

# PUTTING THE *FUN* INTO *FUNDRAISING*



**Bladder Health UK**



Bladder Health UK  
Kings Court  
17 School Road  
Hall Green  
Birmingham B28 8JG

Registered Charity: 1149973

# Your Support Means So Much!

Bladder Health UK is a national, patient-based charity dedicated to supporting sufferers of chronic bladder illness via our advice line and extensive resource base.

An estimated three to four million people in the UK suffer from chronic bladder illness. Most of them suffer in silence and embarrassment. Every year we help thousands of people to get the information they need to understand their illness and provide them and their families with emotional support while they adapt to living positively with bladder illness. In addition we aim to educate and fund research e.g. we recently funded a research project into Interstitial Cystitis at Newcastle University thus providing tangible support to a project that aims to find a cure for this presently incurable condition!

## Jenny's Story

**We regularly receive e-mails and calls from members telling us just how important Bladder Health UK's work is and thanking us for all we have done for them but without your support, none of this would be possible. Your generosity brings hope to those who are in despair, people like Jenny.**

Jenny was 28 when she first developed a painful bladder.

Antibiotics prescribed by her GP were ineffective in resolving the problem and Jenny was passed to a health care professional who dismissed her problems as being psychological. In terrible pain, virtually housebound and feeling isolated and alone she became suicidal. Then, following an article featuring Bladder Health UK in a magazine, Jenny made contact with us.

We put her in touch with a local group of our members who were able to offer Jenny support on her journey to obtain a diagnosis. We gave Jenny information on chronic bladder illness and were able to offer support to Jenny's husband via our advice line.

Jenny was subsequently diagnosed with interstitial cystitis and we were then able to offer her our Interstitial Cystitis Handbook and dietary advice in the form of our Diet Booklet. She was put on regular medication which made a significant improvement to her condition and we were able to reassure Jenny that although, the condition would probably be lifelong, we would always be here to support and advise her.

# What Difference Will My Donation Make?

As a small charity we rely on donations and by keeping our costs and overheads low, Bladder Health UK makes every fundraising penny count!

£10

Enables us to staff our Advice Line for one hour. During that time we can take up to six calls from people who would otherwise have nowhere else to turn.



£50

Funds a volunteer to speak to a community group raising awareness of chronic bladder illness.



£100

Pays for 100 copies of one of our handbooks to be reprinted bringing information and hope to 100 people who may be isolated and in pain.



£2000

Will sponsor one of our annual conferences where sufferers can come to listen to presentations by urologists and other health care professionals giving them valuable insight into their condition.



Every donation, no matter how large or small, helps towards the running of the charity, collating research and providing support and information to our members. We simply could not do it without you!

# Get Involved!

If you would like to run a marathon for Bladder Health UK, please get in touch with Susannah Fraser in the office ([susannah@bladderhealthuk.org](mailto:susannah@bladderhealthuk.org)/0121-702-0820). We can then ensure you have the necessary paperwork sent out to you and we will also send you a Bladder Health UK t-shirt which you can wear for training and on the big day!

You don't have to run a marathon to raise money for Bladder Health UK. Here are a few more ideas for those who would prefer something a little less energetic!

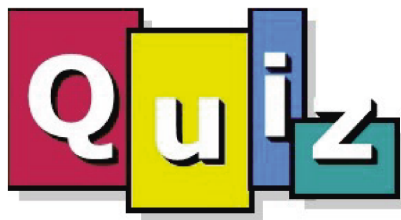
## Cupcake Challenge



Everyone loves homemade cakes! Why not bake some cakes, invite some friends round for coffee and ask them for a donation to Bladder Health UK. Alternatively you could organise a cake sale at work and donate the proceeds.

## Quiz Night

Put your thinking cap on and host a Quiz Night! You could invite your friends and play quiz master at your home or hire a venue and make a charge for admission, snacks and drinks. You could even hold a raffle on the night to raise some extra funds!



## Sponsored Silence

Can you keep your lips sealed for a day? Take part in a sponsored silence and get your friends, family and workmates to sponsor you!



## Give In Celebration

Have you considered asking your friends and family for a donation instead of a gift for your birthday or for Christmas?



## Dress Down Day

You could ask your work colleagues to ditch their suits and jackets and come in jeans and t-shirts in exchange for a donation to Bladder Health UK.

