

# Let's get started!

Your guide to raising funds to help cure type 1 diabetes

#WeAreOne



# Ready, steady, go!

We're thrilled to send you your guide to fundraising – and that you've chosen to help our type 1 community in this special way.

Thanks to amazing people like you, we're working on life-changing type 1 research to make life better for every one of us and to find the cure we all want so much.

Inside, you'll discover everything you need to make your fundraising a huge success and lots of fun.

Pages 6 - 9 are packed with exciting fundraising ideas and tips – and on page 4 you can meet some inspiring people who've supported our work with everything from cupcakes to mountain boots.

**What will you do?**

**We can't wait to find out!**

**Thank you – and let's go!**

*Hayley*

**Hayley Perez**

Head of Supporter Care



When I was diagnosed with type 1 four decades ago, it seriously limited the way I could live. Now, thanks to research, I feel there's nothing in this world I can't do. **Paul, JDRF supporter**



# Your **step-by-step** guide

We've pulled together this handy checklist to help make your fundraising a breeze.

- ☒ Get my JDRF fundraising pack.
- ☐ Decide how I'd like to get involved – there are some great fundraising ideas on pages 6 and 7.
- ☐ Choose a date for my event.
- ☐ Create my online fundraising page – JustGiving and Enthuse are great places to start.
- ☐ Let people know – tell friends, family and colleagues and keep them up to date to help encourage donations.
- ☐ Host my event – check out the handy tips on pages 8 and 9.
- ☐ Send in my donations – see page 10 to find out how.
- ☐ Pat myself on the back! I've made a big difference to everyone affected by type 1.

# Meet some of our amazing fundraisers

## Giles



**Raised:** £955 for JDRF's type 1 research



**How:** climbing Mount Snowdon on his 40th birthday



**Inspiration:** his son Otto, who was diagnosed with type 1 last year, age 9



As a parent, you want to do anything and everything to keep your kids safe. It's our priority to help Otto understand how to manage this condition so he can grow and blossom. We wanted to raise funds for type 1 research to improve lives and one day eradicate the condition for good.

## Abigail



**Raised:** £255 thanks to friends, family and the staff at her school



**How:** cycled laps around her local park on four consecutive Sundays



**Inspiration:** Abigail, age 10, has type 1 and wants it to be cured



After my diagnosis, I received a cuddly Rufus bear in my JDRF KIDSAC, who makes me feel like I'm not alone with my type 1. I chose to raise as much money as possible for JDRF as it's a good cause and I'm inspired by their work to find a cure for type 1 diabetes.



### Clare



**Raised:** £20,000 over nine years for JDRF's research



**How:** her latest idea was a bucket collection at a local football match



**Inspiration:** Her son Jack, age 19, who has type 1



Supporting JDRF is my way of coping with my son's diagnosis and gives me hope that one day there will be no type 1 diabetes. My challenges include climbing Snowdon, completing the world's fastest zip line, and hosting Strictly-style events, to name but a few.

### Anya



**Raised:** £380 for JDRF's type 1 research



**How:** Anya, 11, organised a yummy bake sale at her school



**Inspiration:** her sister has type 1 and Anya wants to help



In school we had to do a project and I decided to support JDRF. They've helped my family so much through the years and I wanted to give back. I did a bake sale and raised £380! I hope other children like me consider raising money for a charity as awesome as JDRF.



# What would you like to do?

If you're looking for some fundraising inspiration, check out these top ideas. Remember, every penny counts. With all of us doing whatever we can, we'll find the answers to type 1 diabetes faster – **and have some fun!**



## GET BAKING

How about holding a bake sale, cake raffle or lunch? Cash for cake is always a winner!



## GET MOVING

Lace up your trainers for a couch-to-5k run, or set yourself a step challenge. You can do it!





## GET DRESSED UP

Fancy dress parties, non-uniform school days, and themed days at work are a fun way to raise money.



## GET CRAFTY

Knitting, felting, making cards. What crafty fun would you and your friends love to do?



## GET TOGETHER

People love a quiz or games night – and you can even do it online. Thinking caps on!



