

DO SOMETHING ...this summer



Anything goes. This summer, do something different for MDUK.

**Muscular
Dystrophy UK**
Fighting muscle-wasting conditions



Getting started

The first step is deciding what you are going to do to raise money for MDUK. You can follow our easy steps below to work out what works best for you, when and where.



WHAT

Are you sporty or do you prefer sporting fancy dress?
Do you prefer competing in a game or in a sweepstake?
You can find more ideas in our A-Z on page 7.



WHEN

A weekend or a weekday? A special occasion or a national holiday?
Choose a date that suits you and your supporters and make sure everyone knows when you'll be taking on your fundraising event!



WHERE

Whether you are staying at home or are heading out into the community, make sure you plan your event in line with government guidelines to ensure everyone is safe.

Don't forget to talk about what you're going to do, and start your fundraising early to help you reach your target!



Marion

Marion has raised over £2,500 by knitting unique teddies to fund research into Becker muscular dystrophy. Her son, Andrew (45), was diagnosed with this condition when he was 16. She sells the four-inch-high teddies in her local pharmacy and her designs have included: nurses, tennis players complete with rackets, dancers, and festive reindeer and angels at Christmas time.

DO SOMETHING ...for MDUK

The next step is deciding what you are going to do to raise money for MDUK. Whether you are at home, at school or at work, there is something fun and challenging waiting for you. Anything goes, but here are some ideas to get you started.

DO SOMETHING ...challenging

- try and break a world record
- cycle
- walk
- run



DO SOMETHING ...in your community

- pub quiz
- silent auction
- street party
- a bake sale



DO SOMETHING ...simple

- sweepstake
- treasure hunt
- car-boot sale



DO SOMETHING ...sporty

- sports day
- climbing challenge
- animal yoga



DO SOMETHING ...to mark an occasion

- a special date
- birthday
- an in-memory collection



DO SOMETHING ...only you can do

- shave your head, or your beard
- auction your skills, mentorship
- an art show or exhibition



Our regional fundraising team is here to help. Get in touch with us at regionaldevelopment@muscular dystrophyuk.org or 0300 012 0172

Three steps for raising money (and changing lives!)

Once you've decided what you're going to do, now you can start planning your fundraising.

1

Create a JustGiving page

At <https://justgiving.com/muscular-dystrophy>. Our top tips are to personalise your page and add a target so people know what you are doing and why. You can also fundraise by setting up a Facebook fundraiser. Find out more here: <https://www.facebook.com/help/990087377765844>

2

Share your story far and wide

We recommend sharing your event wherever you can: on social media, on WhatsApp and even in the press. Contact your Regional Fundraising Manager for a press release template.

3

You're ready to go

Share progress and updates on your JustGiving and social media pages so your supporters can keep up with your activity! Don't forget to tag us in your social media posts!



Boost your fundraising by adding Gift Aid where possible. Find out more on page 6.



Eva and Laura

University College London researchers, Eva and Laura, cycled 1,000km to raise money for Muscular Dystrophy UK. The two research fellows at Great Ormond Street Institute for Child Health work to find treatments for facioscapulohumeral muscular dystrophy (FSHD) and decided to take their efforts a step further and fundraise for people living with FSHD and other muscle-wasting conditions.

How your fundraising is changing lives

£50 could provide alert cards to help those living with a muscle-wasting condition to share their needs in an emergency

Having one of MDUK's condition-specific alert cards allows people to easily inform emergency healthcare professionals of the vital and specific issues that affect them.



£100 is the cost to have one member of staff on our free helpline number for one day

From help with money worries, to housing adaptations, advice about work or if you just want to talk, MDUK's helpline team is here for anyone living with a muscle-wasting condition.



£500 is the cost of continuing our research into muscular dystrophy

We fund pioneering research into treatments to improve lives today and transform those of future generations.



£1,800 could fund our parliamentary programme

As the secretariat for the cross-party groups in the UK's four Parliaments and Assemblies, we're able to keep the needs of people with muscle-wasting conditions high on the relevant Ministers' and Officials' agendas. These groups have been pivotal in the past to helping secure access to new treatments and improvements in the provision of specialist services.



And now for the legal stuff

There are a lot of things to consider when you are fundraising. Here are a few tips and rules to make sure your fundraising goes smoothly and everyone is happy with your fundraising efforts!

Raffles, lotteries and collections

You may need to apply for a licence from your local authority if you are collecting money in a public place, selling alcohol or holding a raffle. There are strict rules in place, so contact our fundraising team first, as they can advise you.

