

# FUNDRAISING PACK



# LET'S DO SOMETHING AMAZING



24-hour Stoma Helpline  
0800 328 4257

Adminline  
0118 939 1537

Email  
[getinvolved@ColostomyUK.org](mailto:getinvolved@ColostomyUK.org)

TEAM  
Colostomy  
UK



OSTOMATES  
DESERVE A  
LIFE LIKE  
EVERYONE  
ELSE.

Donate to help us support and empower.

[www.ColostomyUK.org/donate](http://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 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 professionals 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 assesment** 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](http://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  
[getinvolved@ColostomyUK.org](mailto:getinvolved@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

## N

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

## O

Open day  
Office party  
Office olympics

## P

Painting competition  
Paintballing  
Pancake day  
Plant sale

## Q

Quiz evening

## R

Raffle  
Running  
Rafting

## S

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

## T

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

## U

Underwater hunt  
University challenge

## X

X-box tournament

## W

Wheelbarrow Race  
Wine Tasting  
Walking  
Waxing  
World Record Attempt

## Z

Zipline challenge  
Zumbathon

## V

Volleyball  
competition  
Vegetarian Day  
Variety show  
Vegan day

## Y

Yacht Race  
Yodelling competition  
Yoga Marathon  
Year Long Challenge





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  
100 Berkshire Place  
Winnersh  
Wokingham  
Berkshire  
RG41 5RD

Phone us on:

Tel: +44 (0)118 939 1537

24-hour Stoma helpline:

0800 328 4257

Email us:

[hello@colostomyuk.org](mailto:hello@colostomyuk.org)

