



FUNDRAISING

Advice, tips and information to help you fundraise in aid of Facial Palsy UK.

Facial Palsy UK is the only charity dedicated to improving outcomes for people affected by facial palsy due to any cause.

FacialPalsy^{UK}
INFORM • SUPPORT • RESEARCH

www.facialpalsy.org.uk/fundraise

THANK YOU for choosing FACIAL PALSY UK!

Our vision is a future where people living with facial palsy have timely access to care and treatments that can improve their quality of life and for there to be greater research into the causes and treatments of facial palsy.

Facial Palsy UK is a small charity with big ambitions, and without the help of fundraisers like you, we wouldn't be able to provide the support and information that we do for those affected by facial palsy.

Fundraising should be fun!

Not only does it bring in much-needed funds to enable Facial Palsy UK to continue our work, it also brings people together to share fun, memorable and meaningful experiences, which is a fantastic way of promoting the work of the charity and making more people aware of facial palsy. Thank you!



Every donation - however small - can really change people's lives.

Did you know?

It takes people with facial palsy on average 5.6 years from onset of the condition to reach a specialist. Facial Palsy UK advocates for timely treatment.

Where does your fundraising go?

The funds you raise will help make sure every person affected by facial palsy can be given access to the best information and support available. We provide this support in a number of ways which are via our website, our helpline, through family days and local support groups and social media.

We cannot thank you enough for helping support this important work.



"Thank you, this was the best day of my life."

Feedback from Izzie after attending her first family day and meeting others with facial palsy for the first time.

"If the charity didn't exist then I probably wouldn't now! Without the backup and advice I sought from Facial Palsy UK I probably would never have challenged the poor treatment I was having and certainly would never have ended up being treated by the fabulous 'A' team at Guy's Hospital."

Linda was misdiagnosed as having a benign facial nerve neuroma. On seeking a second opinion this was found to be cancer.

We also apply for grants for research and promote the need for improved education of health professionals involved in patient care.

Did you know?

NHS pathways of care are either insufficient or absent for many of the causes of facial palsy. This means doctors don't always know where to refer patients or what treatments may be available to help. Facial Palsy UK provides information that is absent from the NHS website.

Getting started with fundraising

Fundraising can take many forms, from running marathons, to putting on cake sales or coffee mornings. While some small events require little organising, others may require permissions, risk assessments and detailed planning. This pack offers lots of helpful ideas and information for planning and marketing your event, as well as explaining how to pay your funds to the charity.

As a small team mainly supported by lots of wonderful volunteers, we don't have the same resources as larger charities. However, we are always in awe of our amazing fundraisers who come up with creative ideas and challenges.



Fundraising ideas

There are lots of ways to raise money for charity. You could ask your friends and family to sponsor you to undertake a challenge or organise an event. Here are a few ideas:



For more ideas visit our website:

<https://www.facialpalsy.org.uk/get-involved/fundraising/fundraising-ideas/>



Other ways to get involved

- 📌 Shop over 7,000 brands online and give at no extra cost to you:
<https://www.facialpalsy.org.uk/get-involved/ways-to-give/shop-and-donate/>
- 📌 eBay for Charity.
<https://www.charity.ebay.co.uk/charity/i/Facial-Palsy-UK-Ltd/81222>
- 📌 Set up a JustGiving page
<https://www.justgiving.com/fpuk>
- 📌 Hold a Facebook Birthday Fundraiser
<https://www.facebook.com/facialpalsyuk/fundraisers>
- 📌 Leave a Legacy
<https://www.facialpalsy.org.uk/get-involved/ways-to-give/leave-a-legacy/>
- 📌 Join Facial Palsy UK's Unique Smiles lottery to be in with a chance of winning up to £25,000!
<https://uniquesmiles.affinitylottery.org.uk/>



- 📌 Request your employer start a payroll giving scheme, contact us for more information.

Did you know?

Physiotherapists are not taught to treat facial nerve injury as part of their degree, it is a post-graduate specialism. Facial Palsy UK raises awareness of the need to be referred to a specialist facial therapist and supports training in under-represented geographical areas.

Five steps to success

1 - Pick a fundraising activity or event

It's important to choose something that you enjoy doing because fundraising should be fun! See our website for lots of ideas:

<https://www.facialpalsy.org.uk/get-involved/fundraising/fundraising-ideas/>

2 - Plan your activity or event

Keep it simple, enlist some help if needed and pick a date. If you are planning a large event there will be lots to think about. For more information about planning your event see our website:

<https://www.facialpalsy.org.uk/get-involved/fundraising/planning-fundraising-event/>

3 - Set up your online page

Setting up your online page is a great way to get started and tell people about your activity or event. It also makes it really easy for people to donate and opt-in to gift aid.

Set up your page at JustGiving here: <https://www.justgiving.com/fpuk>

4 - Have lots of fun!

Make sure to enjoy what you are doing and let us know if we can do more to help. Don't forget to share your activities on social media using #FaceUP and spread the word. There are tips on our website how to share your story online:

<https://www.facialpalsy.org.uk/get-involved/fundraising/sharing-fundraising-story/>

5 - Pay your money in

Once you've held your fundraising event in aid of Facial Palsy UK, please pay in your funds either direct to our bank account or online. Alternatively, you can send funds by cheque payable to Facial Palsy UK. Our postal address is Facial Palsy UK, Eventus, Sunderland Road, Market Deeping, Peterborough, PE6 8FD. More information is on our website here:

<https://www.facialpalsy.org.uk/get-involved/fundraising/pay-in/>

Please note that funds raised via JustGiving come directly to the charity. We will of course write a thank you letter to everyone who fundraises for Facial Palsy UK. Please contact us if you need more information.

