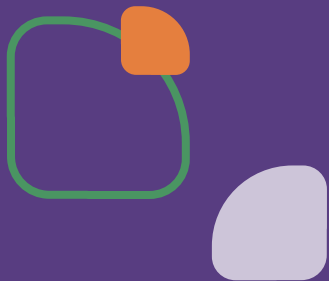


# Easy Ways to Fundraise



# Easy Ways to Fundraise

## Your guide to raising money and supporting people affected by multiple sclerosis

Fundraising for MS-UK can be as simple as having a collection pot at a party or taking on an exciting new challenge and creating incredible memories along the way. Whilst running 26 miles or jumping out of a plane isn't for everyone, this guide contains resources and inspiration for you to host your very own fundraising event and raise vital funds to support people affected by multiple sclerosis (MS).

MS-UK is an independent charity and does not

receive any government or pharmaceutical funding. Every penny raised by you, our incredible fundraisers, goes towards our services that help people living with MS to live healthier and happier lives. From accessible online exercise sessions to counselling, the MS-UK Helpline, and New Pathways magazine, MS-UK's services are here for everyone.

So, what are you waiting for? Get stuck in, join **#TeamPurple** and fundraising for MS-UK today!







## Cake time

Find the recipe for this classic Victoria Sponge cake at [ms-uk.org/bake](https://ms-uk.org/bake) to kickstart your baking fun!



# Get your bake on!

Now, who doesn't love a bit of baking? If you're back in the office, you could host a bake sale with your colleagues and make it a team event or hold a coffee morning at your house. An afternoon tea in the garden in the summer is a lovely way to gather friends and family, have a

good catch up and raise money for MS-UK! Set up a donations table with information about multiple sclerosis, with one of our collection pots or a QR code.

When it comes to deciding what to serve at your bake sale, a look on Pinterest will provide you with

lots of ideas. Cupcakes are a hassle-free item to serve and will look amazing with our toppers that you can add to your cakes.



# Cake flags

Print me!



- 1 Carefully cut out each flag
- 2 Fold the flags around a toothpick
- 3 Use a dab of glue on the inside of the flag to secure





# Feeling fancy!

Bring together friends and family for a fancy-dress party in aid of MS-UK. We love an excuse for a party, and this will guarantee fun to be had by all for a worthy cause. You

could set a theme, purple for MS-UK and **#TeamPurple**, for example, or let guests get creative with costume ideas. When it comes to fundraising at a party, set

up a donations table for people to contribute to with a QR code or collection pot, a raffle to raise money or an entry into the best costume competition.



