



Let's get started!

Your guide to raising funds to help cure type 1 diabetes



breakthrough1d.org.uk

Ready, steady, go!

We're thrilled to send you your guide to fundraising – and that you've chosen to join us as we drive our work forward making breakthroughs large and small happen together.

Thanks to amazing people like you, we're driving breakthroughs towards a world where no one lives with type 1 diabetes.

**What will you do?
We can't wait to find out!**

Inside you will find some really exciting and inspiring fundraising tips, ideas and stories from our wonderful supporters to help you kick start your fundraising.



£25 could fund a **clinical trial research nurse** for 1 hour



Your step-by-step guide

We've pulled together this handy checklist to help make your fundraising a breeze.

- Get my BreakthroughT1D fundraising pack.
- Decide how I'd like to get involved – there are some great fundraising ideas inside.
- Choose a date for my event.
- Create my online fundraising page – JustGiving and Enthuse are great places to start.
- Let people know – tell friends, family and colleagues and keep them up to date to help encourage donations.
- Host my event – check out our handy tips.
- Send in my donations.
- Pat myself on the back! I've made a big difference to everyone affected by T1D.



£65 could pay for one hour's research time on a **vital T1D project**

Meet some of our amazing fundraisers



Giles

Raised: £955 for T1D research

How: climbing Mount Snowdon on his 40th birthday

Inspiration: his son Otto, who was diagnosed with T1D, age 9

“As a parent, you want to do anything and everything to keep your kids safe. It’s our priority to help Otto understand how to manage this condition so he can grow and blossom. We wanted to raise funds for T1D research to improve lives and one day eradicate the condition for good.”



Abigail

Raised: £255 thanks to friends, family and the staff at her school

How: cycled laps around her local park on four consecutive Sundays

Inspiration: Abigail, age 10, has T1D and wants it to be cured

“After my diagnosis, I received a cuddly Rufus bear in my BreakthroughT1D KIDSAC, who makes me feel like I’m not alone with my T1D. I chose to raise as much money as possible for BreakthroughT1D as it’s a good cause and I’m inspired by their work to find a cure for T1D.”



£100 could give Rufus, the bear with T1D, to 10 newly diagnosed children



 Breakthrough T1D
Formerly JDRF

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How to get involved

If you're looking for some fundraising inspiration, check out these top ideas. Remember, every penny counts. With all of us doing whatever we can, we'll find the answers to T1D faster – and have some fun!



Get moving

Lace up your trainers for a couch-to-5k run, or set yourself a step challenge. You can do it!



Get baking

Hold a bake sale, cake raffle or lunch for family, friends or colleagues and ask for a donation!



Get together

Host a quiz or games night. You could charge an entry fee or ask for a donation on the door.



Get crafty

Knitting, painting, making cards. What crafty fun would you and your friends love to do?



Need more fundraising materials? Let us know at info@breakthrough1d.org.uk or give us a call on **020 7713 2030**

Get dressed up

Fancy dress parties, non-uniform school days, and themed days at work are a fun way to raise money.



Hot tips to make your event successful



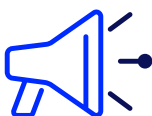
Get started

- **Choose your target**
How much would you like to raise? You can always increase it later – the more the better!
- **Make a plan**
Plan your fundraiser - when will you be fundraising, and for how long? Who can help you?
- **Create an online page**
The best way to collect donations is with a page on a trusted fundraising platform such as JustGiving ([justgiving.com/breakthrough1d](https://www.justgiving.com/breakthrough1d)). Add photos and tell your story to inspire more people to give.
- **Ask around**
Put on your best smile and ask local businesses if they can donate raffle prizes, advertise your event or agree to sponsor you.



Maximise your money

- **Speak to your employer**
With matched funding, they could match every pound you raise to make your money grow. If not, suggest a dress-down day at work, or ask about advertising your event through an all-staff email or noticeboard.
- **Gift Aid it!**
Use the sponsorship form in your pack to claim Gift Aid and make every donation you receive worth 25% more. Remember to return the form to us when you've finished fundraising.



Spread the news

- **Share your fundraising plans**
Tell as many people as possible about your fundraising and use social media to keep them in the loop about how it's going. Blogs and video diaries are also a great way to keep people interested.
- **Tell local media**
An article in the local news can really help your event take off and reach a wider audience. We can support by providing press release templates to help you approach your local media.



We're here if you need us! For help and advice call **020 7713 2030** or email info@breakthrough1d.org.uk



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A couple of essentials

First of all, big congratulations on your fundraising success! And a massive thank you for the tremendous difference you're making to all of us affected by T1D through the money you've raised.

How to pay in

Please choose the way you'd like to pay in your donations:

Online

- At donate.breakthrough1d.org.uk
- Click the 'Donate now' button and use your debit or credit card. Remember to let us know how you raised the money.

By cheque

Here's how:

- Make cheques payable to BreakthroughT1D.
- Please add a note saying who the cheques are from – and whether the money raised was from a particular event or sponsorship pledge.
- Send cheques to our London office using the freepost envelope provided. If you have a large number of cheques, please send them by recorded delivery.
- Remember to include the sponsorship form so we can Gift Aid your supporters' donations and make them worth 25% more!

Via bank transfer

- Please email us at info@breakthrough1d.org.uk for bank details.
- **Please don't send cash by post**
- If sponsors give you cash, please use one of the payment methods above to pay in the money.

Keep it legal

Having fun while you fundraise is what it's all about. At the same time, it's important everyone involved stays safe and that everything is legal.

Don't let this worry you though – we're here to help and if you are in any doubt, please call us on **020 7713 2030** or visit breakthrough1d.org.uk/legal

We love to hear about your fundraising events!

Drop us an email at info@breakthrough1d.org.uk and let us know what you did, and share photos, for a chance to be featured as one of our Friday Fundraisers.



£1,000 could provide information and **support for 200 people**



On your marks, get set...

We hope you've found plenty of inspiring ideas and that you're raring to go with your fundraising. We wish you lots of success and heaps of fun! Thank you for everything you're doing to help fund the T1D research that's bringing us closer to a cure.

Any questions? Please call [020 7713 2030](tel:02077132030) or email the team at info@breakthrough1d.org.uk.

Thank you for being amazing!



£1,000 could help test new drugs to **reduce reliance on insulin**

Together we make life better

Living with type 1 diabetes isn't easy. But you are not alone. Our community helps each other through the tough times and celebrates the good.

Together, we find ways to fund research that transforms our lives and will one day deliver the longed-for cure for T1D.

Together we are strong. Together we are BreakthroughT1D.

Thank you for going the extra mile to help us find the answers. You're spectacular!

Contact us

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