

Fundraising Guide

Tips to improve your event



Thank you for downloading our fundraising guide.

We're very grateful you've decided to raise funds for Arthritis Action and look forward to helping you make the most of your event.

There are over 10 million people living with arthritis in the UK and with your support they can live a fuller life with less pain.

If any of your questions are not answered on the following pages, please email: fundraising@arthritisaction.org.uk

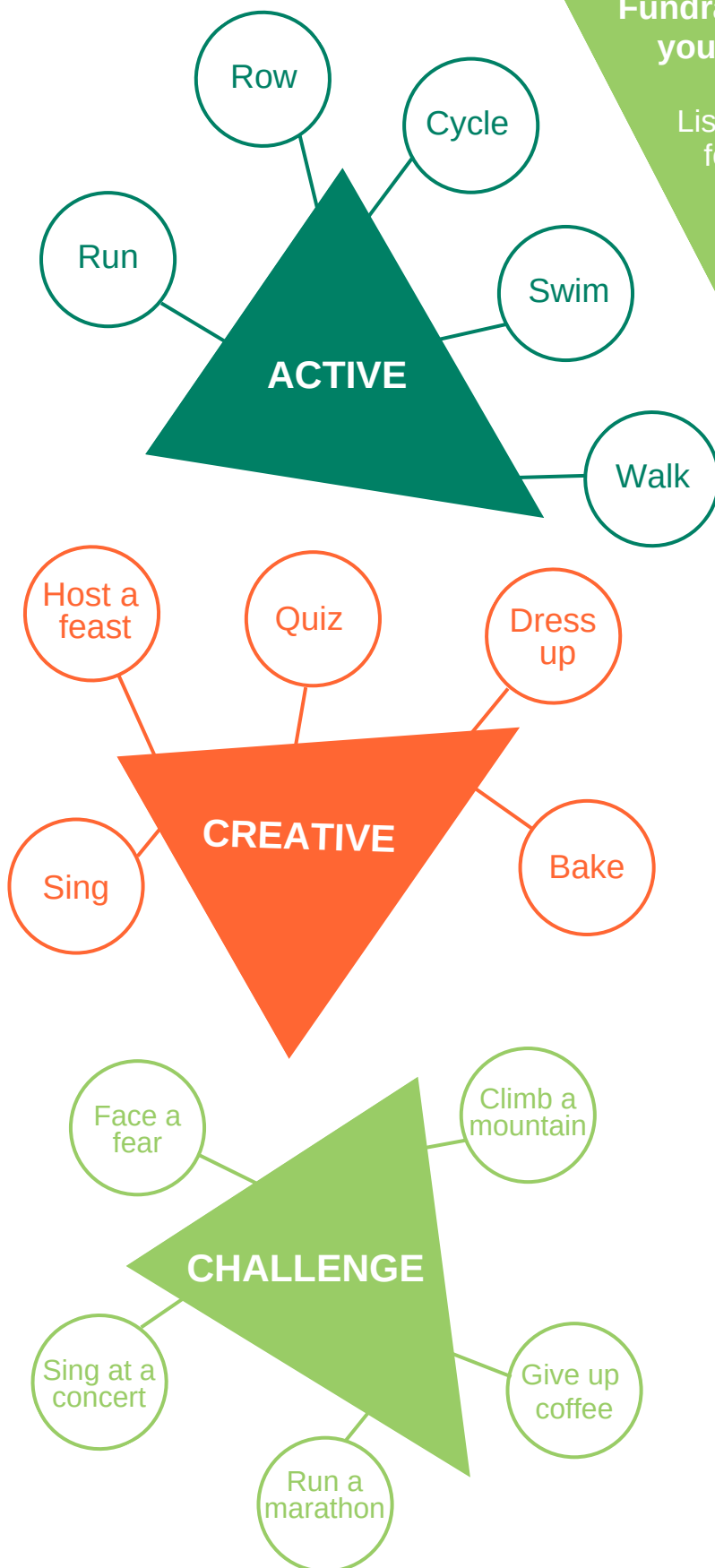


Fundraising Ideas

Pick the right challenge for you

Fundraising should be fun, so make sure you pick the right challenge for you.

Listed below are four easy steps to follow for any event you decide to organise or take part in.



1

WHAT AND WHERE

Think about what you'd like to do and where. Can it be tracked on an app like Strava?

2

WHEN

What is the best time to host your fundraiser? Events can work best over a weekend.

3

WHO

Invite everyone you know, not just friends and family. Communities are an amazing support network. Word of mouth is a powerful force.

4

HOW MUCH

Set yourself a target. It's a great motivation! Does your employer match funds raised?

Fundraising Tips

Extra things you can do

Keep it local with a press release or poster promoting your event

Tag us in your social media



Don't forget to thank everyone who helped

SOCIAL MEDIA

You can use social media to tell people what, where and when you are doing your event. Don't forget to tag us!

 @ArthritisAction
 @arthritisaaction

 @Arthritis_actn
 @ArthritisAction

CAN I USE YOUR LOGO?

Yes, get in touch and we will send you the logo. Make sure all materials state that your event is 'in aid of Arthritis Action' and include our Charity Number: Registered Charity in England and Wales No. 292569

GIFT AID

For every £1 a wonderful donor sponsors you, providing they are a UK tax-payer, HMRC will give us an extra 25p at absolutely no cost to you or your donor! Remind your donors to tick the Gift Aid box when it's available.

