Syndrome, and their families.

Please support me in helping raise funds for this vital service!!

Jacquie

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

* Job done! Your Fundraising Page is now set up and ready to accept donations.