

**Run / Walk / Knit /
Swim / Bake / Cycle /
Skydive / Sing / Paint
/ Quiz / Swap / Play /
Wear / Read / Race /
Shave / Dance / Craft
/ Chat / Dine / Make
/ Climb / Celebrate**

Your guide to fundraising

Welcome to team Arthritis UK

Thank you for fundraising to help adults, young people and children living with arthritis.

In this handy guide you'll find ideas, tips and useful information, and a little about why your support means so much to people with arthritis.

Need more help?

Whether you'd like fundraising materials, want some more help with deciding how to fundraise, or need further support, we're here for you. Just email fundraising@arthritis-uk.org or call 0300 790 0405.



However you choose to fundraise,
we're with you all the way.

Here for the future. Here for you.

If you're reading this, you probably already know the huge impact arthritis can have on life, and how much more is needed to be done to raise awareness and improve treatments and access to care for people living with arthritis.

As the largest dedicated funder of arthritis research in the UK, we invest in research that has the power to change lives, to provide new treatments, and to bring real hope for a brighter tomorrow.

We also help support people feeling isolated and in pain, through a range of services including our free Helpline, health information booklets and physical activity sessions.

But we can't do any of it without you.

Only with the incredible support of people like you, who give their valuable time, energy and commitment, can we campaign, care and research our way towards a future free from arthritis.

That's why we want to make sure you have everything you need to enjoy your fundraising and make it a success.



- Arthritis UK is the **largest dedicated funder** of arthritis research in the world, investing more than £367 million over the past 20 years.

Your fundraising helps...



Tackle isolation

£18 could help us answer a call to our Helpline, so £180 could help 10 people access free one-to-one support and information when in pain.



Stop pain

£27 could help fund use of specialist equipment for an hour, so £540 could help pay for 20 hours' use for researchers to study the root cause of arthritis pain.



Bring freedom

£50 could help someone with arthritis join a course to learn how to manage their condition, so £250 could help five people to do more of what they love.



Improve understanding

£100 helps provide a lab with necessary supplies needed to study the causes of arthritis and develop better treatments.



Build confidence

£285 could pay towards a young person attending a weekend residential – learning life skills and meeting other young people living with arthritis. So £2,280 could help eight young people gain confidence for life.

We rely on public donations to fund our work, so we're very grateful for any amount you raise, from £1 to £10,000. It all helps make a difference!

- **1 in 6 people** live with arthritis
- **Almost 1 in 2 people** will develop osteoarthritis by the age of 70



Gareth's story

Gareth was diagnosed with osteoarthritis in his foot and knee after a car accident.

He was able to take part in a free Arthritis UK Living Well with Pain course being delivered in Northern Ireland.

“The biggest thing I got from the course was the importance of physical activity and exercise. Now I’m trained to do alternative exercises that are ideal for people with long-term conditions.”


The course taught him the value of “pacing, planning and setting yourself realistic goals”.

“

I was very lucky to get on that soon after my diagnosis. It was fantastic getting that peer support, hence why I do so much for Arthritis UK now.

“There’s a sense of community when you do these things. That’s kind of why I do it – to put that message across. You’ll get loads from it, not only physically but also mentally.”

Thanks to people like you, we can continue to offer help and support to people like Gareth across the UK.



What kind of fundraiser are you?



Being a fundraiser doesn't mean you have to run a marathon (though if you fancy it, we'd love to have you on the team).

There are so many different ways you can raise money and help raise awareness of arthritis, from a sponsored swim or knitathon to a coffee morning or walk with friends and family. The most important thing is to have fun!

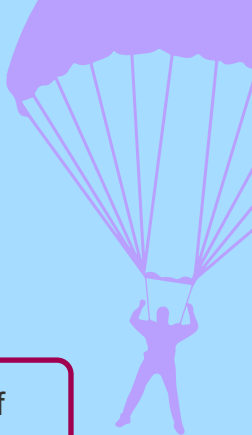
You may have an idea in mind, but if not, here are some ideas to get you started...

Daredevil

Skydive

Take the ultimate exhilarating challenge for charity.

The Edwards family recently took the leap in memory of a loved one and raised a whopping £1,000!



Shave to raise

Are you brave enough to shave off or cut your hair for a good cause?

