



## Have FUN Fundraising!

Whatever fundraiser you plan, it will be most successful if you share your passion for why you are fundraising. **Share your WHY**, with photos and stories to bring people on your fundraising journey with you. At Ring20, we love to hear about your fundraising efforts to share on our social media, so don't forget to keep us posted AND remember to thank everyone that helps you...a few words go a long way. Most of all, ensure you have FUN!

## HINTS AND TIPS

For more information on fundraising for Ring20 and to access our manual sponsorship form plus other resources to help your fundraising efforts use the QR code below:



Thank you!

<https://ring20researchsupport.co.uk/get-involved/fundraise-for-us/>

ring 20  
research & support



@Ring20ResearchandSupportUK



@ring20epilepsy



@Ring20UK



@ring20-research-support-uk



@ring20researchandsupportuk73



Let's Connect

### Phone

+44 (0) 7385 292797

### Website

[www.ring20researchsupport.co.uk](http://www.ring20researchsupport.co.uk)

### Email

ring20@ring20researchsupport.co.uk



Fundraise  
for Ring20

ring 20  
research & support



Information and Support Services  
Making connections, Supporting families

# Why Fundraise for Ring20

## Help us, help families...

Ring chromosome 20 syndrome [r(20) syndrome], is a rare form of epilepsy that is difficult to treat with frequent seizures often associated with cognitive decline and challenging behaviours impacting many aspects of daily life.

Ring20, the charity, provide information and support to individuals living with r(20), their families and healthcare professionals. Our services extend to anyone across the world, delivered by our team of volunteers.

Your fundraising efforts ensure we can continue to provide our information and support services at no cost to affected families - one less burden for them in their complex lives. You can also contribute to help us seed fund vital new research.

## Fundraise your way...

There are so many different ways you can fundraise, from individual ideas you can do from home, to more organised events. Get your family, friends, neighbours, school or work colleagues involved - you'll be raising awareness of r(20) too!

Here's a few ideas:

- Challenges: run, walk, cycle, swim, skydive
- Hold a raffle/auction
- Organise a cake sale, tea party or competition
- Host a quiz, dance, gamethon, golf day, party
- Offer a service - car wash, bag pack, cook meals
- Request donations in celebration/memorial
- and MORE!!!

Local businesses can be great at providing support - from volunteer days, to gifts/resources, to lending spaces and even offering matched-funding.

*Big or small, every fundraiser makes a difference!*

## How Ring20 can help

Whatever your idea, we can provide a range of resources to help your fundraiser be a success.

This includes:

- Promoting your event on our social media
- FREE Ring20 branded running vests, cycling tops and t-shirts for fundraisers
- Loan of Ring20 branded exhibition banners/flags, tablecloth and other items which will attract people to your stall or event
- Loan of Ring20 branded collection buckets and pots for cash donations, plus *gift aid* forms
- FREE information leaflets, balloons, stickers, giveaway bookmarks and posters available for you to share

If you need something which isn't listed please contact us and we will discuss how we can support you:

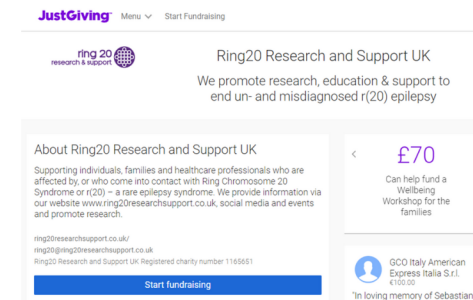
[ring20@ring20researchsupport.co.uk](mailto:ring20@ring20researchsupport.co.uk)



## Online support tools

### JustGiving

Set up a bespoke JustGiving fundraising page for your event, with funds going directly to Ring20. Simply go to <https://www.justgiving.com/ring20-researchsupport> click on **Start fundraising** and follow the instructions.



### Facebook Fundraisers

You can also set up a Fundraiser on Facebook. People often do this as a birthday fundraiser, for example. Go to our Facebook page and click **Raise money**: [www.facebook.com/Ring20ResearchandSupportUK](https://www.facebook.com/Ring20ResearchandSupportUK)

