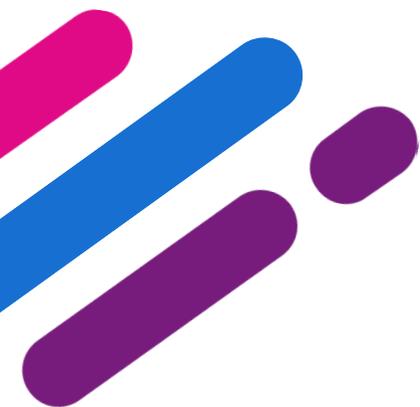


FUNDRAISING PACK



LET'S DO SOMETHING AMAZING



24-hour Stoma Helpline
0800 328 4257

Adminline
0118 939 1537

Email
Fundraising@ColostomyUK.org

TEAM
Colostomy
UK



OSTOMATES

DESERVE A

LIFE LIKE

EVERYONE

ELSE.

Donate to help us support and empower.

www.ColostomyUK.org/donate

0118 939 1537

Thank You.

We are Colostomy UK. We are a national charity that offers support and advice to people with stomas and their families, carers, and friends. We're here if anyone has questions, needs support or just wants to talk to someone who lives with a stoma.



Team Colostomy UK is for anyone that wants to make a difference to the lives of ostomates. It is for people that want to sign up as **volunteers**, people that want to **fundraise** for us and for people that just want to **help us** from time to time.

We are a self-funding charity and get no statutory aid. This means that fundraisers are very important to us. Without your efforts, we couldn't fund our services, projects and campaigns. Our fundraisers do everything from organising cake sales to running marathons.

Every penny you fundraise for us is precious. Without your help, we couldn't go on **supporting** and **empowering** ostomates, nor could we be their voice on the bigger issues.

What we do

support

We provide compassionate support tailored to the needs of the individual, every single day of the year.

Stoma Helpline

24 hours a day, 365 days a year
0800 328 4257



Our helpline is available every single day of the year, even Christmas Day. Out of normal office hours it is answered by volunteers who can give you first hand, practical advice.

Volunteers

Our UK network of volunteers help us provide support, deliver projects and change lives.



All of our volunteers are DBS checked and fully trained. They do many amazing things such as answering the helpline, attending open days, visiting patients in hospital, running support groups and more!

Closed Facebook Group

Helping thousands of ostomates with peer to peer support online.



Our closed facebook group is the place to go to share stories and ask for first hand advice. Closely monitored by ourselves this group is growing rapidly.

Tidings Magazine

Our quarterly magazine has been running for over 20 years.



Thousands of people across the UK receive our support magazine Tidings, a vital resource full of real life stories, practical advice as well as input from healthcare professionals.

Literature

From hernias to healthy eating, we have a dynamic library covering every issue.



We regularly update our library of information to make sure it is accurate and interesting. We deliver all our guides and flyers to your door completely free of charge.

Open Days

Getting out into the public and meeting ostomates face to face.



Our volunteers and staff regularly attend Open days. This is a fantastic opportunity for us to answer questions and understand the needs of ostomates.

thanks to you.

empowerment

The aim of our day-to-day work, projects and campaigns, is to empower people with stomas to reach their full potential.

Sharing Stories

We share positive stories and campaigns to inspire other ostomates and raise awareness.



Our reach is always growing. In 2018 we had an online network over 14k people and our content was seen over 2.6m times online. We also produce a quarterly support magazine Tidings, which reaches more than 60k people

Press Coverage

We engage the media and raise public awareness of ostomates and their needs.



The Guardian, Daily Mail, Wales Online, Forty20, BBC Radio Foyle, Huffington Post, Proper Sport, The Metro, Rugby League Express, Chorley Citizen, South London Press, Kirkless TV and many more.

Accessible Toilets

You can find 'stoma friendly' toilets and/or improved signage in the following locations...

Stoma Friendly
Not all disabilities are visible

#stomafriendly

Salisbury City Côte Brasserie, INTU shopping centres, Sainsburys, Waitrose, Lord's Cricket Club, Great Dawley Town Council, Tesco, Asda, Medway Park, Morrisons, & many more.

Active Ostomates

We have delivered activity sessions to around 2,500 ostomates through support groups.



We aim to reduce barriers to ostomates getting physically and mentally active. Chair Yoga, Archery, Swimming, Creative Minds Art Sessions have been run throughout the UK in the first 3 years of running the project.

Caring For A Person With A Stoma

Not all ostomates can care for themselves, and training for carers is minimal.



Our care workshops and supporting literature give professional carers and family carers practical advice and guidance, on looking after someone with a stoma.

Airport Security

We regularly attend forums and have provided training to airport staff at...



Heathrow, Stansted, Edinburgh, Birmingham, Manchester and Cardiff airports as well as working directly with the Civil Aviation Authority.

Top Fundraising Tips

1. Pick an idea

There are plenty of ways you can raise money. We have more than a few ideas in the pages that follow. The most important thing is that it should be something you enjoy! You don't need to climb everest or run 12 marathons to do your part.

Keep it simple and have fun.

2. Get some help

Try making life easier by involving your friends, family, local shops etc. Try organising your event on a day when the most amount of people can be involved and in a place that is easy to get to.

3. Be careful

Here comes the sensible bit. Make sure you have covered all bases and done a full **risk assessment** on your event.

4. Shout out

With the details sorted, shout out about your fundraiser. Be sure to post out on social media, get in touch with your local paper/ radio and give people regular updates and reminders. We'll also shout out about your fundraising on social media so be sure to get in touch.

