



Thank you and welcome to our

Fundraising Pack

We're so happy
you're here...





What we do

We are a not-for-profit charity, 100% of all proceeds help our Amy & Friends Families.

We are committed to improving the lives of individuals affected by DNA repair disorders in childhood, with compassion and through a family centred approach.

With our network of dedicated staff, volunteers and expert medical professionals we provide practical and emotional support, information and education. Promoting and engaging with groundbreaking research in the UK and internationally.



*Need more
information & help?*

Visit: amyandfriends.org

Email: Jodie@amyandfriends.org

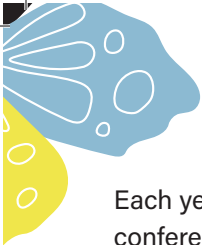
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 [@amyandfriends_cs_ttd](https://www.instagram.com/amyandfriends_cs_ttd)

Amy and Friends

Charity Number: 1119746

OCC, The Bowling Green, Village Road, Oxton,
Wirral CH43 5SR UK



Each year our families attend our medical conference that not only helps lessen isolation, with some families never having seen another child like theirs before, but also bringing families and specialists together in one room for helpful advice, support and updates on medical research into the syndromes.

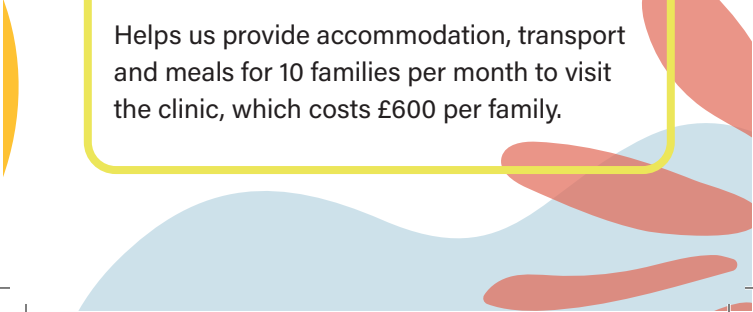
Not to mention the pure joy, love, tears and laughter experienced for those three days.

What you raise

Helps us send over 100 families to this life line of a medical conference, which costs £1200 per family.

It's important for our families to attend the Rare Disease Clinic at Guys and St Thomas' NHS Foundation Trust. Here our children have everything checked from head to toe. Eyesight, muscle, spine, teeth etc. Checking their progress with the condition and a chance to discuss any medical needs.

What you raise



Helps us provide accommodation, transport and meals for 10 families per month to visit the clinic, which costs £600 per family.

*"We really would
be lost without them,
medically and socially."*

The Taylor Family

*"Amy and Friends have been a silver lining on
some very grey clouds."*

*Receiving a diagnosis of Cockayne Syndrome
is life changing and not something anyone
would wish for, but at least we are not alone
thanks to Amy and Friends.*

*Little unexpected gifts in the post show us
someone understands when, to the rest
of the world, we're fine. Most importantly,
conferences mean we get to meet others
going through the
same thing and feel
understood and
accepted."*



Fundraising tips

Inside this brochure you will find some fundraising ideas small, medium and large to help kickstart your fundraising for Amy and Friends.

If you have any ideas of your own go for it!
We appreciate you taking the time to help us.

Have an Idea

First things first, have an idea. It can be big or small. Think of your hobbies that you could turn into a fundraiser. Face your fears. Do it with friends and get support from your family. Is there a skill you've always wanted to learn? Or a mountain to climb? Ideas for what you could do are endless.

Read on to get a few inspirational ideas!



Set up a JustGiving Page

Set up your JustGiving page at
justgiving.com/amyandfriends

Create an account with Just Giving or log into
your account and hit 'Start Fundraising.'

When asked:
'Are you fundraising for a registered charity?'
select *'Yes, continue.'*

Search for Amy & Friends RCN 1119746

You can then choose an event, fundraising in
memory or doing your own thing.

