

Fundraising Booklet

STARS

Syncope Trust And Reflex anoxic Seizures



Working together with individuals, families and medical professionals to offer support and information on Syncope and Reflex Anoxic Seizures

A Message from STARS!

Whatever your motivation, you can be sure that your efforts will make a real contribution to the work of STARS; the only organisation worldwide providing support, information and advice to people living with a condition affecting nearly half of us during our lifetime.

If you know what you want to do or you're looking for ideas from us, please get in touch and we can offer you advice as well as send you materials.

Frequently Asked Questions!

What skills and experience do I need?

You do not need any experience or specialist skills as a fundraiser. Whatever your plans, STARS will provide all the necessary support materials and guidance for your event.

How much time do I have to give?

This really depends on you and your choice of fundraising activity. It is often considered that the more you put in, the more you will get out! But there are many simple and yet effective ways that you can get involved; no event is too small! Whatever activity you choose should be carried out to suit your lifestyle.

How will STARS support you?

Although STARS is unable to provide financial support for your events, we can provide you with free promotional and educational resources.

Once you have decided on an activity or event, STARS will:

- Provide you with promotional materials:
 - flyers, leaflets, posters, collection boxes, sponsorship forms and t-shirts.
- Help promote your event.
 - we can add the details of your fundraising to our monthly e-bulletins and website.
- Organise a personalised fundraising web page (Justgiving).
- Offer you tips and guidance.
- Help with media coverage.
 - Order a Press Pack from STARS to give you advice and materials for promoting your event.

Six Fundraising Tips from STARS!

Start as early as you possibly can; don't leave it to the last minute!

1

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Tell everyone you can think of that you are fundraising and carry a sponsorship form with you at all times.

Ask friends if they could organise an event or donate their skills (for example, haircutting) in exchange for donations.

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Wear your STARS t-shirt as often as you can when collecting donations.

Tell supporters to tick the Gift Aid box on the sponsorship form. It means that the Inland Revenue will pay STARS an extra 28p for every £1 that is donated.

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Fundraise online! Visit www.justgiving.com/stars/raise_money to help get you started. Alternatively, contact STARS, and we will set up a web page for you!

Aa

...is for Aerobics-athon

Bb

...is for Balloon Race

Cc

...is for Cake Sale

Dd

...is for Dog

Hh

...is for Hat Sale

Ii

...is for Ice Skating-athon

Jj

...is for Jewellery Sale

Kk

...is for Kite Cor

Oo

...is for Orienteering

Pp

...is for Plastic Duck Race

Qq

...is for Quiz

Rr

...is for Ra

Vv

...is for Valentine Dance

Ww

...is for White Elephant

Xx

...is for Xmas Carol Singing

Yy

...is for Yo-Yo

These are just some of the activities that you could do to raise important funds for our con
 order a collection box or request further advice on any of the A-Z ideas, then please cont

Dd

 ...is for Dog Show

Ee

 ...is for Easter Egg Hunt

Ff

 ...is for Fun Run

Gg

 ...is for Golf

Kk

 ...is for Kite Competition

Ll

 ...is for Lottery

Mm

 ...is for Midsummer Ball

Nn

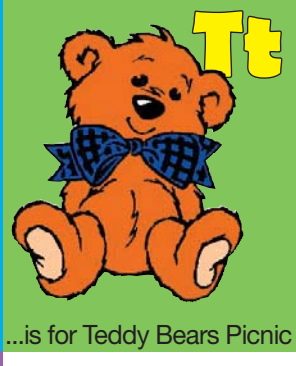
 ...is for New Years Party

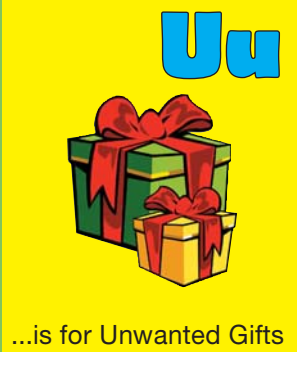
Rr

 ...is for Raffle

Ss

 ...is for Sponsored Swim

Tt

 ...is for Teddy Bears Picnic

Uu

 ...is for Unwanted Gifts

Yy

 ...is for Yo-Yo Race

Zz

 ...is for Zoo Trip

The A-Z of Fundraising

our continued work. If you would like to
 e contact fundraising@stars.org.uk

Free Ways to Support STARS!

Raise money while you surf the web

Why not set everyclick.com as your search engine and make STARS your chosen charity? Simply visit www.everyclick.com, register a few details and select STARS as your chosen charity. Set it as your internet homepage and get others to do the same. That way every time you search the web you will raise money for STARS. Everyclick.com donates half of its revenue to charity and so the more times you use it, the more money STARS receives.

Support while you shop

If you shop online, you could raise money for STARS at the same time. The Giving Machine website links to over 100 online retailers. Once you have registered with the site and selected STARS as your chosen charity, you can raise money every time you shop. Visit www.thegivingmachine.co.uk

Here are some ideas of what you can do to raise important funds for STARS

Sporting Events

There are many sporting events that can be organised in aid of charity – rugby matches, football games, tennis tournaments and so on.

Helen ran the Moray Half Marathon in Scotland in order to raise money for STARS; “The personal challenge of running thirteen miles as well as the opportunity to raise money for a worthwhile cause has spurred me to train for this!” Helen did fantastically well and raised over £700 for STARS.

Another of our supporters successfully rowed the English Channel, all in aid of STARS! He became the youngest solo rower to achieve this and raised nearly £10,000 – an enormous achievement.



Supermarket Collections



This is a simple and really easy way to raise awareness and funds. All you have to do is apply to your local supermarket, and request a two hour slot to hold a table and collection. It only takes a little of your time and you could even make it a monthly event.

Take 12-year old Ryan for example, his younger brother Bradley suffers with RAS and he wanted to do something to raise awareness and funds. He has held three stands and has raised just under £200 with only six hours of his time!

Host a Heart



Why don't you place a 'Host a Heart' board in your place of work, local shop, school or community centre? Ask your colleagues or friends to make a donation to STARS and in return, a heart is posted on to a board or wall with their name and a personal message. If you are feeling really keen, why not take a bunch of hearts to your local supermarket or bank and ask them to 'Host a Heart' board?

If you would like to 'Host a Heart' then let us know and we can send you the necessary materials and collection boxes.

Special Occasions



This is a fantastic example of how easy it is to raise money for a charity close to your heart. If you have a special occasion approaching, like a birthday, wedding or anniversary, why not ask for donations to be made to STARS, rather than receiving a gift.

This is exactly what Isabel Saunders did for her 25th Wedding Anniversary and she raised £1700 including Gift Aid!

If this is something that interests you and you think that you may organise a similar event, please let us know. We can provide you with leaflets and information for your event.



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