



PELVIC
RADIATION
DISEASE
ASSOCIATION

Have fun for a great cause

Fundraising made easy!



About this guide

This guide is full of ideas for raising funds for the Pelvic Radiation Disease Association (PRDA) - funds which are very much needed to help improve the lives of an estimated 100,000 people in the UK affected by the pain, embarrassment and emotional burden of Pelvic Radiation Disease (PRD).

Every pound raised by you, your family, friends and colleagues will make a huge difference to the work PRDA does:

- > giving direct support and advice to people across the UK who are struggling with PRD, and
- > boosting health professionals' knowledge of what they can do to help prevent or alleviate the symptoms of PRD.

PRDA is at an exciting point in its development as a charity – we have big plans, but we can only achieve them with your help to raise funds.

We understand that fundraising can sound challenging and time consuming. It definitely does not need to be so!

We are also very aware that many people with Pelvic Radiation Disease experience difficulties in their day-to-day lives that may make going out and about to raise funds almost impossible.

So, we want to make fundraising simple and easy. We hope this booklet will encourage you, your family, friends and colleagues to have a go.

Please pledge to do at least one thing to help raise funds for PRDA this year.

You don't need to raise a lot of money – every donation really helps.

More information about fundraising, how to send money to us and what PRDA will use the funds for can be found on our website - prda.org.uk/fundraise

If you have any questions, please contact us

- > by email fundraise@prda.org.uk
- > or phone **0113 278 5405** (Office hours only so please leave us a message - we will get back to you as soon as we can)



More information about fundraising can be found on our website prda.org.uk/fundraise

Get involved

Many of the ideas are easy-fundraisers, and some are more challenging, but we hope you will find an activity or event that suits your circumstances and raises vital funds for PRDA. There is something for everyone!

1. Fundraise from the comfort of your armchair

- > If you shop online, there are 1000s of stores that will give PRDA* a donation at no extra cost to you, via [Give As You Live](#) or [Everyclick](#). Please encourage everyone you know to use these sites – they could help us raise £1000s for PRDA!
- > If you shop on Amazon, do so via this link [smile.amazon.co.uk](#) and choose PRDA* as your charity
- > If you have a special day coming up (birthday, anniversary, religious festival), and people normally give you a gift, you could suggest that they donate to PRDA instead – see page 4.
- > Involve family, friends and colleagues if you can – especially the younger generation, who might like the idea of a sponsored activity or challenge event to help a cause you support – see page 6.

* Find PRDA by entering our full name **Pelvic Radiation Disease Association**.

2. Sell items from home and donate a portion to PRDA

- > Sell new or pre-owned items on eBay – when you create a listing on eBay, choose to ‘Donate a portion to charity’ and select PRDA*.
- > Get creative and sell art or craft items online. Browse [Etsy](#) for ideas!

“I’m really pleased that I can now use eBay to raise money for PRDA, it’s so simple. It’s given me the incentive to go through the things I no longer use and support PRDA in the process.”

PRDA Supporter

3. Get people to come to you

- > Try something you can run at home, such as a coffee morning, garage sale, wine tasting, clothes swap, pamper party, film night or a craft activity - if it’s successful then why not make it an annual event!

4. Try something more challenging

- > Ask your local supermarket about their charity token scheme, and whether PRDA could benefit, e.g. [Asda](#) or at your local [Waitrose](#).
- > How about organising an online auction (e.g. via [Jumblebee](#)), pub quiz, karaoke, bingo, race night, comedy night, a concert or a golf competition?
- > Sign up for a challenge event – maybe long distance running or walking, sky diving or abseiling? See page 5.



Donations in place of gifts

It is becoming more and more common to provide an option to donate to charity instead of having gifts for a birthday, anniversary, wedding or religious festival. People are usually very happy to know they are contributing to a cause that you support.

