

Your Guide to Fundraising



Cruse helps people through one
of the most painful times in life,
and you can too.

Getting Started

We know it can be tough to know how to get started with fundraising. We're here to help.

First...

Pick an idea

Flick through this guide for some inspiration.

Set your target

Decide how much you want to raise.

JustGiving page

Create your page at justgiving.com/cruse

Tell everyone!

Post your link on social media and let your friends, family and colleagues know what you're doing.

Makes a

Every Fundraiser

Difference

*"I carry my friend's memory in all that I do. Every penny I raise will go to Cruse, to help them to continue to **be there for people.**"*

~ Andy

Take on a challenge

Push yourself and help change lives.



- Run
- Cycle
- Walk/ Hike
- Swim
- Golf Day
- Sports Tournament
- Skydive
- Bungee Jump
- Abseil
- Three Legged Race

*"After I finished my sessions with Cruse, I felt like I had this incredible support and I didn't pay a penny for it. I thought **"what can I do?"**– that was when we decided to start fundraising for Cruse."*

~ Sarah





Organise a get together

Big or small, every event you host helps Cruse be there for someone on their hardest days.

- Music Event
- Cake Sale
- Quiz Night
- Pub Crawl
- Treasure Hunt
- Concert
- Celebrate An Occasion
- Race Night
- Fashion Show
- Theatre Performance
- Talent Show



*"I'm in a position now where I can **give something back** to such a worthwhile charity, and I can use my experiences to help other people."*

~ Richard



Groups & Corporates

When your team comes together, amazing things can happen.



- Shake a Bucket
- Relay Race
- Golf Day
- Talent Show
- Plant Sale
- Sports Tournament
- Coffee Morning
- Team Dress Down
- Hair Dye/Shave

We're incredibly grateful to all the corporates and groups who support Cruse





Schools & Clubs

Come together, have fun and make a difference with Cruse.

- Mini Marathon
- Teddy Bears Picnic
- Hook a Duck
- Beetle Drive
- Fun Day
- Colouring Competition
- Sponsored Silence
- Bubble Run
- Sponsored Walks
- Fun Runs
- Non Uniform Day
- School Fete
- Concert



Other ways to support



However you choose to support Cruse, you'll be helping people struggling with grief to get the support they need, when they need it most.

Donate via our website

Every donation makes a difference and helps to fund our vital services.

cruse.org.uk/donate

Play our lottery

You could win some fantastic cash prizes every week.

cruse.org.uk/weekly-lottery

Leave a dedication

Dedicate a star in memory of someone you love and miss.

[Find out more](#)

Leave a gift in your will

Every gift, large or small, makes a real and lasting difference.

[Find out more](#)

Still stuck for inspiration?

Our friendly fundraising team is here to help!

Get in touch with our fundraising team- we've got plenty of fundraising ideas and resources to inspire you.



How can we help you?

We can provide advice and resources to support your fundraising – just ask!

Please keep in touch.

We would love to hear what you are up to. Please send us the link to your fundraising pages and let us know when your events are happening as our branches would love to support you if they can.

Fundraising@cruse.org.uk
0208 939 9544

Keeping your fundraising safe and legal

We want your fundraising to be great fun, but please ensure that whatever you're doing is both safe and legal. If you are ever unsure please don't hesitate to get in touch with our friendly team at fundraising@cruse.org.uk

Gift Aid

For every £1 you raise we could get an extra 25p – at no extra cost to you! Gift Aid can increase the value of voluntary donations (those made where the donor doesn't receive anything in return) by 25%, if the donor is a taxpayer and completes a valid Gift Aid declaration or ticks the Gift Aid box on the sponsorship form. If you're unsure about Gift Aid, please email fundraising@cruse.org.uk.

Match funding

Does your workplace have a match funding scheme? Many employers offer to match what you raise to help employees boost their fundraising efforts – it is always worth asking if your employer can match fund!

Paying in

There are different ways you can pay in the money you've raised.

- Through our **secure online payment** platform

visit cruse.org.uk/fundraising-paying-in/ to pay your money in.

- Pay the money into the **Cruse bank account**

Barclays

account number – 20292087

sort code – 20-06-13

Please email us at fundraising@cruse.org.uk to let us know when you've paid in the money you've raised, as we'd love to thank you and send you a certificate.

Thank You

from the Cruse Fundraising Team for helping us support more children and adults that are struggling with grief.



Sarah



Rachel



Hannah



Elaine

Fundraising@cruse.org.uk

0208 939 9544

cruse.org.uk

@CruseSupport

Charity No. 208078

