

LUPUS UK FUNDRAISING GUIDE





***Gina Yashere, Comedienne
and Patron for the
South London Lupus Group.***

Gina is very keen to promote awareness of lupus and to support our charity in any way that she can. She recently took part in the Alpha Bikers Charity Ride from London to Brighton, the theme of which was to raise lupus awareness.

Lupus is a subject close to Gina's heart as regrettably her aunt died from the disease as she was not diagnosed until a very late stage.

Gina says "I believe it is most important to raise lupus awareness as widely as possible, not just to the general public but also within the medical profession so that lupus patients everywhere may be diagnosed and treated at the earliest opportunity".

Welcome to the LUPUS UK Fundraising Guide

In this guide is everything you need to know about how to raise invaluable funding for LUPUS UK. Whatever you want to do and whatever you manage to raise will be much appreciated by LUPUS UK as every penny helps support those affected by the illness.



What is LUPUS?

Systemic Lupus Erythematosus is a presently incurable illness of the immune system, a condition in which the body's defence mechanism begins to attack itself through an excess of antibodies in the blood stream causing inflammation and damage to the joints, muscles and other organs. Discoid Lupus Erythematosus is usually a condition of the skin alone, but in a very few patients might develop into systemic lupus.

The disease may be triggered by various means and can present itself by mimicking other diseases such as rheumatoid arthritis, multiple sclerosis, ME etc. The cause of lupus is not positively known though research has provided evidence implicating heredity, hormones and infections including viruses. Some 50,000 may have lupus in the UK and 90% of sufferers are female, mainly between the ages of 15 and 50.

With its many symptoms, lupus can often be overlooked by a GP or Consultant which may delay final diagnosis and a vital start to necessary treatment which can contain the disease and limit potential damage to the kidneys, heart, lungs or brain.

Those diagnosed usually remain in medical care and receive ongoing treatment. Many symptoms will have less impact but there may be side effects. Lupus can adversely affect the lives of sufferers and their families, and influence relationships with friends and colleagues.

About LUPUS UK

LUPUS UK is the only national registered charity supporting people with Systemic Lupus and Discoid Lupus and assisting those approaching diagnosis. We have over 7,500 members and 30 regional groups across England, Scotland, Wales and Northern Ireland.

Our priorities are:



To help the lupus patient who may feel alone and isolated



To assist those in need as they seek diagnosis



To inform the public and the medical profession about lupus



To improve national awareness about lupus and its impact



To maintain a network of Regional Groups and Contacts



To fund further research into the causes and towards a cure

An A-Z of Fundraising Ideas

K Karaoke Evening
Kisses for Sale
Knockout Competitions

L Ladies Night
Lotteries
Lunch Clubs

M Marathon
Masquerade Ball
Motor Mower Race
Music Evening

N Name a Tree
New Years' Resolution

O One Day Fast
One Price Stall
Overseas Challenge
Open Day

P Parachuting
Photo Competition
Pool Competition

Q Quasar Night
Quiz Night

R Raffle
Relay Races
Run (fun or other)

S Sponsored Anything
Shoe Shine
Skydive

T Three Peaks Challenge

U Uniform Free Day

V Valentines Ball
Volley Ball Competition

W White Water Rafting
Wine & Cheese Evening
Wine Tasting
Word Search

X Xmas Cards
Xmas Gifts

Y Yard of Ale Competition

Z Zippy – Anything energetic
you would like to do.

Fundraising Tips

Friends and Family

Think of everyone you know who can help you with your Event/Fundraiser.

Sponsorship

Ask everybody you know to sponsor your event; friends, family, neighbours, work colleagues etc.

Place of Work

Ask your company to sponsor you or match your sponsorship – lots of companies operate a Matched Giving Scheme up to a certain amount. For example If you are able to raise £1,000 they may be able to match up to a certain amount say, £250.