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Keeping Things Safe

How to collect donations

Licences needed

If your event includes:

- a bucket collection in public (gov.uk/street-collection-licence)
- selling food, alcohol or playing music
- more than 500 people at your venue (www.gov.uk/temporary-eventsnotice)

You will need a licence for each activity, otherwise you may face a fine.

Raffles

Provided you sell and draw your raffle tickets on the same day, you won't need a license.

Do speak to us first if you have any questions!

Formal bit

Arthritis Action cannot accept liability for any loss, damage or injury suffered by you or anyone else as a result of taking part in a fundraising event. As a voluntary fundraiser you will be raising money in aid of Arthritis Action not on behalf of.

OTHER WAYS TO COLLECT SPONSORSHIP

We can send you sponsorships forms to hand around. If you have been given a cheque, or would like to make a payment over the phone or via bank transfer simply email fundraising@arthritisaction.org.uk

One of the easiest ways to collect donations is through a JustGiving page.

Below are top tips for you once you've followed the instructions on JustGiving:

1

ADD PHOTOS

A profile photo can make your page easily found and recognisable. Add photos as updates in training.

2

START EARLY

Create your page early on, ideally 2-3 months before your event.

3

SET A TARGET

Setting a target will show your sponsors how their contribution helps reach your goal.

4

SHARE

Share your page on Social Media and via email or WhatsApp as soon as it's created and when you post updates.

Where Your Money Goes

The impact of your donations

1 in 5
people
experience
persistent pain

There are
over 200 types
of arthritis

Arthritis is the
largest cause
of disability
in the UK.

£30

could fund printed resources for a community presentation about self-managing arthritis.

£150

could help our Groups reach more disadvantaged individuals to learn how to live better with arthritis.

£500

could fund an online 'home-strength' exercise session which helps participants gain basic mobility.

£1,000

could fund a series of tailored diet and exercise sessions that address an individual's needs.

£10k

could help fund the development of new exercise programmes tailored to those with arthritis.

£30k

could help fund research into the unmet needs of those living with arthritis, including those from under-represented backgrounds.

What Else Can You Do

Other fundraising options

GIFTS IN WILLS

Legacies can make a big difference to those affected by arthritis. They offer the opportunity to help the next generation improve the quality of their lives.

You can find out more about legacies and the importance of having a Will by requesting our guide from here: arthritisaction.org.uk/support-us/legacies.



Not everyone wants to take part in or organise an event.

Listed below are other ways you can support those affected by arthritis:

1

DONATE

A regular or one-off donation can support others living with arthritis. Follow the link from our website.

2

CELEBRATE

Celebrate birthdays and anniversaries with alternative gifts in-lieu of presents.

3

IN-MEMORY

Commemorate a loved one with gifts supporting a cause that was important to them. An online collection is easy to organise and share.

4

SHOP

Give as You Live has over 4,000 retailers to choose from: giveasyoulive.com/join/arthritisaction

arthritisaction.org.uk/make-donation/

Fundraising Stories

What motivated others

By the
age of 70,
50% of the
population
will have arthritis

23.3m
'work days'
are lost annually
due to arthritis



There are 10m
people in UK
living with
arthritis

"I was honoured to run the Cardiff half marathon in memory of my friend Jonathan, who lived with the chronic pain of arthritis from the age of four. It was especially poignant to video call his mam Margaret as I crossed the finish line to share that moment. I'm really proud to fundraise for Arthritis Action knowing all the support they give to people like Jonathan to manage their arthritis and live as full a life as possible." **Bethan**

"Arthritis is a condition that is very close to me and my family as it was something my granddad suffered with. I watched him slowly lose his independence and his passion for golf due to the condition. It became increasingly difficult watching what arthritis did to him, seeing his mobility and dexterity with his hands really go downhill. My granddad was from Scotland and spent a lot of his life living in Edinburgh. I've always wanted to do a marathon, so having it in Edinburgh and in my granddad's memory just seemed like the best next step." **Callum**

Fundraising Resources

To download from our website

If you want an arthritis-themed event, we have resources to help you.

We also have templates and information sheets you may find useful (like traditional sponsorship forms and a thank you poster).

SPONSORSHIP FORM

Sponsorship Form

Target:

My Event:

Full name:

Home address:

Postcode:

Phone & Email:

You can boost your donation by 25p of Gift Aid for every £1 you donate. *gifted it*

If I have ticked the Gift Aid box, I want to Gift Aid my donation and any donations I make in the future or have made in the past four years to Arthritis Action. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Tip: Please write your details in your own writing and avoid ditto marks (*) to ensure we can claim Gift Aid.

Name	Home address	Postcode	Date paid	Gift Aid	Donation amount
Ms A. Example	20 Sample Lane	NO2 0CC	1/1/20	✓	£20

THANK YOU POSTER

Thank you!

By supporting

You helped raise an incredible

All the money you have helped raise will go towards helping those affected by arthritis live a fuller life. Thank you.

Registered Charity No 292569 and Company No 01914825

Arthritis ACTION

1

RUN A QUIZ

Test your knowledge about arthritis and learn a few new things (there is a sheet with the correct answers).

2

SWEEPSTAKES

Themed around the healthy Mediterranean diet - it's one for all to enjoy.

3

GUESS MY TIME

Pick an activity and get your friends and family to try and guess how long it will take you to complete. Let your creativity rule!

4

THANK YOU

It takes a lot of hard work to run a fundraiser. Thank you for choosing to support those affected by arthritis!

Thank you!

Your support is greatly appreciated



Contact Us

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