



Action for  
Pulmonary  
Fibrosis



IPF World

## Fundraising hints and tips

### Get together in IPF World Week for Action!

**Organise a quiz!** All you need to run a quiz is a venue, questions and a good supply of pencils and paper. You can hold one in your own home with friends, at your local pub, at your school or at your workplace.

**Party!** If you have a birthday, wedding anniversary or other celebration coming up why not ask your friends not to buy presents but to donate to Action instead? You could raise extra money by holding a raffle on the night. No licence is required if the raffle is part of another event, tickets are sold and prizes are drawn on the night and there are no cash prizes.

**Run, Cycle, Walk for Action - get active!** There are so many activities to get involved in across the UK – from 10k runs and half-marathons in your local area to well-known events like the Three Peaks Challenge, the Great North Run, the Zip-Wire Challenge at Snowdon and even parachute jumps for the really brave! But you don't have to go far too raise money – why not challenge yourself with a good old-fashioned sponsored swim at your local pool?

**Sell for Action!** Clear out those cupboards! There are lots of items lurking around your home – and the homes of friends, family and neighbours – that could be turned into a great donation for Action. Why not ask friends and family to donate items that you can sell on eBay or sell in a garage sale at your home? Why not collect together the books that are cluttering up your home and take them to a car boot sale.

**Eat for Action!** Why not hold a vintage afternoon tea in your garden - all the best hotels and restaurants are getting in on the craze for Afternoon Tea – why not join them? Get together some old-fashioned tea sets and table cloths and put on an afternoon with finger sandwiches, cakes and scones. Set out small tables in your garden and turn it into a garden party!

**Bake for Action!** Thanks to Mary Berry and the Great British Bake-Off, baking is back. Use your skills to bake scones, cakes, pies and tarts to sell – at work, at school, at any local clubs you attend.

**Come Dine With Me!** If you're a great cook then put on a memorable meal for a group of friends and charge them restaurant prices! They won't mind because it's all for a good cause.

**Smarties!** And if you just don't have the energy or time to take on a big project why not buy lots of tubes of Smarties, give them to your friends and ask them to fill the tubes with £1 coins (when they've eaten the Smarties!) and return them to you. It's amazing how putting in just £1 a week will add up.

## Get planning

Make sure you give yourself enough time to plan your event. Ask friends and family for help and advice. Think carefully about the date and location – make sure it's a day that's easy for people and a location that's convenient for people to get to.

## Set a target

Set a fundraising goal and share it with everyone. People like to see how well fundraisers are doing in raising their target amount – this will inspire people to donate!

## Spread the word

Share what you are doing everywhere you can. Put posters in shop windows, at school and at work. Use Facebook and Twitter to get the word out online and write a blog to keep people up to date with your progress.

## JustGiving.com

Set up a JustGiving.com page to raise money online. Go to [www.justgiving.com/APF](http://www.justgiving.com/APF) to get started. It's quick and simple to sign up and it's a good place for people to read your story. You can also set up Text Giving by setting up a unique text code for your event. For more information and to download your free text giving support pack, go to [www.justgiving.com/justtextgiving](http://www.justgiving.com/justtextgiving).

## Safety

Whatever event you are planning please do it safely and legally. Get permission from your local council if necessary and make sure your event is safe and well organised.

## Gift Aid

All UK taxpayers who donate can include Gift Aid. This means that 25% is added onto their donation. Please make sure that UK taxpayers tick the Gift Aid box on your sponsorship form and include their full name, address and postcode – this information is needed to claim Gift Aid.

## Share your story with us

We are so grateful that you have chosen to fundraise for us. We would love to hear from you after you have finished your event and to share your story and pictures on our website, Facebook and Twitter. Please email [alex@actionpulmonaryfibrosis.org](mailto:alex@actionpulmonaryfibrosis.org) with your story.

Thank you.

## We are here to help!

If you need any help or advice about fundraising please contact our Fundraising Co-ordinator Alex Croft by emailing [alex@actionpulmonaryfibrosis.org](mailto:alex@actionpulmonaryfibrosis.org).



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