

## OTHER WAYS YOU CAN GET INVOLVED continued...

### Spread the word about our Helpline

We run a free Learning Disability Helpline and we want as many people as possible to know about it – so they can get advice and information about learning disability and find the right support and services in their area.

#### UK and Northern Ireland

**0808 808 1111**

(Open 10am-3pm, Monday-Friday)

#### WALES

**0808 8000 300**

(Open 9am-5pm, Monday-Friday. We are also open on bank holidays)

THANK YOU

 @mencap

 @mencap\_charity

 facebook.com/Mencap

[www.mencap.org.uk](http://www.mencap.org.uk)

**mencap**

# YOUR FUNDRAISING GUIDE

YOUR SUPPORT WILL HELP US CREATE A BETTER  
FUTURE FOR PEOPLE WITH A LEARNING DISABILITY

**mencap**



Registered with  
FUNDRAISING  
REGULATOR

**THANK YOU** FOR SUPPORTING MENCAP WE'RE  
SO EXCITED YOU'VE CHOSEN TO FUNDRAISE FOR US!



By opening this pack, you are helping to make the UK the best place in the world for people with a learning disability to live a happy and healthy life.

With your help we can continue to provide the essential support needed to achieve this.



## WHAT'S INSIDE?



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## WHAT IS A LEARNING DISABILITY?

A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life.

It's important to remember that with the right support, most people with a learning disability in the UK can lead independent lives.

## ABOUT MENCAP

For 75 years, Mencap has provided essential support to the 1.5 million people with a learning disability and their families in the UK. We are the UK's largest provider of services for people with a learning disability.

Right now, people with a learning disability face inequality in every area of life. They face barriers finding a job, accessing activities in their local community and receiving good quality healthcare.

We tackle these issues head on by,

- providing support
- giving expert advice and information that empowers people and their families
- campaigning relentlessly for changes that brings greater equality for people with a learning disability.

People with a learning disability are less likely to have a job than the general population. 6% of adults with a learning disability known to their local authority in England are in paid work.



## WHAT IMPACT YOUR SUPPORT MAKES



"Mencap helped me when I first started, and I know what I went through, so I want to help other people."

### Meet Tim

Tim is 25 years old and has a learning disability. He was involved in Mencap's traineeship programme which supported him to get a job. He now works at Clipper Logistics - a retail logistics company in Northampton.

Before starting a traineeship with Mencap, Tim, felt that he had little purpose in his life: **"When I didn't have a job, I felt depressed, I was sleeping late every day. Not having a job made me like I wasn't able to do anything."**

Getting a job has helped Tim in his relationships with other people. **"I'm able to interact with people in a way I never thought I would before. Now I'm able to talk to people and make jokes."**

Tim is now a mentor to other new Mencap trainees working in the warehouse.

Hear from Tim yourself and watch him talk about his experience here.





## WAYS TO GET INVOLVED

From quizzes to bake sales, football matches to food festivals, there are so many fun ways you can raise vital funds to support people with a learning disability across the UK. Here are some of our favourite ideas to give you some inspiration.



Channel your inner superhero and get costumed up for our Superhero Challenge



Organise a tea'riffic tea party and put the kettle on by hosting a Mencap Big Tea Party.



Rock your socks to celebrate World Down Syndrome Day.



Break a sweat and take on a walk, run or cycle to fundraise while keeping fit.

Whatever you get up to we would love to hear more about it and support, so please get in touch by emailing us [community.fundraising@mencap.org.uk](mailto:community.fundraising@mencap.org.uk)

## SUPPORTER HIGHLIGHT

### Sam from Brighton raised £312 with a Mencap Mega Quiz

Sam is an autism ambassador supported by Mencap. He'd been interested in organising a fundraising event for a while. His support workers suggested the idea of organising a Mencap Quiz. They included questions on autism in the quiz to raise awareness.

Sam said, **"I have always advocated for the rights of people with autism and people with learning disabilities because it's good to give back. I have been wanting to do a fund raiser for a really long time but wasn't sure how to do it. During support I have told one of my support workers about my idea and herself and another support Worker have helped me achieve this. I found the event to be exciting, I liked raising all the money. I would like to do it again one day because I thought a really positive activity."**

#### TOP TIP:

Use social media to share your event and raise awareness among your family and friends.

#### TOP TIP:

Lots of companies do match giving to encourage their employees to do amazing stuff for charity. Make sure to ask if your workplace does this!



## FUNDRAISING TOP TIPS

### 1 Pick a date

Now you've decided on your fundraising idea, it's time to start planning! That starts with choosing a date, which is such a simple first step to get the ball rolling!



### 2 Choose a venue

Whether you're hosting a Mencap Big Tea Party in the office, or a quiz in your local pub, remember to make sure it's accessible for all your guests. If you're looking for an external venue, let them know it's a charity event as they may offer a charity discount.



**Make this tip go further:** Why not make your event virtual? By doing your event online you don't have to worry about finding a venue. Extra bonus - friends, family or colleagues in different cities or countries can join in!

### 3 Set a fundraising target

When you set up your online fundraising page, you're asked to set a target for your fundraising. Don't be shy - a target can help to motivate you, and encourages your family and friends to donate too!