## Car Washing

Get your waterproofs on, recruit some willing friends and get car washing in your local community! Charge £5.00 for a wash and donate the proceeds to the Bladder Health UK.



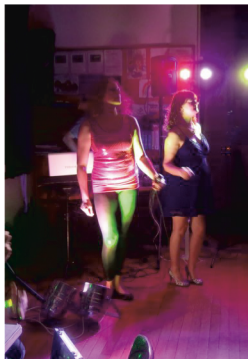
## Match Funding

We have collection tins available on request. Put them in your reception and canteen at work and let your colleagues know that they are there!

Some organisations offer matched funding to employees which means that they match the amount of money you raise. Potentially, this means that you could double your fundraising total. You could also ask if the organisation you work for would be willing to make us charity of the year!

# Thanks To You!

Meet some of the lovely people who have raised funds for us over the past year!



Jenny Barlow organised an evening of music and entertainment! Jenny has a passion for singing as do her friends! At the end of the evening a fabulous £350.00 was raised !

The money Jenny raised was put towards the printing of our membership magazine ensuring that members were up-to-date with the latest information on their condition.

Lorna Rickerby held a coffee morning in support of Bladder Health UK and managed to raise a fantastic £325.72! We provided Lorna with cake sale posters and also with leaflets to raise awareness of chronic bladder illness among those who came along.



The money Lorna raised supported our Advice Line for a two weeks enabling us to reach out to over 250 sufferers with information and support.



Zara Bough raised funds by undertaking a skydive. Despite being very severely affected by Interstitial Cystitis, Zara completed the jump on the day and raised £287.00! The money she raised supported our on-line forums a safe place for sufferers to share information and gain support from one another!

# Legal Information



Now that you have decided to fundraise for Bladder Health UK, here are a few tips to make sure that your fundraising event is safe and legal.

By law you will be a trustee of the funds you raise and you must ensure that all donations and sponsorship money from your event is paid to us.

Please understand that if you do something that threatens or damages the name or reputation of Bladder Health UK, we may have to ask you to stop fundraising.

## Health & Safety

It is important to ensure that you have adequate first aid cover for your event.

You can get advice on first aid from St John Ambulance

**St John Ambulance**  
**27 St John's Lane**  
**London EC1 4BU**

**Tel: 0870 010 4950**

You should conduct your own risk assessment to identify any possible risks at your event.

You should assess any hazards as either high or low risk and have an idea of how serious the harm to you and others involved in the event could be.

## Running A Raffle

Information on legislation regarding the running of a raffle can be found at [gamblingcommission.gov.uk](http://gamblingcommission.gov.uk)

If your raffle lasts longer than 24 hours, you will need a lottery licence and specially printed tickets which must contain certain details. You should be able to purchase a lottery license from your local authority.

If you would like some help with arranging printing of tickets and obtaining the license, please contact Susannah Fraser ([susannah@bladderhealthuk.org](mailto:susannah@bladderhealthuk.org)) and she will be happy to help you get things organised.

# Sponsorship Money

Sponsorship is a great way to raise funds and awareness of chronic bladder illness!

You can involve your friends, family and work colleagues in what you are doing both on and off-line.

Let everyone know what you are doing and why. If you would like some leaflets and information on the work of Bladder Health UK, please contact Susannah Fraser (susannah@bladderhealthuk.org)

If you are a sufferer of chronic bladder illness, please consider sharing your story. People are often very supportive and generous once they know how your condition has affected you!

Don't forget to let us know about your event so that we can ensure it is publicised on our social media pages, website and membership magazine!

You could also let your local press know about your event by sending a simple account to them and don't forget to include your donation details! If you would like any help with this, please let us know!

## Sending Your Sponsorship Money



You can donate

1. via an on-line fundraising page
2. by text
3. by cheque or postal order

It's quick and easy to set up an on-line personal fundraising page! Once you have done so, don't forget to share the link on your social media pages so that all your friends, family and colleagues can see what you are up to!

You can set up a fundraising page on Virgin Money Giving and the link to our page is <https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1014538>

Alternatively, you can send a **cheque** or **postal order**, made payable to the Bladder Health UK, to us at our offices in Birmingham .

If any of your sponsors are UK taxpayers, they can Gift Aid their donation. This enables us to claim an extra 25p for every £1.00 they donate!

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