

**FUNDRAISING
PACK**

Thank you very much for your interest in fundraising for Autism West Midlands! We hope that this pack can get you started and that it will guide you through the exciting times ahead.

Fundraising for Autism West Midlands

Receiving a diagnosis of autism, at any age, is often just one step in a long and challenging journey. Autism West Midlands is here to support anyone who needs a helping hand along the way; a life-line or just a friendly ear to listen, understand and advise. You can play an important part in helping us to accomplish this. The funds you raise will enable us to support those with autism and their families at every stage of their journey from getting a diagnosis to finding tools and strategies to lead a fulfilling life.

Your fundraising pack includes:

- Top 10 fundraising ideas
- Fundraising guidelines and frequently asked questions
- Sponsor forms and materials to help you reach your goal

We hope you will find everything you need in this pack to organise a successful fundraising event, but if you have any questions at all please email: fundraising@autismwestmidlands.org.uk

Thank you for your support, and good luck!

Olivers Story...

Your donations support children and young people like Oliver to access the tools and support they need to fulfil their potential. Oliver's mum Tracey tells us about the difference this support has made to Oliver's future

We were on an extremely difficult, stressful and lonely journey. We received the diagnosis in August 2013 and began the statement process immediately with the school. We had little to no understanding of Oliver's condition and no idea how to help him. He hated school and his anxiety levels were extremely high. He would run out of class, hide, and climb trees, and this was just perceived as "naughty" behaviour. With help from Autism West Midlands we were able to get a statement and get him placed in a school that could help him. We were also given tools to help him such as visual aids including a countdown chart for starting his new school. Without this new help Oliver would of most definitely been excluded from mainstream school. He was so anxious and unhappy it was painful to see him struggle. Although we have experienced some extremely challenging times we would not change Oliver for the world. We are blessed to have him. Having autism in the family has made us better people and better parents. One of the Autism West Midlands logos on their shirts says, "Autism is seeing the world differently", and that is exactly what it is. We are looking forward to a new year with enthusiasm and hope for Oliver's future. We are working together as a team to help Oliver with his condition and our primary goal is that he is happy and more able to cope with the difficulties his condition brings.

-Tracy – Oliver's Mum-

£100

Pays for a 6 week training course for a parent. This course will help families to understand autism, ask questions they may have and meet other parents.

£50

Could provide a 1:1 specialist support session to a family of a child with autism. This would help them develop long term coping strategies, improving their day to day lives.

£25

Gives a brother or sister of a child with autism the chance to attend a sibling workshop. Sibling workshops allow children to learn more about autism and provide a great opportunity to share their feelings.

£20

Helps pay for a family to attend an advice session. These sessions help families that have reached a crisis point and offer a helping hand to build a stronger future.

£10

Pays for a child with autism a stay and play session. These sessions give children the chance to do what they do best – play.

£5

Helps fund a parent or carer of a child with autism a coffee morning. These sessions give parents a great opportunity to meet others and share their experiences.

Top 10 Fundraising Ideas...

There are lots of ways you can raise money for Autism West Midlands but here are our top 10 easy to organise events. You can probably think of many more, we love hearing about the ways you support us. Tell us what you are planning and send us your photos.

Silly Sock Day- We usually celebrate our Silly Sock day as part of World Autism Awareness Day but you can do it any time of the year. It's really easy and everyone can get involved, name the date, stick up a poster and pull on those silly socks.

Dress up/down one of the easiest ways to raise money at school or work is to charge everyone for wearing non-uniform. Make things interesting by adding a theme and have a prize for the best and worst dressed!

Cake sale Put your baking skills to the test and organise a cake sale or even a coffee morning. If your baking skills aren't up to scratch why not buy some favourites and ask for donations.

Quiz night Test your general knowledge by organising a quiz night. Charge teams or individuals to enter and give a prize to the brainiest of the bunch!

Be crafty if you or anyone you know has a flair for crafts why not use those skills to raise money! Make cards, knit scarfs, make jewellery or even organise an exhibition of your talents.

Top 10 Fundraising Ideas Continued...

Get sponsored whether you're taking on a sporty challenge or involved in a silly contest, get it sponsored! From shaving your head to a spelling bee or an egg and spoon race, capitalise on the competition and collect up as much sponsorship as you can.

Give up something you love! Why not set yourself a challenge and give up something you love for one month.

Fun fair Christmas, Easter or summer, it is always the perfect time to organise a fair or fete. Choose between an indoor outdoor event and organise a raffle or tombola and some card games like play your cards right. Ask local businesses to donate some prizes and start selling tickets.

Small change Pennies add up to pounds so why not request a home collection box to save up your small change. You could place one at work too on reception or use it as a swear box!

Run a marathon, take part in a marathon or a sponsored run there are lots of runs around the West Midland area such as the Great Birmingham Run and Wolf Run.

Fundraising Guidelines

We have put together some guidelines to help you plan your event and ensure it runs smoothly. If you need any further information, please just ask.

Complete a registration form on our website or call the fundraising team. Simply tell us what your fundraising plans are so we can support you and give you access to our fundraising materials.

Ideally we'd like you to send us the money you have raised within 4 weeks of your event. We know this isn't always possible but please just keep us up to date!

Consider the costs of organising a fundraising event. Contact local businesses to ask for their support with raffle prizes and sponsorship to reduce your costs.

We will send you our very own supporters logo for the event, to show you are officially raising money for Autism West Midlands

Advertise your event as widely as possible using posters, newsletters, magazines, websites and social media.

If you are taking part in a large organised event we recommend using www.justgiving.com or www.virginmoneygiving.com to collect sponsorship. Your friends, family and colleagues can donate easily; you don't need to collect in lots of cash and Just Giving and Virgin Money Giving pay us directly.

We ask you to take responsibility for collection tins and buckets and let us know when they are full so that we can organise collection and arrange replacements.

Keep it safe legal and fun!

Keep it safe, legal and fun.

Take a look at our guidelines to help keep your fundraising safe, legal and fun. Autism West Midlands cannot accept liability for any events organised by you so make sure you have all appropriate insurances and licences in place.

Health and safety

Consider the health and safety requirements for your event. You should conduct a risk assessment and identify strategies that will help prevent accidents occurring.

Consider what insurance you may need for your event and ask if your venue is covered, if in doubt always check.