Email: fundraising@facialpalsy.org.uk or tel: 0300 030 9333.

Thank you so much for your support!



Darcy's Guide 'How to organise a bingo event'

We asked Darcy and her mum for tips how to put on a successful Family Bingo event which are detailed on our website here:

<https://www.facialpalsy.org.uk/get-involved/fundraising/bingo/>

Darcy was born with facial palsy and is one of our champion fundraisers. Darcy started fundraising for Facial Palsy UK in 2017 and has taken part in a clubathon, organised raffles, a family disco, Bingo events, and climbed the O2!



Face UP! Bake Sale

Want to hold a Bake Sale but feel a little daunted? We have put together some information about how to plan your event with links to downloads including posters, checklists, labels, signs and name cards. Visit our website for more information:

<https://www.facialpalsy.org.uk/get-involved/fundraising/face-up-bake-sale/>



Face UP! Litter Pick

Fancy cleaning up your community and raising funds for Facial Palsy UK at the same time? Why not organise a sponsored Face UP! Litter Pick?

Visit our website for more information:

<https://www.facialpalsy.org.uk/get-involved/fundraising/faceup-litter-pick/>

Face UP! Quiz

Find all you need to know about hosting a quiz on our website. Always an excellent fundraiser and a great night out.

<https://www.facialpalsy.org.uk/get-involved/fundraising/face-up-quiz/>

Face UP! & Create

Getting creative is a great way to fundraise and raise awareness at the same time. A favourite is making crochet toys with unique smiles.

<https://www.facialpalsy.org.uk/get-involved/fundraising/face-up-and-create/>

Facial Palsy Awareness Week



People often fundraise during Facial Palsy Awareness Week (1 – 7 March every year) in combination with awareness raising. But any time is a good time to fundraise!

Don't forget to follow us on social media during the week and share our posts.

Facebook - /facialpalsyuk

Twitter - @facialpalsyuk

Instagram - @facialpalsyuk











Previous Awareness Weeks



Did you know?

There is very little research into the causes of and treatments for facial palsy.

Important information about fundraising regulations

-  If you are under 18 you will need permission from a parent or guardian to fundraise.
-  If you are planning a large event with lots of people you must complete a health and safety risk assessment. If the event is open to the public you will need a trained first aider available for any emergencies and they must have access to a first aid kit. You can find more information at <https://www.hse.gov.uk/>.
-  For events involving the public you'll need Public Liability Insurance. The venue you are using may already have this.
-  If you are serving food you will need to make sure you're up to date with current food hygiene regulations.
-  You may need a Temporary Events Notice if you plan to provide alcohol; entertainment such as music, dancing or indoor sporting events; or if you want to serve hot food or drink between 11pm and 5am.
-  If you are using a venue make sure they have the correct licenses for serving food and drink, and entertaining.
-  If you're holding a raffle or lottery, please read our guidelines to keep things legal. <https://www.facialpalsy.org.uk/get-involved/fundraising/lotteries-and-competitions/>
-  To do a street collection you will need a licence from your local council.
-  It's important to state you are raising money 'in aid of Facial Palsy UK'. Please include this wording along with our registered charity numbers 1148115 and SC045086 on any promotional material. Download our 'in aid of logo' to use on your event posters. <https://www.facialpalsy.org.uk/get-involved/fundraising/download-our-in-aid-of-logo/>
-  Running an event in aid of Facial Palsy UK means it is your responsibility to make sure it is safe and legal. If you have any questions we will do our best to help. Thank you!

Raising much needed awareness

We would really appreciate it if you could help to raise awareness of the work Facial Palsy UK does. You could do this by sending a press release about your event to your local news outlets. It can be helpful to have high resolution copies of photos ready to send, please remember to ensure you have written permission for photos you use from everyone in them. People can use our online form here to give consent:

<https://www.facialpalsy.org.uk/get-involved/volunteering/image-consent-form/>

Covering no more than a page of A4 paper, add the following to your press release:

1. A catchy heading or title
2. The date
3. Details of your event, what you did, when you did it, how it went, how much money you raised, who was involved, and why you did it?
4. Please send the press release to your local news outlets. If you need support with this, please contact us.

Need more information?

If you have any questions about how to go about fundraising or want to share information with us about your event, please get in touch. We'd love to hear from you, thank you again for considering Facial Palsy UK for your fundraising adventure!

For more information visit:

<https://www.facialpalsy.org.uk/fundraise>

Tell us about your fundraising plans here:

<https://www.facialpalsy.org.uk/get-involved/fundraising/tell-us-about-your-fundraising/>

Find downloads such as posters, sponsorship forms and more here:

<https://www.facialpalsy.org.uk/get-involved/fundraising/downloads/>

Contact us

Email: fundraising@facialpalsy.org.uk

Telephone: 0300 030 9333

(as we are a small charity, phone calls go direct to our answerphone but we will call you back).

Facebook - /facialpalsyuk

Twitter - @facialpalsyuk

Instagram - @facialpalsyuk

LinkedIn - <https://www.linkedin.com/company/facial-palsy-uk>



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Facial Palsy UK is a registered charity in England & Wales (1148115) and Scotland (SC045086). A company limited by guarantee (08107184).

Registered Office: Facial Palsy UK, Eventus, Sunderland Road, Market Deeping, Peterborough, PE6 8FD.