



Join  
#Team  
Possible

# Fundraising Pack

together we create possible



Young  
Epilepsy



Thank



**You're amazing! We are incredibly grateful that you have chosen to fundraise for Young Epilepsy. We are delighted to welcome you to #TeamPossible.**

The money you raise will make a real difference to the lives of children and young people with epilepsy.

You are helping to deliver research, treatments and practical support for children and young people living with epilepsy.

We have developed this guide to give you lots of ideas and tips to kick start your fundraising.

Let us know how we can support you by contacting us on **01342 832243** or **supportercare@youngepilepsy.org.uk**  
Don't forget to share your stories on social media so that we can celebrate your achievements.

**Thank you for letting children and young people with epilepsy know, you're on the team.**  
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# Fundraising ideas for you

1

## Bake Sale

Sell your bakes at home, in the classroom, or at work

2

## Birthdays, Weddings and Anniversaries

All great opportunities to ask for a donation to Young Epilepsy as a gift

3

## Clothes Sale

Clear out your wardrobe whilst raising money for charity – win-win!

4

## Wear Purple

Everyone donates to dress up!

5

## Organise An Event

Arrange your own walk, run, cycle, swim or dog walking challenge

6

## Challenge Yourself

Check out our website for lots of different challenge events you can take part in

7

## Games Night

Host a video-gaming marathon or step away from the screens and go old school with board games

8

## Change Your Look

Shave your head, beard, or dye your hair to raise money

9

## Social Events

Host a social gathering such as a ball, dinner party, festival or crafting afternoon

10

## Make us your charity of the year

Choose us and we can help you plan your fundraising activities

£

2500

could provide a special type of sensor that sits in a helmet designed specifically for children as part of a new type of brain scanner that gives earlier and more accurate diagnosis

£

1000

could support our vital genetics research to understand what causes a child's epilepsy and the longer-term impact on their physical and mental wellbeing.

£

500

could provide one day of expert advice to develop our online resources for teaching professionals, improving epilepsy awareness and support in schools.

£

150

could help provide a group session for children with epilepsy and their family, helping them to better understand their condition and feel less isolated.

£

50

could provide two hours of support with a Youth Support Coordinator to help a child cope with their anxiety and fears about their epilepsy.

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## In January 2020, Zac was diagnosed with epilepsy.

It took time for him and his family to come to terms with this life changing news. Whilst coping with lockdown and home schooling, Zac was trying to find the right medication.

It was a tough time. Young Epilepsy worked with Zac, his family, and his school. We helped him realise that having epilepsy wasn't as scary as he thought. It wasn't going to stop him doing things.

In July 2020 Zac blew us away by completing an 8-mile run to celebrate his 8th birthday raising an incredible £2,525!

Now he knows what is possible, Zac has decided to continue to run for Young Epilepsy on his birthday every year.

*Can you challenge yourself like Zac did?*



# Keeping your activity safe and legal

**It's important to make sure that your fundraising event is safe and legal as well as fun and successful! We don't want to make it daunting, but here are a few things you need to know.**

## **Collecting money from the public**

Depending on the type of fundraising you are carrying out, there may be specific rules and regulations you must follow. To make sure you're fundraising legally, you should request permission from the owner before collecting money and selling goods on private property. Similarly, you will need to request permission from your local authority if you wish to collect or sell in public. Contact us if you would like our help.

## **Promotional materials**

If you create any fundraising materials for your activities, they should clearly state you are fundraising 'in aid of Young Epilepsy registered charity number 311877.' If you would like to include our logo or images, please get in touch first so we can supply high quality versions for you.

## **Health and safety**

When fundraising for Young Epilepsy, it's important to consider the health and safety of everyone involved. The HSE offers some great guidance here and feel free to contact us if you would like any further advice.

**We adhere to the Fundraising Regulator's Code of Fundraising Practice. We also** operate a complaints handling procedure if you are ever unhappy with any of our services.

For queries about fundraising or making a payment please contact:

[supportercare@youngepilepsy.org.uk](mailto:supportercare@youngepilepsy.org.uk)

**Please send cheques to: Fundraising, Young Epilepsy, St Piers Lane, Lingfield, Surrey, RH7 6PW**



# Ready to start fundraising

Use this checklist to help you make the most of your fundraising experience with **#TeamPossible**



Decide on your fundraising activity and set a date



Let us know about your plans. We're here to support you. Contact us at 01342 832243, email [supportercare@youngepilepsy.org.uk](mailto:supportercare@youngepilepsy.org.uk), or for our corporate partners, reach out to [corporate@youngepilepsy.org.uk](mailto:corporate@youngepilepsy.org.uk).



Set up your page on JustGiving (best for individuals and companies) or SuperKind (designed specifically for schools and children).



Keep your sponsors, colleagues, and community updated with photos and videos. Tag us @youngepilepsy and use #TeamPossible and #TogetherWeCreatePossible.



Collect any offline funds raised and contact our team using the information above, for the best way to pay them in.



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w: [youngepilepsy.org.uk](http://youngepilepsy.org.uk)

e: [supportercare@youngepilepsy.org.uk](mailto:supportercare@youngepilepsy.org.uk)

t: 01342 832243



Young Epilepsy is the operating name of the National Centre for Young People with Epilepsy Registered Charity No. 311877 (England and Wales) @Young Epilepsy 2022