Hit 'Doing your own thing' and then fill in all the
boxes about your event

Click 'Create your page.'
Share your fundraiser: share it on your socials,
with your family and friends, work colleagues
and schools.



Promote

Spread the word

Speak to your friends and family, let them know what you're up to. Speak to the community and local shops.

Print

Put up posters, advertise in newspapers and magazines, get it up on the community boards.

Social media

Facebook, Instagram, Tik Tok etc. all great platforms to show people what you're doing for Amy and Friends.

Get in contact for templates you can use for social media



Set a target

Example: £600 to send a family to 'The Rare Disease Clinic' in London or £1200 to send a family to the Amy and Friends Annual Medical Conference.

Caterpillar Ideas

TESCO Blue tokens

- Nominate Amy and Friends at your local TESCO store for their blue tokens.

Give up something you love for a month

- Make a donation to Amy and Friends Just-Giving page: justgiving.com/amyandfriends instead of your daily coffee, bar of chocolate, bottle of wine or takeaway etc. for a month.
- Save or donate your change, these could be your pennies, 5ps, 20ps or even £1 and £2 coins over the year.





It's a time of celebration

- Events are perfect for fundraisers! Ask for donations instead of birthday cards/presents or even wedding gifts. Facebook usually send a notification to raise money around your birthday also.

Competition

- Guess how many sweets/marbles/pennies/ breakfast cereal/beads/nuts/safety pins/ teabags/etc.
- Guess the Teddy Bear/pet/toy/etc.
- Tombola.
- Pregnant? You can still get involved with guess the gender, the size when born and the due date.
- Blind Cards Game (from Amazon): 150 numbers, £5 per number, winner takes £500 Amy and Friends gets £250!

Gathering with Family and Friends

- Coffee and cake morning/afternoon tea.

Take it to school

- Non-school uniform day/ bake sales.

Armstrong
George Whitelaw
David W Fergus
David Armstrong
David W Fergus
Martin H McIlree
Thomas Allison
David W Fergus
Thomas Allison
David Armstrong
John G Smith
Competition
David Armstrong
David Armstrong
John McIlroy

- Armstrong
George Whitelaw
David W Fergus
David Armstrong
David W Fergus
Martin H McIlree
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Cocoon Ideas

Create a club

- Crafting Club
- Book Club
- Board Games Club

Competition

- X-Factor
- Treasure Hunt
- Sports Day
- Karaoke





A night of fun

- Host a Barmy Bingo: We come and provide the bingo for you, you organise the venue, tickets and the raffle.
- Quiz Nights
- Fancy Dress Eurovision Party
- Murder Mystery Party
- Home Shopping Parties

These ideas will take a little more planning; like finding a venue, most will provide their venue for free as it is a charity event. Charging ticket and food prices (if serving food) and providing a raffle. We can provide you with a letter to approach local shops and businesses for raffle prizes.





Do something crazy

- Dare to shave your hair
- Baked bean bath
- Let your kids dress you for a week

Side hustle

- Sell your skill/expertise (could be art, DIY). Sites like Etsy or Shopify are great tools to create a space to sell your creations.

Challenge yourself

- Danceathon
- Video gaming marathon





Butterfly Ideas

It's a time of celebration

- Charity Ball
- Battle of The Bands/Festival

Challenge yourself

- Boxing Match
- Tough Mudder
- Fire or Glass Walk
- Sky Diving
- Running/Marathon
- Cycling
- Climb a Mountain
- Abseiling off a Building/Cliff
- Hiking
- Zipwire
- Iron Man Challenge
- Obstacle course/Ninja Warrior
- London to Brighton Walk
- World Record Attempt
- Wing Walking
- Wilderness Survival Competition
- Marathon Swimming
- Desert Trek



All these challenges can be found online to sign yourself and a group of friends/family up to. You can create your own JustGiving page to raise funds. (Please see page on how to set up a JustGiving page.) If you need help just email.

Sponsor a family

- See if you know of anyone who would sponsor a family to the clinic £600 or the medical conference £1200.