## Party ideas!



Bring the 80s back



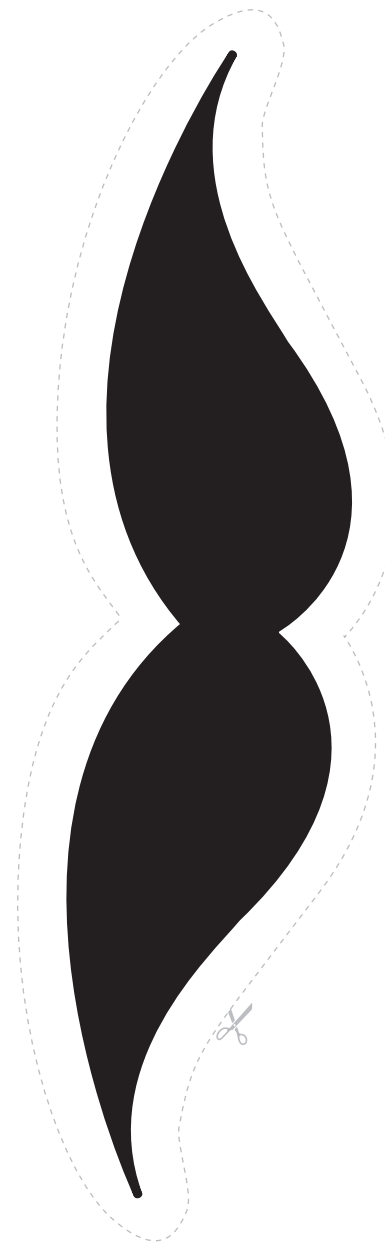
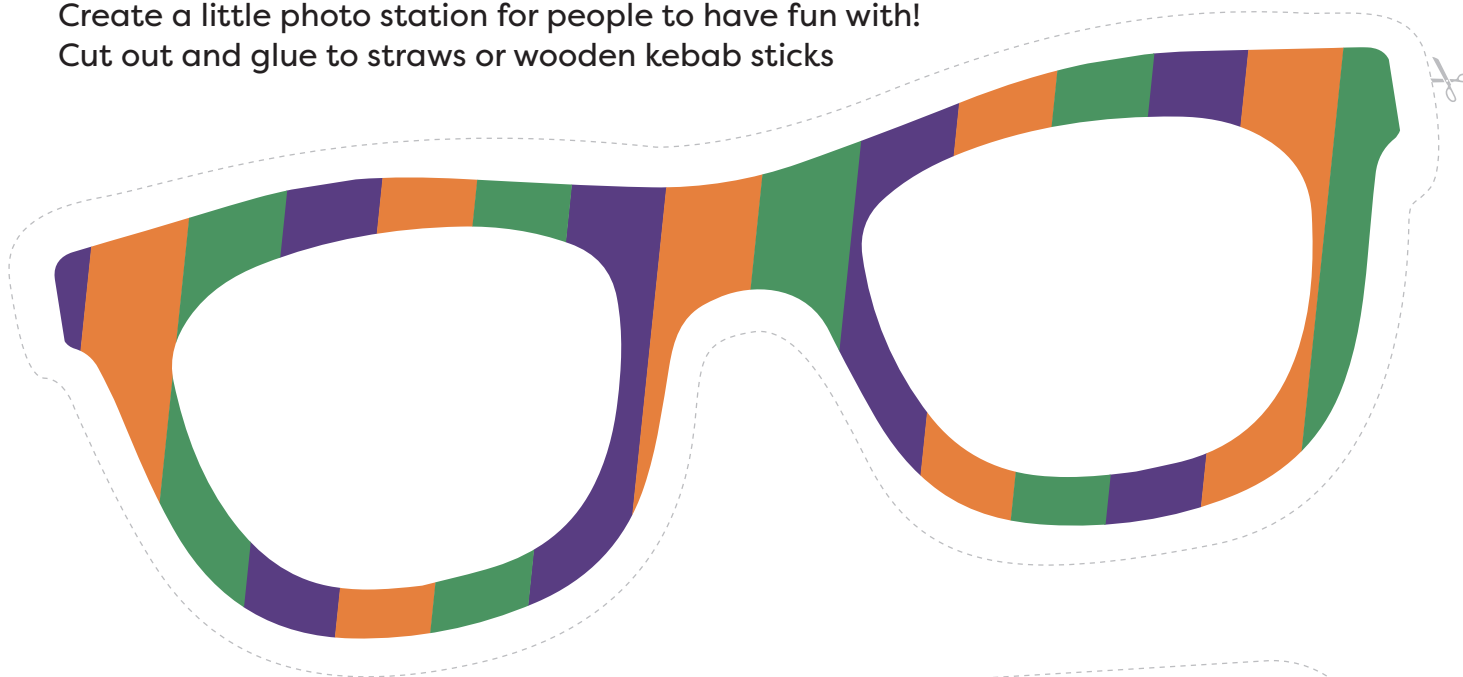
Superheroes, assemble!