Extreme endurance

Put your strength and stamina to the test in a hardcore obstacle course like the infamous Tough Mudder.

Fancy dress

What's daring about that you ask? Try wearing it for a week... at work...on the bus...at the supermarket... Your friends will be happy to donate to make you take it off!



Social butterfly



Coffee morning

Keep it simple and ask for a donation at the door, then enjoy a chat over coffee and cake with friends and neighbours.

Pub quiz

*How many people have arthritis in the UK?*¹ Put their knowledge to the test by hosting a quiz or bingo night in your local pub or community hall.

Celebrate and donate

Make your special day extra special by asking for donations instead of gifts — be it a big birthday, wedding, or just an excuse for a party!

Pearl raised £490 for her 80th birthday!

Classroom cash

Help raise awareness of arthritis at school and have a bit of fun by hosting a sponsored event like a readathon, bake sale or 'wear what you like' day.



Creative



Bake off

Calling all budding Nadiya Hussains and Paul Hollywoods... Why not host a bake off with friends or colleagues, or have some friendly family competition!

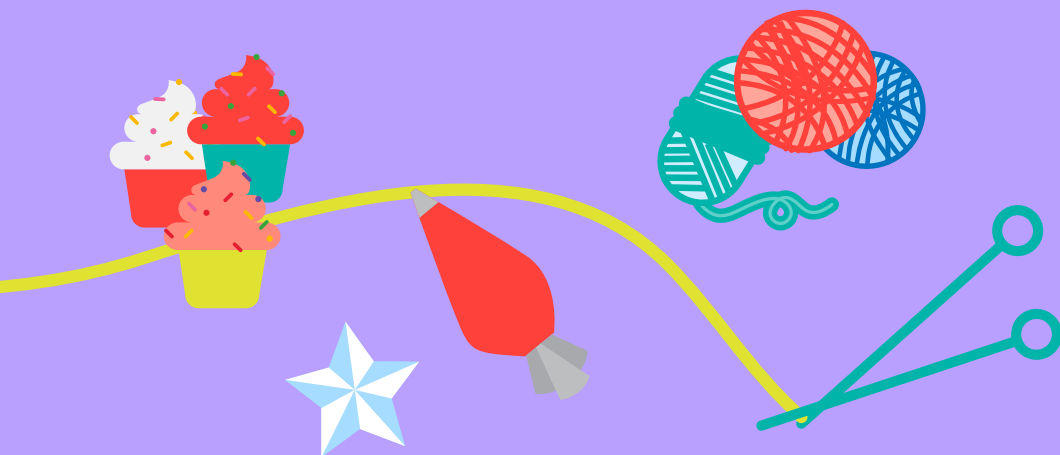
Get crafty

If you have a hobby or want to learn a new skill like knitting or jewellery making, you could give away your creations for a suggested donation from friends.

Barbara knitted every day in March and raised £220 by making small items for family and friends.

Seasonal gifts

Let a special time of year inspire you by making gifts or craft to give in return for donations, like Eid hampers, Diwali necklaces, Rosh Hashanah greeting cards, Christmas baubles... Or provide the materials and invite friends round to get crafty together!



Sporty

Find out more about our events
at: arthritis-uk.org/events



Trek, walk or run

Whether it's a walk with friends or an ultramarathon, we'd love you to tie up your laces for Arthritis UK.

Swim

Make every stroke count by organising a swimathon in your local pool, or just set yourself a distance and ask friends/colleagues/family to sponsor you.

Father and son duo, Steve and Scott, ran the Bristol 10k to show support for their family members living with arthritis, and raised £965.

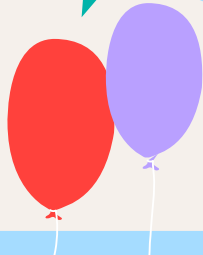
Tee time

Golf fanatic? Why not nominate Arthritis UK as your club charity of the year, or organise a golf day!



Decorate your event!

We have everything from balloons to banners, t-shirts to collection tins to make sure that your fundraising event looks the part. Just email us fundraising@arthritis-uk.org or call **0300 790 0405** and let us know what you need.

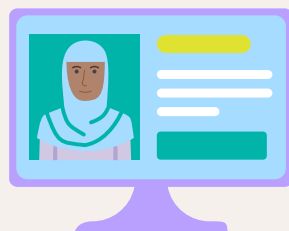


Kick-start your fundraising

Your fellow fundraisers have put together their top tips to help get you off to a flying start.