Tag us into all your posts and send us photos too!

5. Collection

Sponsorship forms are included in this pack but you might also want to set up a Just Giving page. Just Giving allows your supporters to donate online with their Credit or Debit card and the funds come straight to Colostomy UK.

To set up a page just visit: www.justgiving.com/colostomyassociation

Supporting you

Colostomy UK are always here if you want to run ideas past us or ask for advice. We've picked up more than our share of tips and tricks on how to make your fundraising event amazing.

We have thousands of people on our network. Tell us about what you're up to and we can post it out on social media, share your story on our website, involve our volunteers, and even send invitations out in the post!

Get kitted out!

Not only can we support your fundraising event or activity through sharing what you're up to, we will also kit you out so you'll be the best dressed fundraiser around!

We have a range of hooded sweatshirts, tee shirts, singlets, and hats which means we'll have you covered whether you are hosting a tea party, climbing Ben Nevis, or enjoying a country walk.

Just get in touch on:

0118 939 1537
Fundraising@ColostomyUK.org



A-Z OF FUNDRAISING

A

Abseiling
Aerobics workout
Afternoon tea stall
Antiques Fair
Arm Wrestling
Art Fair
Athletic event

B

Badminton tournament
Baked bean bath
Balloon race
Bingo
Bowls competition
Bring and Buy sale
Beard growing

C

Cake Sale
Car wash
Car boot sale
Cheese and wine party
Clay pigeon shoot
Coffee Morning
Craft fair
Cricket match

D

Dance Marathon
Darts competition
Dinner party

E

Easter egg hunt
Egg and spoon
race

F

Fancy dress day
Fashion show
Five-a-side tournament
Fun run
Face painting

G

Gala evening
Garage sale
Games night
Go Karting
Golf Competition
Give something up

H

Hair shave
Hiking
Hurl the haggis
competition

I

Indoor rowing
International evening

J

Jogging (sponsored)
Jumble sale
Just Giving Page

K

Karaoke evening
Knitting
Keepy-uppy challenge

L

Ladie's Night
Loose change bucket



IDEAS AND EVENTS

M

Matched giving
Marathon
Manicure and
makeover
Mountain bike
race
Musical evening

P

Painting competition
Paintballing
Pancake day
Plant sale

S

Street Party
Second-hand market
Shoe shine services
Sports Day
Swear box
Swimming gala
Skydiving
Sponsored Silence

V

Volleyball
competition
Vegetarian Day
Variety show
Vegan day

N

Non-uniform day
Netball tournament
Name the Teddy
No make up month

Q

Quiz evening

T

Talent show
Ten pin bowling
Tennis tournament
Three-legged race
Tombola
Treasure hunt
Tug-of-war

W

Wheelbarrow Race
Wine Tasting
Walking
Waxing
World Record Attempt

Y

Yacht Race
Yodelling competition
Yoga Marathon
Year Long Challenge

O

Open day
Office party
Office olympics

R

Raffle
Running
Rafting

U

Underwater hunt
University challenge

X

X-box tournament

Z

Zipline challenge
Zumbathon



giftaid it ✓

Gift Aid is great it's like a big warm hug for your fundraising. Ask your sponsors who are UK taxpayers to tick the Gift Aid box on your sponsorship form if they're able to claim.

We can claim 25p on every pound donated with it.

You Donate



We Receive



'All your sponsor needs to do is tick the gift aid declaration when they complete the sponsor's form.

Their donation will qualify as long as it's not more than four times what they paid in tax in the last financial year (6 April to 5 April). The tax could have been paid on income or capital gains



Gift Aid is a simple, easy and costs you nothing extra. It means that your donation will go even further. If you have questions please get in touch on:
0118 939 1537

Risk Assessment

Doing a risk assessment will help you to protect yourself and other people who could be harmed by activities that you are planning.

Slips, trips and falls

- Loose carpets, rugs, mats or floor coverings?
- Uneven tiles, paving stones or floorboards?
- Is lighting adequate?

Fire safety

- Fire exits and escape routes well signed and accessible?
- Is fire detection and fire fighting equipment installed?

First Aid

- Are you providing first aid equipment?
- Are people with first aid training available?
- What's the procedure for dealing with accidents?

Collecting money

- Will large amounts of cash be collected?
- Who is in charge of handling cash, is there a secure place to collect, count and store it?

Manual handling

- Do you need specialist equipment?
- Do you need more people in order to share the load?
- Are walkways clear?

Food and drink

- Has food been stored properly?
- Has food been prepared in a hygienic environment?
- Does anyone have food allergies?

Children

- Do children need parental permission to attend the event?
- Have you done the necessary checks (e.g. DBS or previous job reference check)

Working at height

- Have you made arrangements for safe access to any hard to reach areas or action such as putting up decorations, changing light-bulbs?

Serious accident

- How would you manage a major incident on site?
- How would emergency services access the site?

Much of this is common sense but we are happy to talk it through with you too. Better to be safe than sorry.

get in touch

We are here to help you, so please get in touch if you require more information, have an enquiry or would like to offer your support. Here are the various ways in which you can contact us:

Write to us:

Colostomy UK
Enterprise House
95 London Street
Reading
Berkshire
RG1 4QA

Phone us on:

Tel: +44 (0)118 939 1537

24-hour Stoma helpline:

0800 328 4257

Email us:

info@colostomyuk.org

