

# Vitality

Vital change for spinal cord injury in Developing Countries

## Vitality Fundraising Pack Your guide to raising money for Vitality.

Thanks so much for choosing to support Vitality. There are many fun ways you can raise money and help continue our essential work improving the lives of spinally injured people in developing countries. **Here's 10 of the best...**



- 1. Sponsored Event** Run, swim, shave your head - whatever you do, make sure no one you know gets away with not sponsoring you!
- 2. Auction of Promises** Ask people to donate a promise of their time or the use of their belongings, or to donate a gift. Who'll pay the most to have a 'slave for a day'?
- 3. Sports Match** Organise a knockout event - football, rounders, darts - and charge people to enter, as well as charging spectators and selling refreshments.
- 4. Personalised Emails** Make sure everyone you know hears about Vitality project/fundraiser. Just add something like: 'We're fundraising for Vitality project/fundraiser - please get involved!' at the end of your email signature.
- 5. Cake Sale** Here's one that never fails - bake some cakes. If you do, people will buy them. It's that simple.
- 6. Karaoke** Ask a local pub to host a private karaoke night for you and charge people for their four minutes of fame.
- 7. Lunch Money** Ask your colleagues to bring in sandwiches or last night's leftovers for lunch and donate the money they save to your fundraising fund.
- 8. Quiz Night** Challenge different departments or branches to take part in a friendly quiz, with prizes for the best team, wooden spoon, most extensive knowledge of Abba's back catalogue and so on.
- 9. Themed Party** Or 60s, or 80s. Ask a local band to play for free, put on a good spread and charge an entry fee. You could organise a raffle and/or an auction as well.
- 10. Wine Tasting** Invite a local expert or wine dealer to bring along a few cases of wine and donate some of the proceeds to Vitality.

## Paying in your funds

Once you've raised money for Vitality, you can get it to us by...

**Doing it Online** JustGiving.com is the simple, quick and secure means to raise funds:  
[justgiving.com/vitalityvcscidn/](http://justgiving.com/vitalityvcscidn/)

**Post** Send a cheque/postal order/Charities Aid Foundation voucher to Vitality, 15 Grendon street, London NW8 8SP.

**Phone** 07837 036 416 - we'll be happy to chat through any questions you may have.

**Email** Get in touch at [volunteersupport@vitality.org](mailto:volunteersupport@vitality.org) and we'll tell you how to transfer the funds straight into our account.

**Gift Aid** allows us to claim back the tax on every eligible donation from the Her Majesty's Revenue and Customs. That means for every £1 you raise, we'll be able to claim at least an extra 25p. Encourage all your sponsors to choose the Gift Aid option to boost your fundraising total.

Thank you & good luck!