Set up your fundraising page

1. Create your fundraising page at:
justgiving.com/arthritis-uk
2. Personalise your page, add a photo and your reason for fundraising – it's as simple as that!
3. Shout about it! Share your page on social media and with your nearest and dearest. Let people know what their donations will mean to you and for people living with arthritis.



Not online? If you'd rather fundraise in a different way, that's no problem at all. Just email **fundraising@arthritis-uk.org** or call **0300 7900 405** and we can send you a sponsorship form and donation box.

Gift Aid

Did you know you could get an extra 25p for every £1 donated?*

Top tip

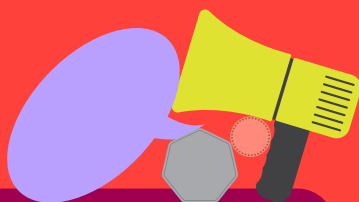
Use sponsorship forms or Gift Aid envelopes to boost your fundraising.



To find out more go to:
arthritis-uk.org/giftaid

*Applies to UK taxpayers

Checklist



Here's a handy checklist to help make sure your activity is a success:

- ☒ Read the fundraising guide
- ☐ Choose your fundraising activity
- ☐ Set up your fundraising page
- ☐ Set yourself a fundraising target
- ☐ Organise a time and location if needed
- ☐ Share your goal with family, friends, neighbours and colleagues!
- ☐ Ask for any materials or decorations you need
- ☐ Have fun raising money!
- ☐ Remember to thank your supporters
- ☐ Let us know how it went and bask in the glory of being a fundraising superstar!



**Need any more help?
Just ask!**



fundraising@arthritis-uk.org



0300 790 0405



Sfiyah's story

Sfiyah, who has juvenile idiopathic arthritis (JIA), is a keen fundraiser and took part in a 2km run to raise awareness of JIA.

"I wanted to do something for charities that help people with JIA, because they've helped me a lot" says Sfiyah.

She hopes the £400 she raised can help fund research to eventually find a cure for JIA.

"She's taken it upon herself to spread the word and highlight that this is what can happen and that we need more funding" says mum Parvina.

"People had donations at the finish line," says Parvina, "and everyone roared and cheered."

Sfiyah and Parvina are keen to show that arthritis can affect anyone at any age.



It was amazing to raise that much money, awareness of JIA, and help by donating and understanding.

£285 could help pay for a young person like Sfiyah to attend a residential and meet other people her age living with arthritis.

**Young
People &
Families**

Other ways to get involved

If you decide that planning a fundraiser isn't the right fit for you, there are still plenty of ways you can support Arthritis UK.



Play our lottery



Campaign with us



Leave a gift in your Will



Volunteer with us



Sign up to Inspire magazine



Join our Involvement Network



Visit our online shop



Sign up to our newsletter



Make a donation

Find out more at:
[arthritis-uk.org](https://www.arthritis-uk.org)

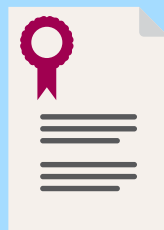
- Every year, our **free Helpline** helps thousands of people with arthritis
- Our **online community** has over 30,000 members
- We also have a network of 14,000 **healthcare professionals**

The important stuff

Legal bits

Just to make sure you're keeping it safe and compliant there are a few things you might need to check ahead of your fundraiser.

Check out our important guidance online, or reach out to the team on [**fundraising@arthritis-uk.org**](mailto:fundraising@arthritis-uk.org) for support and advice.



If you've hired a venue, are holding a raffle, or are serving food and drinks, make sure you've checked all the legal requirements on our website: [**arthritis-uk.org/legal-safe-fundraising**](https://arthritis-uk.org/legal-safe-fundraising)

After your fundraising

Once you've finished your fundraising, please let us know how it went! We love seeing photos and want to say a huge well done for all your hard work.

If you have questions about paying in donations, then just contact the team. We'll be more than happy to give you our bank account details and help you with next steps.



All that remains for us to say is...

**A huge
thank you and
good luck!**

For more information
please visit our website

arthritis-uk.org

Search 'Arthritis UK'



Arthritis UK
Floor 3
120 Aldersgate Street
London
EC1A 4JQ



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