Or give us a call on **020 7713 2030**

# How to ace your event

Looking for some hot tips to make your event sizzle? Here are a few suggestions.



## Try this

- **Choose your target**

How much would you like to raise? You can always increase it later – the more the better!

- **Make a plan**

To reach your target, decide when you'll be fundraising and for how long: days, weeks, months?

Think about who could help with your fundraising – friends, family, colleagues, local schools and clubs?

- **Start a page**

The best way to collect donations is with a page on a trusted fundraising platform such as JustGiving ([justgiving.com/jdrf](https://justgiving.com/jdrf)). Add photos and tell your story to inspire more people to give.

- **Ask around**

Put on your best smile and ask local businesses if they could donate raffle prizes, advertise your event or agree to sponsor you.

## Maximise your money

- **Speak to your employer**

With matched funding, they could match every pound you raise to make your money grow. If not, suggest a dress-down day at work, or ask about advertising your event through an all-staff email or noticeboard.

- **Gift Aid it!**

Use the sponsorship form in your pack to claim Gift Aid and make every donation you receive worth 25% more. Remember to return the form to us when you've finished fundraising.

- **Double up**

Could you boost donations from your event by adding an extra angle? For instance, bake sales and raffles make a perfect match!

## Spread the news

- **Don't be shy**

Share your fundraising plans with as many people as possible and use social media to keep them in the loop about how it's going. Blogs and video diaries are also a great way to keep people interested.

- **Tell local media too**

An article in the local news can really help your event take off and reach a wider audience. We can support by providing press release templates to help you approach your local media.







# A couple of essentials

## How to pay in

First of all, big congratulations on your fundraising success! And a massive thank you for the tremendous difference you're making to all of us affected by type 1 through the research money you've raised.

### Please choose the way you'd like to pay in your donations:



#### Online

At [jdrf.org.uk/how-to-help/give/donate/](https://jdrf.org.uk/how-to-help/give/donate/) Click the '**Donate now**' button and use your debit or credit card. Remember to let us know how you raised the money.



#### By cheque

Here's how:

- Make cheques payable to JDRF.
- Please add a note saying who the cheques are from – and whether the money raised was from a particular event or sponsorship pledge.
- Send cheques to our London office using the freepost envelope provided. If you have a large number of cheques, please send them by recorded delivery.
- Remember to include the sponsor form so we can Gift Aid your supporters' donations and make them **worth 25% more!**



#### Via bank transfer

Please email us at [supportercare@jdrf.org.uk](mailto:supportercare@jdrf.org.uk) for bank details.

### Please don't send cash by post.

If sponsors give you cash, please use one of the payment methods above to pay in the money.

### We love to hear about your fundraising events!

Drop us an email at [supportercare@jdrf.org.uk](mailto:supportercare@jdrf.org.uk) and let us know what you did, and share photos, for a chance to be featured as one of our **Friday Fundraisers**.

### Keeping it safe and above board

Having fun while you fundraise is what it's all about. At the same time, it's important everyone involved stays safe and that everything is legal.

Don't let this worry you though – we're here to help and if you are in any doubt, please call us on **020 7713 2030** or visit [jdrf.org.uk/legal](https://jdrf.org.uk/legal)





# On your marks, get set...

We hope you've found plenty of inspiring ideas and that you're raring to go with your fundraising. We wish you lots of success and heaps of fun! And thank you for everything you're doing to help fund the type 1 research that's bringing us so much closer to a cure.

Any questions? Please call **020 7713 2030** or email the team at **[supportercare@jdrf.org.uk](mailto:supportercare@jdrf.org.uk)**.

**Thank you for being amazing!**



## Together we make life better

Living with type 1 diabetes isn't easy. But we are not alone. Our community helps each other through the tough times and celebrates the good.

Together, we find ways to fund research that transforms our lives and will one day deliver the longed-for cure for type 1.

**Together we are strong. Together we are one.**

Thank you for going the extra mile to help us find the answers.  
You're spectacular!

## Thank you!

### Contact us

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