Please ask your colleagues to use our websearch facility ClickNow. It costs you nothing to use but LUPUS UK will receive a donation each time you use it. To install ClickNow as your search engine go to: www.lupusuk.org.uk homepage and get clicking – thank you.

Companies

Lots of companies like to sponsor an event so if you have a large company in your area and you are holding a local event ask if they would like to sponsor your event.

Raffles

Ask local shops etc if they would be prepared to donate prizes. This makes a raffle all the more cost effective if you do not have to buy the prizes.

Collections

Ask your local supermarket/superstore if you can hold a collection there possibly during Awareness Month or World Lupus Day.

Give As You Earn

Give As You Earn is taken monthly from your salary at source so you actually get the tax benefit from this way of giving. A monthly amount e.g. £5 is taken from your salary before tax and sent to the charity. Employers must belong to this scheme and will be able to explain its implications fully to you.

Gift Aid

Gift Aid is another good way of raising funds. If you are a tax payer you can sign a Gift Aid Declaration which enables us to reclaim the tax paid on your gift or donation. For every £1 you send we can reclaim 28p. You can also get your sponsors to sign for Gift Aid, again providing they are a tax payer, and we can reclaim the tax on their sponsorship.

JustGiving

JustGiving is a major online sponsorship agency. You can create your own sponsorship page on their site and get sponsors to give online. JustGiving then send us weekly payments, taking a small commission. They also reclaim the tax on our behalf. See www.justgiving.com

Paying in the money:

*Cheques should be made payable to LUPUS UK and sent to:
LUPUS UK, St James House, Eastern Road, Romford, Essex RM1 3NH,
with the relevant sponsorship forms/donation form detailing the
event/date/total raised.*

Major Annual Fundraising Events

The Flora London Marathon

Held each year in April, LUPUS UK holds 25 golden bond guaranteed places. Each year we seem to get more and more requests but unfortunately we are unable to purchase more golden bond places as they too have a waiting list for charities wishing to purchase extra bonds.

We contact all prospective runners and ask them to let us know if they want a place, we then allocate them on a first come first served basis. Anyone not allocated a place will be registered on our reserve list.

We have a stand at the London Marathon Exhibition each year which is held the week leading up to the race. At this exhibition all runners have to register and we can then offer our runners their “goodie bags” containing their running vest etc.

It also gives us a great opportunity to see our runners and offer them our support. We are also able to meet other runners, some of whom do not have a charity to run for and we can ask them to run for LUPUS UK. The Exhibition is also a marvellous way of creating awareness.

Lots of people, last year over 70,000 visitors, came through the exhibition over the four days and visited our stand.



THE THRILL OF A LIFETIME AND RAISE MONEY FOR LUPUS UK!

WANTED!

Adventurous

people throughout the UK
to do something like this.....

for FREE!



Help us raise funds by making an exhilarating 10,000 foot freefall parachute jump. No experience is required and if you raise the minimum amount of sponsorship you will get to jump for FREE!

For a free information pack call

LUPUS UK
01708 731251

Events organised by SKYLINE Professional Events Organisers

STOP PRESS – if you would like to be involved in other exciting activities, i.e. three/four peaks challenge, coast to coast cycling, mountaineering, multi activity weekends and much more, a brochure has just arrived from Outdoor Pursuits with something to suit everybody.

For details of any of these events, ring our Fundraising Manager, Janine Hirsch on:

01708 731251

Skyline Overseas Events

We use Skyline for the parachuting jumps etc and they have just launched their overseas brochure and have invited our members to have a look. If you are interested please give them a call on the number printed and ask for their brochure letting them know you wish to fundraise for LUPUS UK.

LUPUS UK

Reg. charity no. 1051610 Visit our website: www.lupusuk.org.uk

National office:

St James House, Eastern Road, Romford, Essex RM1 3NH

Tel: 01708 731251 Fax: 01708 731252

Director: Chris Maker ACIB