Tourettes action





FUNDRAISING PACK

Information, advice and ideas to keep you inspired



www.tourettes-action.org.uk

WHO YOUR SUPPORT HELPS



TIC FEST

"I just wanted to say a massive thank you to everyone for the weekend. I cannot imagine the work that goes into organising such an event but will forever be grateful. Being surrounded by such supportive staff, parents and inspirational children really hit hard that with our battles and struggles daily we are not alone – that's something truly special when our babies are so misunderstood at times. Hugo has walked away this weekend loving his superpower and proud to have Tourette's. From the bottom of our hearts THANK YOU ❤❤"

WORKSHOP

"We'd gone from feeling at crisis point at home dealing with the onset of tics to now feeling confident in managing them because of your workshop and the professionals involved. I'm so thankful I attended and wanted to let you know."

HELPDESK

"I just wanted to say a massive thank you to everyone who is on the helpdesk, you are always such a help. I have gone from worrying to feeling really positive again."

ONLINE SUPPORT GROUPS

"The group has helped me because I can finally talk to people who understand me. It's hard talking to people usually because it's difficult to explain how you feel or they don't understand, but the people in this group just seem to get it."

SCHOOL

"Your Education Manager helped me get my daughter back into school and helped her school to support her. Although there's no magic answer, the shared information was invaluable, and I think we'd have had a totally different outcome without this support."

WELCOME TO OUR FUNDRAISING TEAM!

We're delighted that you are considering fundraising for Tourettes Action (TA). Your support is crucial in helping us make a real difference, and we're here to ensure your fundraising experience is as successful and enjoyable as possible.

Our vision is a world where people with Tourette Syndrome (TS) receive the support they need to live their lives to the fullest. We assist individuals with TS at every stage of their lives and support research to discover better treatments. However, without the generosity of our fundraisers, this vital work wouldn't be possible. We receive no government funding and rely entirely on voluntary contributions.

HOW WILL YOUR SUPPORT HELP?

Our TS community are at the centre of everything we do and funds you raise make a significant impact to the support we can provide:

£10 provides an information pack for someone newly diagnosed with TS

£100 covers the costs of support group meetings

£250 enables us to plan and deliver webinars for parents, children, adults and professionals

£300 supports educational assistance for a pupil with TS

£2,000 funds our charity's operations for a day

£15,000 pays for the charity's running costs for a week

In this brochure, you'll find everything you need to support our work and organise a fantastic fundraising event. Your efforts not only provide essential resources but also bring hope and support to countless individuals and families affected by TS.

Thank you for joining us in this mission. Together, we can make a lasting impact.

Please contact us with any questions at:

www.tourettes-action.org.uk

help@tourettes-action.org.uk

www.facebook.com/tourettesaction

@tourettesaction



MANY THANKS FOR YOUR SUPPORT, AND ALL THE BEST WITH YOUR FUNDRAISING EFFORTS!

HOW WE WILL SUPPORT YOU



Ready to plan your fundraising event? Tourettes Action (TA) is here to help you every step of the way! Here are some exciting ways we can support you:

- **EYE-CATCHING POSTERS:** Get TA posters to promote your event and attract more participants.
- **FUN STICKERS:** Distribute TA stickers to donors as a token of appreciation.
- **TA BUNTING:** Download here: www.tourettes-action.org.uk/storage/downloads/1691490311_tourettes-action-bunting.pdf.
- **DONATION TINS:** Borrow a donation tin to easily collect contributions.
- **STAND-OUT T-SHIRTS:** Equip your volunteers with TA t-shirts to make them easily recognisable: www.tourettes-action.org.uk/51-shop.html.
- **INFORMATIVE LEAFLETS:** Order TA leaflets to explain the cause to your supporters.
- **FREE RUNNING VESTS:** Runners can enjoy a **free** TA running vest for their events.
- **MERCHANDISE FOR SALE:** Purchase TA wristbands and pin badges to sell and show support.
- **SPONSORSHIP FORMS:** We'll provide sponsorship forms and Gift Aid declarations for easy fundraising.
- **ONLINE FUNDRAISING:** Set up a donation page through JustGiving with our help: www.justgiving.com/tourettesaction.
- **SOCIAL MEDIA PROMOTION:** We can promote your event on our social media channels.
- **PROOF OF FUNDRAISING:** Need official proof? We'll provide a letter confirming your fundraising efforts.