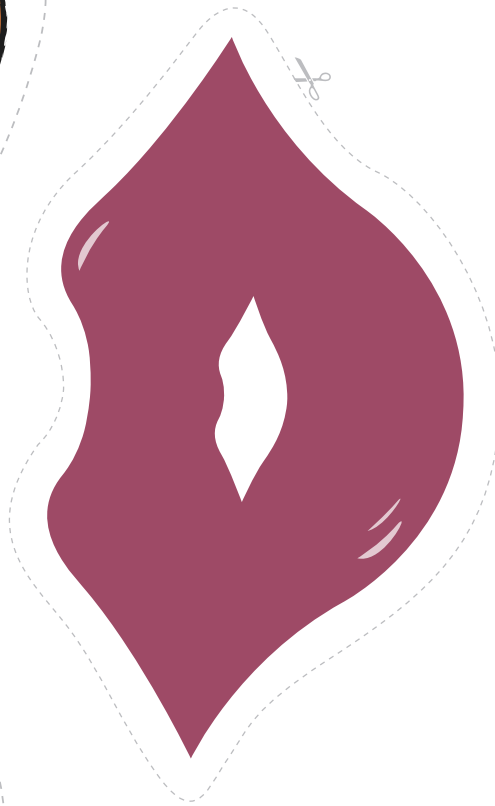
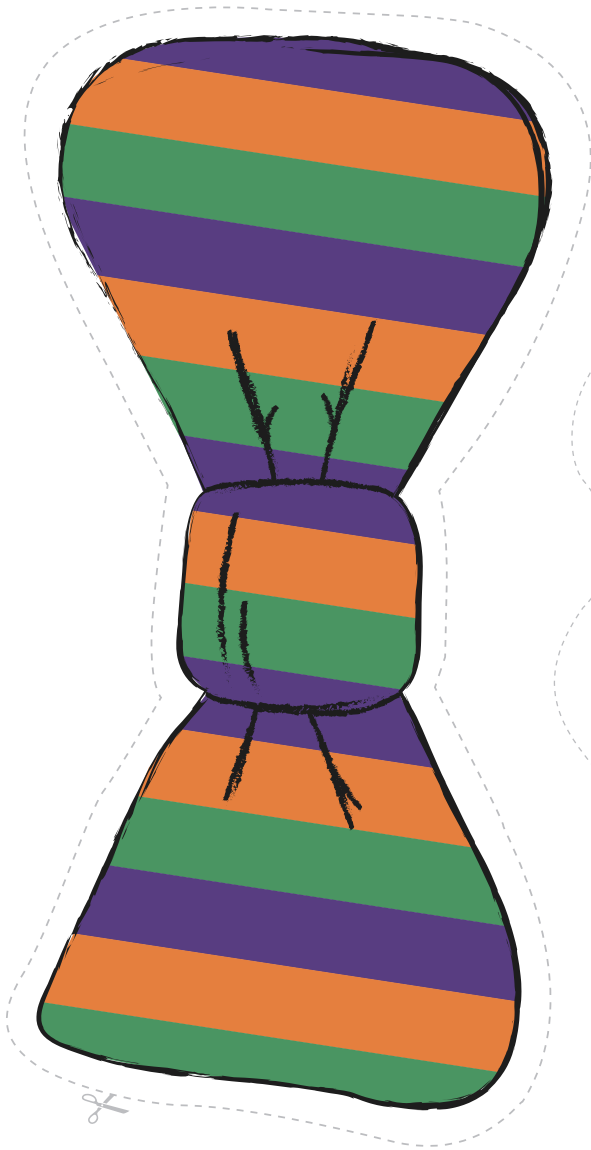
Why not set a food theme?

# Photo booth props

Create a little photo station for people to have fun with!  
Cut out and glue to straws or wooden kebab sticks



**Tip** Be sure to cut the sharp ends off if you opt for kebab sticks.



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**#TeamPurple**



# Walk the walk

Is there a trail in your local area you've always wanted to explore? Or perhaps you want to go further afield and walk, run, cycle, or wheel an iconic route? Do it for MS-UK! You could take on Mount Snowdown in Wales, the Hadrian's Wall Path in Northumberland and Cumbria, the South Down's Way taking you from Hampshire to East Sussex, or something that suits you personally.

No matter the journey, MS-UK is here to support you every step of the way. You can link up Strava and JustGiving so that your donors can track you as you move through your route.

Whether you go it solo or you have partnered up with someone, this is guaranteed to be a trip that you'll remember.



**TIP** Make sure that you have a planned route, suitable weather conditions on the day and have the appropriate clothing and footwear for your adventure. Planning is key!