This can be set up very simply online via Virgin Giving, Go Fund Me, Facebook or PayPal - all donations are transferred directly to PRDA. See page 7 for other ways to donate.

Virgin Money Giving

Either

- > Our main channel for donations is **Charity Aid Foundation** or
- > Send out this PRDA donation link <https://cafdonate.cafonline.org/18312#!/DonationDetails> (although we will not be able to compile a total of what you raise).

Facebook fundraising

You can now set up a fundraising post for PRDA very easily on Facebook. Simply choose the 'Fundraisers' icon from the menu and select PRDA* from the options. You can set a target amount, give details of your event and then publish your post to start collecting donations. You may wish to make the fundraiser public so that is seen by a wider audience.

* Find PRDA by entering our full name **Pelvic Radiation Disease Association**.

PayPal

You can use [Paypal](#) to support us by making a one-off donation or by setting up a fundraiser. Simply login, click on the 'more' button and select '**support a charity**' to make a donation. To create a fundraising page - select 'add a new pool' and name it, enter target amount and closing date and send the link out to your friends.

Text to donate

Promote the following wording (see page 6 to print these text details to hand around).

- > Simply text **PRD** and the amount you wish to donate (between £1 and £20) to **70085**
- > For example, to donate £10, text **PRD 10 to 70085**
- > The text will cost your donation amount plus one standard rate message.

In memory of a loved one

It is also very straightforward to use the above methods to raise funds for PRDA in memory of a loved one. Fundraising through funeral donations is easy too. We can help you arrange this - [please get in touch with us if we can help](#).

Give As You Live

You can also buy and then top up storecards via [Give As You Live](#), such as for M&S, Waitrose/John Lewis, Asda, Tesco, and they donate 1.5% to 3% to PRDA. For example, if you spend £100 a week in Tesco using a giftcard purchased and topped up via Give As You Live, that would raise £100 a year for PRDA! All you have to do is pay an initial postage cost of £2.50 for the giftcard, then top it up (using your debit card), via Give As You Live.



See page 6 for posters, flyers etc to support your event.

Sponsored Events and other ideas

You can be sponsored to do pretty much anything! Use Facebook (page 4) to set up your fundraising page, or use the [sponsorship form](#).

Ideas for what children and young people could be sponsored for

Household chores; Walking the dog; Silence; Reading; Giving up their favourite food/game/TV/electronic gadget for a period of time...

For adventurous types, how about a challenge event?

Websites to give you ideas include findarace.com, goskydive.com, actionchallenge.com/challenges, and wireandsky.co.uk/charity/. Please see legal notes on page 7.

For people wanting to change something about themselves, getting sponsored is a great way to be more motivated to do it!

You, or someone you know, could: Give up smoking; Go sober for a month; Lose weight; Do the [Couch To 5K challenge](#); Learn to juggle, Learn a language, Overcome a fear....

Has someone you know secured a place in a long distance running or cycling event?

If they aren't yet raising money for a charity, you could suggest they support PRDA...

"Instead of my usual annual coffee morning, I held a festive felt-making evening with drinks and nibbles. Friends donated to PRDA and in return I taught them how to do 'wet felting' and we had a very sociable evening. Everyone went home delighted with their unique felt table mats and a kit to be able to make more felt. Overall I raised £190 for PRDA."

Lesley, PRDA Supporter

Something a bit wacky?

Get sponsored to wear a fun costume everywhere (yes everywhere!) for a week? To have buckets of slime poured over you? And for men – get your chest waxed (ouch!).

Involve workmates and friends

Hold a dress down day, office Olympics or a sweepstake; Collect donations at the workplace Christmas party; Get a concert venue or sports team to donate tickets and auction them off – in fact lots of things can be auctioned! Local businesses can often be persuaded to donate items. Browse jumblebee.co.uk for ideas for online auctions and other events.

Other ideas

For even more fundraising ideas go to [Just Giving](#).



HAVE FUN! Enjoy yourself whatever you choose to do!

