

Fund raising

YOUR GUIDE

TO A GREAT EVENT

Thank you

FOR SUPPORTING

AGE UK SHEFFIELD

With over 16,000 lonely and isolated older people across our city the need for our services has never been greater. Your help means the world to us, and means that we can keep working towards a city where no one has to face later life alone.

Did you know?

- **1.2 million** older people are persistently lonely
- **808,000** people are estimated to be living with Dementia in the UK
- **2/3** of people over 80 have a disability
- **1,183,900** older people don't receive the help they need with essential daily living activities
- **1.4 million** older people in the UK are unpaid carers
- **14%** of pensioners live in poverty
- **1.3 million** older people in the UK are malnourished



How your money helps

Thanks to people like you, Age UK Sheffield is able to provide support that make a lasting difference. Val is 70 and has Epilepsy and Brittle Bone Disease as well as learning disabilities. We have been there for Val through thick and thin over the last ten years, and because of us she has been able to carry on living independently in the home she grew up in



£13

Answer a call to our information and advice line from a vulnerable older person who needs our help

£45

Fund a full day of respite, support and engaging activities at our Wellbeing Centre for older people living with memory loss

£280

Provide 3 months of support in the community to help an older person live happily & independently in their own home

Why volunteer?



Volunteering at Age UK Sheffield has helped me feel like I belong in Sheffield. When I moved here 2 years ago I didn't know many people, and because I wasn't working it was difficult to meet new people or make friends. Since I started volunteering, I've met some amazing people from all walks of life and built on so many different skills. Volunteering gave me purpose, satisfaction and something to look forward to in a very difficult time in my life. It's absolutely amazing!

EMPLOYMENT, HEALTH & HAPPINESS!

71% of people who volunteer their professional skills say volunteering helps combat depression

63% of 25-34 year olds and 62% of over 65's say volunteering reduces stress

43% of employers think that employees who undertake voluntary work and learn new skills have a better chance of promotion and earning a higher salary

47% of all volunteers say volunteering has improved their physical health

Fundraise at school

There are lots of ways your school can help raise money for Age UK Sheffield. Here are a few fundraising ideas to get you started.

FANCY DRESS

Ask your teacher if you can have a Fancy Dress Day with £1 donations to join in

GET ACTIVE!

Get sponsored to do something challenging like walking 5 miles, swimming 100 metres, or having a dance-a-thon

TALENT SHOW

Host a talent contest to showcase your singing, dancing or magic tricks, and sell tickets to family and friends to watch

BAKE SALE

Make delicious buns and cakes and have a bake sale at break time to sell them

MAKE A SNAKE

Ask your school to collect 2p coins, and lay them all out in a long wiggly line. If you make a snake that's 30 metres long, that's £25!



Fundraise at work



OFFICE BAKE OFF

Get together with your workmates to host a baking competition. Put it to a vote to decide a winner and sell your tasty treats to raise money.

SWEEPSTAKE

Run a sweepstake on a sporting event or reality TV competition. Charge for entry with the nearest guess winning a prize.

DRESS DOWN/DRESS UP!

Hold a dress down day in the office with a small donation to be involved, or get sponsored to wear fancy dress for the day.

OFFICE OLYMPICS

Plan a range of office Olympic Games (e.g. paper aeroplane javelin or desk chair racing). Charge £2 to enter with a prize for the winner.

SPONSORED SILENCE

Get your friends, family and colleagues to sponsor you to be silent for the day. A simple fundraising classic!

Fundraise in the community

CAR BOOT SALE

Gather together your unused goods to sell at a car boot sale and donate the money you raise

COME DINE WITH ME

Put on a meal & entertainment for a group of friends. Ask them to donate whatever they score you (so a score of 7 would mean a £7.00 donation). Ask friends to host a follow up competition night of their own

GIVE IT UP!

Whether it's chocolate, alcohol, coffee or cake, challenge yourself to give up something you love for a month and get sponsored to do it

SWISH

Invite your friends and family to bring a few items of clothing they no longer wear. Once you've hung up all the clothes the swish can start, with everyone choosing a few new-to-them items that they'd like to take home. Charge an entrance fee and serve refreshments

CLASSIC PUB QUIZ

Contact your local pub and ask to host a charity pub quiz. Charge an entry fee with a prize for the winning team and a raffle for everyone to take part in





take on a challenge

Getting sponsored to take on a challenge is one of the best fundraisers around! Challenges take different shapes for different people, and whether it's a 5k run or a marathon, we'll support you all the way. Check out our website for information about upcoming challenges, how to register, and a link to our online sponsorship website.

top tips!

PLANNING YOUR EVENT

1. Back up plans Fingers crossed your fundraiser will all go according to plan, but just in case it doesn't it's best to make some contingency plans

2. Make the most Have a think about ways you could bump up your total, e.g. hosting a pub quiz and also doing a raffle on the night

3. Decorate Make your event look fantastic! You'll find downloadable resources like DIY bunting on our website www.ageuk.org.uk/sheffield

4. Take photographs We'd really appreciate you taking lots of photos and sending them our way so we can show off how proud we are of you!

5. Make donating easy Remember there are several ways people can donate - set up an online fundraising page, use a sponsorship form and have collection buckets

6. Don't give up! Persistence pays off and there's nothing wrong with sending out a reminder before the event. People will usually appreciate the prompt

7. Get clued up It's important to explain to people why they should donate to Age UK Sheffield. Visit our website to find out all about our services

8. Say thank you You'll find a printable thank you card on our website but you could also share thank you messages by letter, text, in person or on social media.

9. Fundraising page Ask close friends and family to donate first as other people may then match their generosity. Don't forget to ask for Gift Aid as it adds 25% on to your total!

10. Contact local press A few lines in the local paper or an appeal on your local radio station will give your event and fundraising total a huge boost!

Keeping it safe and legal

As a Volunteer fundraising in aid of Age UK Sheffield you will be responsible for making sure everything is safe and legal, so we've put some suggestions together to help you do this

INSURANCE If your event involves the public it's likely that you'll need to have Public Liability Insurance. If you're hiring a venue then check whether they already have this. Events carried out in aid of Age UK will not be covered by Age UK Insurance.

FOOD If you'll be having food at your event then you'll need to ensure it's safe. Check out the Food Standards Agency website for guidelines on handling, preparing and storing food. If you are using a caterer you need to make sure they have a Food Hygiene Certificate and Public Liability Insurance. If you're selling alcohol then it is likely that you will need a licence.

FIRST AID It's a good idea to have first aid supplies available and qualified first aiders if possible. Make sure emergency evacuation procedures are in place and that there is adequate access for people with disabilities.

LICENCING You may need to contact your local authority to check whether you need a licence if, for example, you're planning to: hold a raffle, lottery or auction, provide alcohol, collect money in public. Contact Sheffield City Council to check which licences you might need on 0114 273 4264.

HANDLING MONEY Be careful and vigilant when carrying money around. Make sure at least two people are around when money is being handled and counted. Collect cash using a secure container (you can order these by calling us on 0114 250 2850). Donate raised money at the first available opportunity.

Find more information about staying safe and legal on www.gov.uk/guidance/fundraising-legally-and-responsibly
Alternatively, call us on 0114 250 2850 and we'll help you in any way we can

Keep us posted!



We'd love more people to follow in your fundraising footsteps! Please tell us all about your fundraising experience so we can send you a proper thank you, and share your success to inspire others. You can always contact us for more information or if you have any questions.

Email: enquiries@ageuksheffield.org.uk

Telephone: 0114 250 2850

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