You can set up your fundraising page here [www.justgiving.com/mencap](http://www.justgiving.com/mencap)

**Make this tip go further:** Please ask us for examples of what your incredible fundraising can support. This can help you pick your target as well as inspire people to donate to your fundraiser.

### 4 Shout about it

Post on Facebook, LinkedIn, Twitter and Instagram, or even put your online fundraising link in your page's profile, bio or status. Write a blog to update your family and friends. Send your link to your contacts via WhatsApp. Ask if you can feature in your email newsletter at work.

Make sure you tag [@Mencap](https://www.facebook.com/mencap) and use the hashtag [#TeamMencap](https://twitter.com/TeamMencap) - we always love to see what you're up to.

## FUNDRAISING TOP TIPS

We've also got materials like posters and leaflets you can use to let everyone know about your activity - just ask us, we'll be more than happy to post them out to you!

**Make this tip go further:** Local press are often looking for good news stories and may help give your fundraising a huge boost in your community. If you'd like some help with getting publicity or for a template press release, get in touch.

### 5 Say Thank You

By donating to your fundraising activity, your supporters are helping you make a difference - don't forget to let them know how grateful we are!



**Make this tip go further:** Our friendly fundraising team can give you some information on what your money will be supporting, so please do get in touch, we'd love to help [community.fundraising@mencap.org.uk](mailto:community.fundraising@mencap.org.uk).

### Resources and materials to support you

We have everything you need to get started,

- Posters
- Mencap information leaflets
- MythBusters quiz
- Stickers
- Bunting and balloons to decorate your event
- Fundraising activities calendar
- T-shirts and running tops

If there's anything else you need let us know!



## GETTING STARTED

It's important to make sure that your fundraising event is safe and legal as well as fun! Here are a few things you need to know:

### COVID safe fundraising

Please make sure you check and follow the latest Covid-19 government guidelines when planning your fundraising activity. Check again on the day, too, as the rules may change at short notice. Find out more at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

To keep your fundraising Covid-safe, consider going cashless with a JustGiving page. Get started at [www.justgiving.com/mencap](http://www.justgiving.com/mencap)

**If you do decide to accept cash donations and sponsorship, get in touch for more information on how to handle cash safely.**

### Raffles, tombolas, sweepstakes and lotteries

There are strict rules about running raffles, tombolas, sweepstakes and other lotteries. If you'd like to hold a raffle/tombola/sweepstake at your event please check all of the rules and regulations.



#### England and Wales:

[www.gamblingcommission.gov.uk/public-and-players/guide/page/types-of-lottery-you-can-run-without-a-licence](http://www.gamblingcommission.gov.uk/public-and-players/guide/page/types-of-lottery-you-can-run-without-a-licence)

#### Northern Ireland:

[www.nicva.org](http://www.nicva.org)

### Liability

It's up to you to protect the health and safety of everyone taking part in or attending your fundraising activity. We have lots of information on how you can do this so please get in touch so your local area fundraising manager can support you with this.

### Using our logo

Please make sure your fundraising materials (things like posters, leaflets and signs) include the line:

**'In aid of Mencap, operating name of The Royal Mencap Society, 222377 (England and Wales); SC041079 (Scotland)'**. If you'd like to use the

Mencap logo for fundraising materials, just let us know so we can send you a high-resolution image and a few guidelines for using it.



## OTHER WAYS YOU CAN GET INVOLVED

### Clear out your cupboards

If you want to declutter at home, or if your work has extra stock or needs to get rid of last season's products, your local Mencap shop can sell them on to raise money for our life-changing projects. We are currently growing our network of shops, but if there isn't one in your area yet you could consider selling through online sites like eBay, or at your local car boot sale, and donating the profit.

#### Find your nearest Mencap shop here:

[www.mencap.org.uk/get-involved/mencap-shops](http://www.mencap.org.uk/get-involved/mencap-shops)

### Giveacar

Do you have a vehicle to get rid of? You can donate it through Giveacar, a not-for-profit social enterprise. Giveacar will arrange free collection from anywhere in the UK at a time to suit you. They arrange donations of cars, motorbikes and vans, even if not roadworthy, as well as caravans and other vehicles.



#### For more information visit:

[www.giveacar.co.uk/charities/mencap/](http://www.giveacar.co.uk/charities/mencap/)

### Volunteer with us

If you're passionate about supporting people with a learning disability, why not check out our volunteering opportunities? Whether you're helping someone to get out and about, assisting with our fundraising activities or working in a Mencap charity shop, you'll be gaining skills and experience, making friends and changing so many lives.

#### Check out our volunteering opportunities here:

[www.mencap.org.uk/get-involved/volunteering](http://www.mencap.org.uk/get-involved/volunteering)

### Leave a gift

By leaving a gift in your will to Mencap you can support us to continue our work to make the UK the best place in the world for people with a learning disability to live happy, healthy lives. Gifts in Wills are one of the most impactful ways to support us, and help us build a fairer, kinder world for everyone with a learning disability.

#### Find out more here: [www.mencap.org.uk/wish](http://www.mencap.org.uk/wish)