Materials to help your fundraising

This toolkit of materials has been specially designed for you to print at home. If you do not have access to a printer or are running a large event, please contact fundraise@prda.org.uk to request help with printing.

Toolkit materials	Download
A4 posters with space to write your event details	▶
Leaflets with space to write your event details	▶
Sponsor Form	▶
Bucket label	▶
Jar label	▶
Bunting template	▶
Slips with Text to Donate details	▶
Order form for T-shirts, collecting tins and PRDA leaflets	▶
Paying-In Form	▶

Contact fundraise@prda.org.uk to request the PRDA logo for digital use.

Coffee morning/bake sales etc:

- You might like to have napkins and plates in PRDA colours,
- > e.g. from <https://www.partyrama.co.uk/themes/caribbean-teal-party-supplies/>
 - > Edible cake toppers can be made with PRDA logo or your own design e.g. from <https://www.ediblecaketoppers.co.uk/create-your-own-cake-toppers/>

Promoting your plans online

Social media and blogs are a great way of letting more people know about your fundraising. You never know, you might go viral! Don't forget to tag us:

- > **PRDAUK** on Facebook
- > **@PRDA UK** on Twitter and
- > use the hashtag **#PelvicRadiationDisease**.

"I set up a fundraiser for my birthday so my friends and family could help me raise money for PRDA. It was lovely to see so much support and I was really happy that my Facebook fundraiser reached £100 for PRDA."

Sarah, PRDA Supporter

Celebrating success

Let us know what you are up to via fundraise@prda.org.uk, Twitter or Facebook, and we will spread the word and celebrate your success! Please send us photos – it's well known that fundraising never fails to give people a good feeling, and we love to see all the happy faces! (With your permission, we might use your story and photos on our website or social media.)



Use the hashtag **#PelvicRadiationDisease** on social media.

How to send offline donations

It is important to follow the instructions on this [paying-in form](#), to send in offline donations. This includes a [Gift Aid declaration](#) from you, as appropriate.

If donors give you a cheque or cash, please ask them to complete a Gift Aid form if appropriate, which should then be posted to PRDA. If you've collected cash in a bucket or tin, PRDA can still claim Gift Aid, as long as we know about the date of the collection, how much was collected and the date it was paid into a bank account.

Please make cheques payable to '**Pelvic Radiation Disease Association**' and post along with the paying-in form to: **62 Norbiton Avenue, Kingston upon Thames, KT1 3QP**

How we could use your donation

£10	could pay for leaflets and posters to raise awareness of the support PRDA can provide.
£25	could help pay for running costs of a patient support group.
£50	could pay for a nurse to support 2 people over the phone to receive advice on how to manage their PRD.
£250	could help pay for maintenance of our directory of health professionals so that we can connect more people with services that help people affected by PRD.

The legal bits

Please note that PRDA does not organise or endorse any particular events – you must make your own arrangements.

You should ensure that you are medically fit as appropriate for the event, and that you understand that you participate in an event at your own risk.

PRDA will not be held responsible for injury or illness resulting from your participation.

PRDA is not responsible for the content of any external websites linked to in this guide.

See [this note](#) for more information on complying with the law during fundraising activities.



Our postal address is: PRDA, 62 Norbiton Avenue, Kingston upon Thames, KT1 3QP



PELVIC
RADIATION
DISEASE
ASSOCIATION

Have fun fundraising!

Thank you



PRDA, 62 Norbiton
Avenue, Kingston upon
Thames, KT1 3QP

t 0113 278 5405
e fundraise@prda.org.uk
w prda.org.uk

f [facebook.com/PRDAUK/](https://www.facebook.com/PRDAUK/)
t twitter.com/PRDA_uk

The Pelvic Radiation Disease Association: Charity no. 1147802. Company no: 7998409

V1.1 November 2021



Registered with
FUNDRAISING
REGULATOR