Health and safety

It's all about common sense, so make sure you read instructions and follow advice carefully if you're organising your own event. To make sure your event is safe, why not contact your local branch of St John's Ambulance for advice?

Food hygiene

This is vital: you obviously don't want to make your donors ill! Please take great care when handling food and work to basic rules for safe preparation, storage and display.

Data protection

Make sure any record (electronic or paper) about those involved in your fundraising event, complies with the Data Protection Regulation (2018). Don't share information or data about anyone without their permission. More information can be found at ico.org.uk

Returning your money

Once you have completed your fundraising, you can return your money to us in a couple of ways. You can call our fundraising hotline on 0300 012 0172 and make a credit card donation over the phone. Or you can send in a cheque, made out to Muscular Dystrophy UK, with a cover letter to: Supporter Services, 61A Great Suffolk Street, London SE1 0BU

Fundraising commitment

By signing up to one of our events or organising your own, you are agreeing to make a fundraising commitment to Muscular Dystrophy UK. This includes using only lawful means to fundraise for Muscular Dystrophy UK, and ensuring all monies raised in connection with your fundraising are paid to Muscular Dystrophy UK.

COVID-19

Please ensure you check and abide by the latest government guidance. Remember this may be different in different regions of the UK. You can find out more at <https://www.gov.uk/coronavirus>

Gift Aid

The Gift Aid scheme enables charities to reclaim tax on donations. For every £1 donated, Muscular Dystrophy UK receives an extra 25p – at no cost to your sponsors.

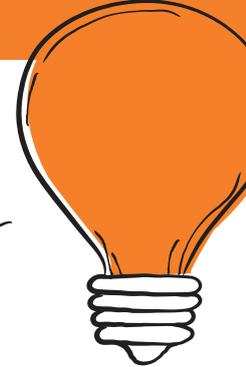
If your sponsor is a UK tax payer, their donation is eligible for Gift Aid. Don't forget to ask them to write their details clearly on your sponsorship form.

We need their surname and initial; their home address in full (including postcode) and the amount they personally donated. Don't forget to tick the Gift Aid box and send us the original forms, otherwise we cannot claim the Gift Aid.

If sponsors donate via your online page, Gift Aid will automatically be claimed, where possible.

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A to Z of fundraising ideas



- A** Alcohol-free period of time, arts and crafts evening, auction
- B** Bake a Difference, bingo, baked bean bath, book sale, bag packing in a supermarket
- C** Cocktail night, cycling challenge, climb to new heights...on your stairs, cinema screening
- D** Dog walking, detox (of your choice), dance challenge
- E** Eating competition, egg and spoon race, endurance challenge, eighties night
- F** Family funds, fun run, fancy dress, face painting, film club
- G** Go Bright for the Fight, gameathon, garden marathon, girls' night (get them round for a night in and donate what they'd usually spend out)
- H** Hour of pay, head shaving, help out (clean someone's house, car)
- I** International food night, indoor fundraising (clear out)
- J** Japanese food night, jazz evening, jewellery recycling/collection/making, James Bond theme/movie night
- K** Karaoke, keep fit, knitting challenge
- L** Loose change, late night walk
- M** Match giving, murder mystery, miles at home
- N** Nominate challenge – run 5k, nominate and donate, non-uniform day
- O** Office collection, open garden, Olympics at home (basketball with a bucket, binbag race)
- P** Pancake day/night, poker night, pub games night, plant sale
- Q** Quiz night, quintessentially British Day
- R** Raffle, race night, running, sell your favourite recipe collections, rounders tournament
- S** Skydive, sweepstake, skipping challenge, swear box, sponsored silence
- T** Tuck shop, tug of war, treasure hunt
- U** University challenge, upcycle, under-the-sea day
- V** Vegan night, valet service, volleyball
- W** Wine tasting, walk challenge, waxing
- X** X-box/ console competition, X-factor competition
- Y** Yorkshire three peaks, year-long challenge, yoga marathon
- Z** Zumbathon, zip wire

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About Muscular Dystrophy UK

We are the UK charity for the 70,000 children and adults living with a muscle-wasting condition in the UK. There is currently no cure and in many cases, it shortens lives. At Muscular Dystrophy UK we support and fund world-class research to drive the development of effective treatments and cures and provide vital support, services and opportunities to families and individuals living with a muscle-wasting condition to ensure they're able to live well.

Our vision is to live in a world with effective treatments for all muscle-wasting conditions and no limitations in life for those affected.

We know that we can beat muscle-wasting conditions more quickly if we work together.

[#DoSomethingForMDUK](#)

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Muscular Dystrophy UK Registered Charity No 205395
and Registered Scottish Charity No SCO39445



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