YARROW HEIGHTS SCHOOL



"Thank you to all of the Tourette's Action team for the awesome work you all do. Elliot and I are truly grateful."

Ria Webster – Yarrow Heights school fundraiser £1,000, July 2024



GET STARTED!

Contact us with your event details and let us know how we can support you. Together, we can make your event a success and raise vital funds for Tourettes Action.

Here's some of our fantastic fundraisers:

TOMMY



"Tommy was amazing with his mini marathon and fund raiser! He really enjoyed it and had lots of fun! He finished the race before I could get to the finish line to record him!!! His fundraiser is just over £1,500, we really enjoyed it! ...Thank you for your help and support."

MARCUS



"I really don't have any words to describe the challenge we took on. 23 miles with only one proper stop. It was both a physical and a mental battle to keep going, not stop and finish the job. Everyone absolutely SMASHED IT!!! It was also a profound experience to see how much people close to me cared about completing what we set out to do. I really am so happy about the whole thing and know it is something we will cherish forever as a group of friends, and hope it got the exposure that it justified over social media. I don't want to say too much about it in fear of underwhelming you regarding the difficulty of the walk and the inner strength required. BUT, HEY, WE DID IT!!!"

Marcus and friends walked Three Castles 23 Mile Walk and raised £1,810.

BAKER FAMILY



"The boys successfully hiked to the top of Mount Snowdon yesterday. We did the Miners trail, which was actually so much harder than we expected. But the boys absolutely smashed it and the current total raised is: £1,194. Everyone loved the medals – think we will all treasure them and remember the day. It was a lovely thing to do together and the fact we were able to raise so much was just fantastic... Thanks for all the hard work you do. It really does make a difference to people and families living with Tourette's."

The Baker family walked up Mount Snowden for Move for Tourettes.

EMILY

"Each year our local social club and golf club hold a fundraising day in memory of my dad. This year, due to how much support we have had over the last eight months from Tourettes Action and how much we loved coming to Kilve Court for the Tic Fest, it really was fantastic and we really felt like we had our Chloe back, we have chosen Tourettes Action as our charity."

The Nickels family fundraising day

TAKE PART IN OUR FUNDRAISING EVENTS



RUN THE LONDON MARATHON FOR TA

The London Marathon is the biggest charity event in the world. TA is lucky to have one Golden Bond for the London Marathon, giving us **five** charity places each year.

The event raises a huge proportion of our annual fundraising revenue, with our runners raising a minimum of £1,800 each, a target we have found to be more than achievable. There is also a registration fee of £50 for successful applicants.

If you are interested in filling a Golden Bond place for TA in the London Marathon, email help@tourettes-action.org.uk for details.

We are also delighted to support runners who have secured a ballot place for the London Marathon and want to run in aid of TA. Please contact us to discuss this in more detail if you have a ballot place for the upcoming London Marathon.



RUN THE LONDON LANDMARKS HALF MARATHON FOR TA

We have secured **five** charity places for the London Landmarks Half Marathon. We ask our charity runners to raise a minimum of **£400** for Tourettes Action and pay a registration fee of £25 to secure a place. If you are interested in running the LLHM for TA, please email help@tourettes-action.org.uk for more details.





SPONSORED CHALLENGES

We are thrilled to share that we have partnered up with Run 4 Charity to offer you, our wonderful supporters, a whole plethora of events. Whether you fancy running a marathon, taking on a Triathlon or getting muddy in a Tough Mudder, bungee jumping or walking an ultra-event, the only thing holding you back is your imagination. From small steps to big leaps, we'd love you to join us!

Take a look at runforcharity.com/tourettes-action/bespoke-events at some of the amazing large events we have on offer.

If you're looking for something more local, see runforcharity.com/charity/tourettes-action. These range from Inflatable events (perfect for the whole family), dog jogs, bungee jumps as well as distance challenges and local 5K races. Simply click the link to TA's page, select your region and all the events for the next few months in your area will be displayed.





