



Fundraising for Endometriosis UK

Your guide to fundraising, including:

- Fundraising tips and ideas
- Keeping it safe and legal
- Promoting your fundraiser
- Social media kit
- Collecting and paying in donations
- Event poster



Thank you for choosing to fundraise for Endometriosis UK. We greatly appreciate all the hard work that our supporters and fundraisers carry out on our behalf. **With your help, we can continue to support those affected by endometriosis through our helpline, support groups, information provision, and campaigning.**

We still have a long way to go before everyone has access to our services. Whether you are organising your own fundraising event or have registered a place in an event, it's not just a great way to support Endometriosis UK, but an opportunity to meet new people, develop your own skills and help raise awareness of this chronic and all too often debilitating condition. We have plenty of challenge events listed on our website [event page](#) but if you don't find what you're looking for you can buy your own place for any event and still fundraise for us. Whatever you decide to do, **we would love to support you.**

The information in this pack will help you get started with your fundraising and awareness raising. If you have any questions, please do not hesitate to contact the Fundraising Team at fundraising@endometriosis-uk.org

Once again, **thank you for supporting our work and mission.** We are already looking forward to hearing all about your event!

Best wishes,

The Team at Endometriosis UK

Fundraising Tips

Set up an online giving page with [Just Giving](#) where all donations go directly to the charity.

People will be much more interested in your fundraising if they know your story. Mention what you're doing and why you've chosen the particular charity. Treat your fundraising page like a blog by adding photos and progress reports whenever you can.

Promote your cause on social media. You can reach our community by tagging us and using the hashtags #GoTeamEndo and #SupportThe1in10:



@endometriosis.uk.org



@endometriosis.uk



EndometriosisUK

Start by asking close friends and family to visit your page and share amongst their networks. They are likely to be your biggest supporters

Set a target on your page and be ambitious with it! If your target is too low people are likely to sponsor you less. There are no penalties if you don't reach your target.

Add your **fundraising page link** to email signatures, blogs and notice boards both at home and at work. You could even mention it on your voicemail!

Ask your employer if they offer match giving. Lots of larger companies will match any donations you receive and pay the charity directly.

Gift Aid increases the value of charitable donations, because we can get the tax back from the Government. People who donate to your fundraising page don't need to pay any more on top of their donation, they simply just need to be a UK taxpayer and tick the Gift Aid box when they sponsor you.

Fundraising Ideas

There are plenty of ways you can raise money easily and have fun in the process! The great thing is that fundraising events do not have to be a massive affair with hundreds of people - a simple gathering of friends and neighbours can be just as effective.

Dress down day: Organise a dress down day at work and ask all your colleague who participate to donate £2 (or more). Target £50

Garage sale/eBay sale: Everyone has a few bits n bobs lying around their house that they don't use. Remember that lovely dress and matching shoes that you brought and have never worn? You'll be surprised how much your unwanted goods can raise. One person's rubbish is another's treasure. Target £50

Quiz night at your local pub: Why not ask the Quiz Master at your local pub whether some of the proceeds from their next quiz can be donated towards Endometriosis UK? Target £40

Tea Party: Everyone loves cake. Why not host a tea party and utilise your baking skills to create some tasty treats for your friends and family? Ask for a donation of around £5 for a slice of something sweet and a lovely cup of tea. Target £60

Host a Dinner evening: Invite a group of friends and family round for dinner. Ask everyone to bring a bottle of something nice and they can each make a donation of £10 for a home cooked meal. Cook a curry or a pie, something low cost, simple and delicious! You could also do your own Happy Hour and request donations for delicious cocktails!
Target £50



Keeping it safe and legal

There are some things to consider in order to plan a safe, legal and successful fundraising event.

First Aid

When considering what sorts of risk may be involved and what sorts of first aid provisions you will need, remember to consider the number of people, types of risks involved, the people (children, elderly), location and type of venue, how long the event lasts, what the weather may be, and where your local medical facilities are.

Food Hygiene

Ensure safe preparation, cooking and storage of any food you might have at your event. For a guideline, visit:
<https://www.food.gov.uk/>

Licences

Some things require a licence, including the sale of alcohol and entertainment, recorded music, doing a public money collection, putting up banners in public places, holding a raffle, lottery or auction. Make sure to contact your local authority to check which licences you will need!

Insurance

It is your responsibility to ensure that you take out adequate insurance to cover your liability, as even at the most sedate of events, accidents can happen and you might be held liable. If your event involves the public you will need to have Public Liability Insurance. Check with the venue first as they may already have insurance that covers your event.

Raffles and Prize Draws

You need to be careful not to break any laws when organising raffles and prize draws. For more information, visit:
<http://www.gamblingcommission.gov.uk/home.aspx>

Keeping it safe and legal

Publicity

When making promotional material remember to always include the Charity's name and Charity Registration number (Endometriosis UK's is 1035810), explicitly stating that your event is organised in support of the charity on all promotional materials, including posters, brochures and press releases. Be clear to state exactly how much money will go to the charity.