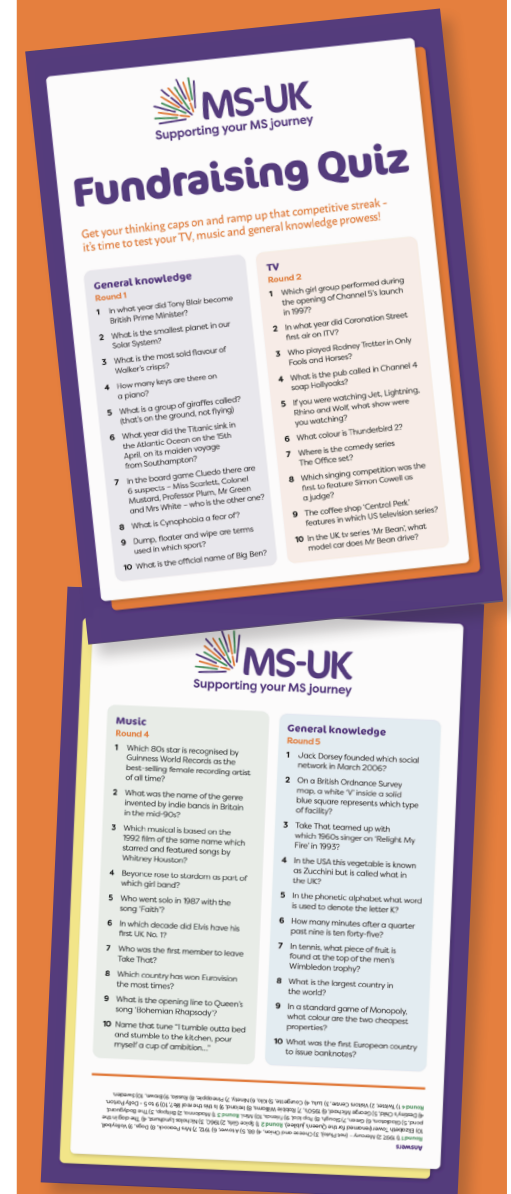
# Quiz time

If you're a huge fan of a quiz, get everyone together and host an in-person event or hold it via Zoom to get friends and family involved, wherever they

may be. Bring the community together in aid of MS-UK by speaking to your local pub and asking if they'd support MS-UK with their next pub quiz too.

You could make your own quiz or click here to download a set of quiz questions that we have already prepared. Don't forget a prize for the winning team!

Download the quiz sheet!





# Join the club

Your monthly donation ensures the future of MS-UK's services

Fundraising for MS-UK doesn't get easier than becoming part of the MS-UK Supporters' Club. All you have to do is set up a monthly donation and that's it. The money directly funds MS-UK's services, including MS-UK Online and the array of sessions it offers, the MS-UK counselling service, which is the only specialist MS counselling service in the UK, the MS-UK Helpline and New Pathways magazine.

Every penny that you donate makes a huge difference, and everyone at MS-UK thanks you



for your support. Your donations help people like Michelle, who benefitted from MS-UK counselling. This is her story.



"I sought counselling with MS-UK was because I was suffering from anxiety and depression. I had lost my zest for life. I was feeling sad, crying all the time and not looking after myself", she says.

"I wanted to use a service that was completely independent and I found out that MS-UK offered telephone counselling, which I signed up to. I found the counselling sessions offered such a safe space where I was able to talk about how my anxiety and depression impacted my life."

Michelle says, "I stopped

isolating myself and started to go out of the house and became more active, even if it was just for a short walk to the park to get fresh air and connect with nature. I would say to someone with MS and who is struggling to cope to please access the MS-UK counselling service. There is no need to suffer in silence and feel alone. There is a saying 'a problem aired is a problem shared'. Just pick up the phone and get the help you need."

**[www.ms-uk.org/msuk-supporters-club](http://www.ms-uk.org/msuk-supporters-club)**



# Fundraise from your sofa!

We love an effortless way to make a difference, and choosing MS-UK as your charity on Amazon Smile or Give As You Live are the easiest ways to raise money. On eligible purchases, a percentage is donated to MS-UK at no extra cost to you – it couldn't be simpler.

You can also take part in make a smile lottery, and not only will you be fundraising for MS-UK, but you can also be in with the chance of winning a selection of prizes. You can choose from a one-off play or set up to play in the weekly draws.



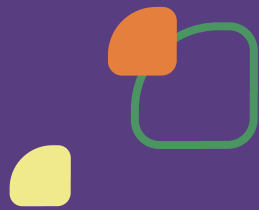
**smile.amazon**.co.uk

- Visit [smile.amazon.com](https://smile.amazon.co.uk) and sign into your amazon account
- Select your charity
- Start shopping and raising money!



**Give as you Live®**

- Create an account at [giveasyoulive.com](https://giveasyoulive.com)
- Choose MS-UK as your charity to support
- Shop with your favourite retailers and fundraise!



# Your next steps

The MS-UK Fundraising team is here to help you every step of the way with any of your fundraising events and ideas. You can contact them on [fundraising@ms-uk.org](mailto:fundraising@ms-uk.org) or call 01206 226500 to have a chat with the team.

If you're encouraging sponsorship to fundraise, be sure to download this form, where people can pledge their amounts, or set up a JustGiving page. On our website, you'll find a selection of resources that you can print out, including a poster template, press release template and the A-Z of Fundraising for even more ideas.