MORE EVENTS

MOVE FOR TOURETTES

www.tourettes-action.org.uk/177-move-for-tourettes.html

JANUARY CHALLENGE

www.tourettes-action.org.uk/183-january-challenge.html

TEA FOR TOURETTES

www.tourettes-action.org.uk/173-tea-for-tourettes.html

FUNDRAISING IDEAS: A-Z OF FUNDRAISING

A

Afternoon tea
Tea for Tourette's: www.tourettes-action.org.uk/173-tea-for-tourettes.html
Arts and craft fair/stall
Fundraise your way: www.tourettes-action.org.uk
Auction
Art exhibition
Aerobics-athon
Abseil challenge
Sponsored challenges: www.tourettes-action.org.uk
Anniversary celebrations
www.facebook.com/fund/TourettesAction

B

BBQ
Birthday fundraiser
www.facebook.com/fund/TourettesAction
Bake off
Fundraise your way: www.tourettes-action.org.uk
Bungee jump
Sponsored challenges: www.tourettes-action.org.uk
Bingo
Ball
Book sale
Black tie event/Barn dance/Burns night/Bonfire party
Bike ride
Sponsored challenges: www.tourettes-action.org.uk
Birthday cards
www.dontsendmeacard.com/charities/0XT3

C

Car boot sale
Coffee morning
Fundraise your way: www.tourettes-action.org.uk
Comedy night
Cheese and wine night
Concert
Car wash
Carol singing
Christmas jumper day
Challenge events
Sponsored challenges: www.tourettes-action.org.uk
Corporate fundraising
www.tourettes-action.org.uk/171-corporate-partners.html

D

Don't send me a card
www.dontsendmeacard.com/charities/0XT3
Dress up or down day at school/work
Dog show
Disco
Dinner party
Darts competition
Danceathon
Donations in lieu – birthday/anniversary
www.facebook.com/fund/TourettesAction
Distance challenge
Sponsored challenges: www.tourettes-action.org.uk

E

Ebay sale
E-cards: www.dontsendmeacard.com/charities/0XT3
Eurovision party
Easter egg hunt
Egg and spoon race
Entertainment evening
Exercise challenge
www.tourettes-action.org.uk/177-move-for-tourettes.html

F

Facebook fundraising
www.facebook.com/fund/TourettesAction
Face painting
Fantasy football
Fun run
Fashion show
Fancy dress party/day
Five-a-side football







G

Give as you live
www.giveasyoulive.com/join/tourettesaction
'Give it up' challenge
Games night
Golf day
Garden party
Grow a ...
Good deeds
Gaming marathon/competition

H

Headshave!
Halloween party
Horse day
Hero day
Hour of pay
Half marathon
Sponsored challenges: www.tourettes-action.org.uk

I

Ice skating
It's a knockout!
Ice cream sale
Indoor sports day
Inflatables challenge
Sponsored challenges: www.tourettes-action.org.uk



J

January challenge
www.tourettes-action.org.uk/183-january-challenge.html
Jumble sale
Jazz night
Jewellery making/sale
Joke-athon
Jam making
JustGiving
www.justgiving.com/tourettesaction
Jog – virtual
Sponsored challenges: www.tourettes-action.org.uk

K

Karaoke
Knit and natter
Keep-fit classes
Keepie-uppies

L

Legacy
Leave a legacy: www.tourettes-action.org.uk/96-leave-a-legacy-to-tourettes-action.html
Lottery
www.onelottery.co.uk/support/tourettes-action
Local events
Leg waxing
Line dancing
Lunch party
Loose change:
www.tourettes-action.org.uk/52-fundraise-for-ta.html

M

Mountain climb the stairs
Murder mystery
Music event
May day
Magic show
Mile-a-day
Marathon distance challenge
Sponsored challenges: www.tourettes-action.org.uk

FUNDRAISING IDEAS: A-Z OF FUNDRAISING



N

Name the ... bear
Night in
New Year's resolutions
Non-uniform day

O

Open garden
Olympics!
Online shopping
www.giveasyoulive.com/join/tourettesaction
Online fundraising: www.justgiving.com/tourettesaction
www.facebook.com/fund/TourettesAction
Obstacle course
Open-mic night
Occasions
www.facebook.com/fund/TourettesAction

P

Pamper evening
Plant sale
Pancake race
Paintballing
Pyjama party
Press-up challenge
Penalty shoot out
Poetry competition