Use of Logo

Permission must be received in writing before any use of the Endometriosis UK logo – whether this is for fundraising purposes or otherwise. Correct use of our logo is key to upholding our reputation and you must email communications@endometriosis-uk.org to obtain written permission before using our logo for any purpose. The Endometriosis UK logo must not be altered or changed in any way, and any resizing should retain the proportions of the logo, ensuring that it does not become distorted or difficult to read. Any incorrect use of the logo could bring the organisation's work into dispute with the Fundraising and Charity regulators.

Image & Filming Policy

If you would like to seek permission for filming or taking photos at one of our events or require a photo permission form, please contact us on communications@endometriosis-uk.org. In no circumstances should children under the age of 18 be photographed at an event without prior permission from their parent or carer.



Writing a Press Release

Another great way to spread the word about your fundraising is to send a press release to your local paper. It can help you raise awareness and more sponsorship. Keep your press release fairly concise, about 200 words is plenty. Here are a few tips on what to write about:

1. What you're doing

Start with a few details about your event, when it's happening and which charity you've chosen to fundraise for. Include some details about your training or preparation.

2. Why you're doing it

Give your reasons why the charity is important to you – maybe talk about your connection with the charity or why you think their work is important.

3. How much you're hoping to raise

Make sure you include details about your fundraising target, how much sponsorship you've achieved so far and how people can sponsor you via your fundraising page.

4. Other things to include

it's a good idea to include a quote that the paper could use, and send a photo of you training or preparing for your event.

5. Sending it out

Send a copy by email or post to the editor of the paper, and send another copy to one of the news reporters. If you're feeling confident, you could even ask about writing a regular column to update people about your fundraising.



Share on Social Media

The power of social media is undeniable - it is one of the best places to share your fundraising plans, progress, story and motivations and drive more traffic to your fundraising page.

A picture is worth a thousand words

Why not share a snap of one of your tough training sessions? Show your friends, family and followers what you are doing and why it's so important to you.

Remember to tag and hashtag

Tag Endometriosis UK on your posts and stories and use the following hashtags to reach more of the community:

#GoTeamEndo **#SupportThe1in10**

We try to reshare as many Instagram stories as possible. Share, share and share again! The more you share, the more people will see your posts, learn about endometriosis and consider sponsoring your challenge.

Template social media text



I'm taking part in {event name} to raise vital funds for {tag Endometriosis UK}. There are 1.5 million with endometriosis in the UK, and too many are suffering in silence. I want to raise money to help fund Endometriosis UK's support groups, information provision and helpline. It's time to campaign for change, fairer treatment and eventually a cure for endometriosis! You can donate to my fundraiser here: {insert link to your fundraising page}

I'm organising a {describe event} for the 1 in 10 with #endometriosis. Please donate to my fundraising page to help raise vital funds for {tag Endometriosis UK}: {insert link to your fundraising page}

Cash Donations

Handling cash donations

Collect cash using our secure collection tins or collection boxes. To request a collection tin, email fundraising@endometriosis-uk.org

Always have two people around when money is handled, counted and transferred to the bank.

To collect in private properties (e.g. pubs and shops) you must get written permission from the owner.

To collect in public places or door-to-door, a special license is needed from the local authority.

Need a sponsorship form? [Click here](#).

Making your donation

You can make your donation on our website [here](#) or address a cheque to Endometriosis UK and post to:

Endometriosis UK,
10-18 Union Street
London, SE1 1SZ

For bank transfer details, please email us.



Did you know you can also collect donations via Facebook and Instagram? Find out more:

[Facebook fundraising](#)

[Instagram donation sticker](#)

Supporting Endometriosis UK means...

Supporting Katie

I think the charity is amazing, all the information it has given me to help understand my condition, the support network of speaking with others that understand what I'm going through, it's amazing.

I've cried so many tears with the pain and complications endometriosis causes me but I feel happy when I go onto your website because I know I'm not on my own. We still need to raise more awareness though and fund more research so I want to be with Endometriosis UK on this journey.

Supporting Rachel

I relied on Endometriosis UK's website and resources in the very early stages of my understanding of the disease. I know the work the charity does and how important it is, especially in terms of improving the quality of life for women and those who suffer. I know how it's been for those with endometriosis over the last two years, struggling to get the care they so desperately need. It's been tough and Endometriosis UK does so much to help that.

Make a Difference

No matter how big or small your event, you can make a difference.



£25
pays for
a helpline call

£5
pays for a
support network
volunteer training
manual

£50
pays for the
training of
a helpline
volunteer

"Many thanks for all your support during my time suffering with endometriosis it's definitely made the dark times brighter and clearer so I was happy to get involved"



For the 1 in 10 with endometriosis

in support of

ENDOMETRIOSIS^{UK}

www.endometriosis-uk.org

Endometriosis UK is a registered charity 1035810



Registered with
**FUNDRAISING
REGULATOR**