Q

Quiz night
Fundraise your way: www.tourettes-action.org.uk
Quiet
Quit something



R

Recycle for charity
www.recycle4charity.co.uk/Register/C19317
Raffle
Race night
Running
Record breaker!
Recipe club
Rowing machine challenge
Regular giving
www.tourettes-action.org.uk/47-donate.html

S

Sweepstake
Swimming challenge
Salsa dancing
Summer party
Silent auction
Sports day
Santa dash
Swear jar

T

TA Lottery
www.onelottery.co.uk/support/tourettes-action
Tea for Tourettes
www.tourettes-action.org.uk/173-tea-for-tourettes.html
Tourettes Awareness Day
www.tourettes-action.org.uk/178-tourettes-awareness-month-2024.html
Tombola
Talent Show
Treasure Hunt
Tribute Band
Triathlon
Treadmill Challenge



U

Unwanted gift swap
University challenge
Ultramarathon
Sponsored challenges: www.tourettes-action.org.uk
Unusual clothes day
University RAG weeks

V

Valentines day
Variety show
Volleyball
Vegetarian challenge
Vehicle rally

W

Wedding
Wine tasting
Wellie throwing
Walk to school
Wills
Create A Free Will And Help Support Tourettes Action:
www.freewills.co.uk/charity/tourettes-action
Wimbledon
Wear a wig to work day

X

X factor night
Xmas fete
Xmas crafts
Xbox tournament

Y

Yogathon
You've been framed
YOLO challenge
Year long challenge

Z

Zumbathon
Zzzz – sleep/sleepover challenge!





TOP 10 TIPS FOR FUNDRAISING



1. **SET A GOAL:** Before you start your fundraising set yourself a target, this will motivate you to continue and will encourage others to give generously to help you achieve your goal.

2. **GET PLANNING:** Get organised early to outline your ideas, thinking about things you might need so that when it is time to start you are prepared. Budget for any costs involved in hosting your own event and try and get items donated, such as venue space, to keep your costs down.

3. **LET US KNOW ABOUT YOUR PLANS:** Give us a call to discuss ways in which we can support you. We can send you collection boxes, leaflets, balloons and sponsor forms amongst other things to help give your fundraising event a TS theme. Email us at help@tourettes-action.org.uk.

4. **ASK OTHERS TO HELP:** Make a list of everyone you know: relatives, friends, neighbours, your school or colleagues and work out the ways they can support you.

5. **SET UP AN ONLINE FUNDRAISING PAGE:** Create your own fundraising page at JustGiving (www.justgiving.com/tourettesaction) to make it easy for people to donate to you. Add pictures and an interesting story about what you are doing and let people know how they can support you to make a difference. Take a look at our JustGiving guide: tourettes-action.org.uk/storage/downloads/1710847362_Setting-up-your-JG-page-2024.pdf

6. **TELL EVERYBODY ABOUT YOUR EVENT:** Shout about your event on all your social media channels to encourage people to support you. You can display posters at work/school and tell your friends and colleagues and members of your club.

7. **GET YOUR EMPLOYER INVOLVED:** Many companies have schemes where they will match donations raised by employees. Ask your boss if your company has a similar scheme.

8. **ORGANISE EVENTS AT SCHOOL OR IN THE OFFICE:** Ask your school if you can organise an event there, such as a bake sale or a wear your own clothes day, with the money raised going to TA.

9. **COLLECT GIFT AID TO INCREASE THE AMOUNT YOU RAISE:** Remember to ask everyone who donates on your sponsorship form if they are eligible for Gift Aid. If they are you will raise an extra 25p per £1. If you are using an online page, this is really simple as the funds get transferred directly to TA (including Gift Aid).

10. **REMEMBER TO THANK YOUR DONORS:** Once your event has finished, remember to thank your donors for their support. Let everyone know how your event went and how their support has impacted you and the difference it will make to Tourettes Action.

Please note that 'Tourette Syndrome (UK) Association Ltd' is our registered charity name and this is the not-for-profit organisation you will need to select on online platforms, as 'Tourettes Action' will not feature as an option.

PLANNING YOUR OWN EVENT: KEY POINTS TO REMEMBER





HEALTH & SAFETY

- **FIRST AID:** Have someone qualified in first aid present, especially for physical activities (e.g. sponsored walks or swims). Contact St John's Ambulance or the Red Cross if needed.
- **EMERGENCY SERVICES:** Inform fire and ambulance services for risky events (e.g. marathons). Contact the police for congestion or security concerns.

INSURANCE

- **PUBLIC LIABILITY:** Ensure public liability insurance covers your event and the organisers. Check if your home insurance offers advice or if Tourettes Action's insurers can help.
- **EQUIPMENT:** Confirm who insures hired or borrowed equipment. Make sure coverage includes items in your custody and in different conditions, like overnight parking.

RAFFLES & LOTTERIES

- **SMALL RAFFLE:** No registration needed. Must be part of another event. No cash prizes. Maximum spend of £250, unlimited donated prizes. Tickets sold only at the event, winner announced before event ends.
- **PRIVATE RAFFLE:** No registration needed. Tickets sold to people in the same premises or organisation. Must include charity registration number (1003317) and draw details.
- **SOCIETY RAFFLE/LOTTERY:** Registration required with local authority or gaming board. Tickets sold to the public over time. Must be registered before printing tickets. No sales to under-16s. Maximum ticket price is £2.

AFTER THE EVENT

- **COLLECTING SPONSORSHIP:** Set a deadline for fundraisers to return money. Online funds from JustGiving are sent directly to Tourettes Action. Remember to thank all your supporters.



PAYING IN YOUR FUNDRAISING



GIVE MORE USING GIFT AID

Gift Aid boosts your donation if you pay UK tax. Charities reclaim the basic rate tax (20%) on your donation, making a £10 gift worth £12.50 to Tourettes Action (TA).

COLLECTING GIFT AID

- **SELF DONATIONS:** Fill out a Gift Aid declaration form included in this pack.
- **SPONSORSHIP:** Use forms and inform sponsors about Gift Aid.

A GIFT AID DECLARATION MUST INCLUDE:

- Your full name
- Your home address
- Charity name
- Donation details and confirmation it's a Gift Aid donation

SENDING IN THE MONEY

- **CASH/CHEQUES TO YOU:** Deposit into your account, then send a cheque to TA.
- **SPONSORSHIP FORMS:** Ensure sponsor forms are completed with Gift Aid boxes ticked and send them to TA and we can claim gift aid on the money they donate.

GIFT AID RESTRICTIONS

No claims on donations from businesses, cheques from company accounts, CAF vouchers or if only you have a declaration for others' donations (no sponsorship forms sent in).

MORE INFORMATION

Visit HMRC Gift Aid for details:
www.gov.uk/donating-to-charity/gift-aid

SENDING YOUR FUNDRAISING MONEY TO TA

Lodge funds as you raise them using these methods:

- **CHEQUES/POSTAL ORDERS:** Payable to Tourettes Action, send to The Meads Business Centre, 19 Kingsmead, Farnborough, GU14 7SR
- **DEBIT/CREDIT CARD:** Call our accounts team on 07587 313 231.
- **ONLINE FUNDRAISING:** Automatically sent to TA
- **BANK TRANSFER:**
  - **Account name:** Tourette Syndrome Association (UK)
  - **Sort code:** 30-90-89
  - **Account number:** 45195360
  - **Reference:** Your name












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Tourettes action

ENJOY YOUR FUNDRAISING!

And thank you again for your fantasTIC support

Thanks to support like yours, last year:

- We supported **2,785** people who contacted our Helpdesk **4,028** times
- We held **5** Tic Fests, **2** Teen Fests, **1** Adult Fest and **1** day event with **793** people attending
- We ran **9** webinars with **385** attending
- We hosted **6** workshops supporting **151** people
- We hosted **104** live training sessions in education and the community
- We organised **124** online support group sessions attended by **552** people

Your generosity helps us remain the leading charity in England, Wales and Northern Ireland dedicated to supporting individuals with TS and their families. Together, we are making a difference and ensuring that they can live their lives to the fullest.

help@tourettes-action.org.uk
LiveChat on our website:
www.tourettes-action.org.uk

Facebook/Instagram/X:
@TourettesAction

Tourette Syndrome (UK) Association
Trading as Tourettes Action
The Meads Business Centre
19 Kingsmead
Farnborough
Hampshire GU14 7SR

Registered charity no.: 1003317
Company registered in England & Wales no. 02613993

Registered with FUNDRAISING REGULATOR