

Get inspired!

Ideas and tips to help make
your fundraising a big success



Getting started

We're right beside you on every step of your fundraising journey. Whether you need advice on organising events, or sponsored challenges, we're here with support and guidance. And we can send out some great materials to help with your amazing fundraiser, from balloons, banners, bunting, collection boxes, t-shirts and more!



Amy and Jo,
Coeliac UK fundraising team

Where to start

1. Decide how you would like to fundraise – grab an idea from this leaflet or get in touch and let's come up with some ideas together. Big or small, we appreciate every contribution!
2. Set a target – knowing how much you aim to raise will keep you motivated and encourage people to chip in.
3. Be prepared – plan what you need to do in the lead up to the big day.
4. Have fun – enjoy the sense of achievement you'll get from a successful day. Don't forget to take photos!
5. Send in the funds you have raised and tell us about what you did – you could be featured on our website or in our newsletter.
6. Say thank you – make sure everyone who supported you knows how much you appreciate them and what a difference they have made.

Top tips

- Decorate your venue with Coeliac UK balloons, posters and printable bunting. Just call Amy in our fundraising team on **0333 332 2033** or email **fundraising@coeliac.org.uk** and we'll send some your way.
- If your fundraising involves food, make sure it's free from cross-contamination.

Incredible ideas for fabulous fundraising

Don't worry if you don't know where to start, we have buckets of ideas, support and advice to help make your event a huge success. There are countless ways you can get people involved – from jumble sales and treasure hunts, to parties and night hikes. Here are a few ideas to get you started...

Get crafting

Let your creativity shine while making handmade goodies to sell for Coeliac UK. You can get busy knitting, card making, creating jewellery or crafting Christmas decorations.

Quiz and chips

A quiz and chips evening brings people together for fun, food, facts and fundraising. Many fish and chip shops now offer gluten free meals, so find a venue, source some trivia and you can start selling tickets. We can even provide you with a round of questions about Coeliac UK to get the ball rolling.

Coffee morning

Invite people to drop in for coffee and some delicious gluten free cakes, then raise funds by asking for donations or charging for drinks and more. You could host at home, at work or hire a local venue, like a village hall. Throwing in fun games, like a tombola, will help you raise even more.

Sell some stuff

It's easy to whip up a stall for pre loved toys, clothes or bric-a-brac. You could set up shop outside your house or join an organised event. Alternatively, get selling online!

Bake off

Challenge people to put their baking skills to the test by creating the best gluten free showstopper. This is a great one for a school or group, where the competition can really heat up. After you have crowned a baking winner, raise funds fast by selling scrumptious slices of cake, or auction the most spectacular creations to the highest bidder.

Anything you raise – big or small – will help support people with coeliac disease, while also funding vital research, so thank you!



Go big with sponsored events



Sponsored events are a fantastic way to encourage friends and family to donate. You could turn your hobby into a fundraiser, or try something completely new. Grab a few sponsorships forms from us – or set up an online giving page, making it even easier for people to support you. Here are a few ideas to get the ball rolling...

Get moving

A few minutes a day can be all it takes to tot up a big achievement. If you're short for time, try a sponsored challenge at home. You could ride an exercise bike 100 miles, pledge to do 50 press ups every day, or take on a 30 day yoga challenge.

A fashion for fundraising

Ask work colleagues to sponsor you to wear orange every day for a month! Or go full tilt and make your outfits more outrageous as the month goes on!

Read all about it

If you'd rather exercise your brain, how about a readathon? Your child's class at school could commit to reading 100 books between them in a month, or a group of their friends could take turns to read aloud for a set number of hours.

Celebrate the good times

A birthday or anniversary is an excellent opportunity to raise money. Facebook birthday fundraisers only take a few minutes to set up. Or, throw a birthday party and ask guests to donate to Coeliac UK instead of bringing you a present.

Cousins sew scrunchies galore

After being diagnosed with coeliac disease, Pippa and her cousin Lily wanted to do something to help other children like them. Pippa gave us the lowdown:

“ I got a sewing machine for my 9th birthday, and I learnt how to make hair scrunchies. Then we taught Lily how to make one too. They were fun to make, and mummy came up with the idea of making them for friends. Our granny helped us too, she had lots of bits of material, and we had good teamwork in the production line! We even hand delivered them. In total, we made over 100 scrunchies ”



Rise to the challenge!

From hiking and biking to running and skydiving, Coeliac UK has a huge selection of challenges to choose from.

Whether you apply for one of our charity places, or sign up yourself and set your own target, we will be here to cheer you on the whole way through.

And we can provide running vests, t-shirts and additional sponsorship forms - just give us a call.

For a full list of events and how to apply, visit www.coeliac.org.uk/get-involved



“ My 9 year old daughter Ava was diagnosed with coeliac disease in 2022 after a lifetime of bowel issues. She has been inspirational so I wanted to run the marathon to show her something positive can come out of her diagnosis. Coeliac UK have been amazing with the support I received ”

Hannah, who raised
£2,286
by running the London Marathon.



Get started!

Thank you for deciding to raise funds for Coeliac UK – you're helping people with coeliac disease live happier, healthier lives, and that's amazing.

To get started, just contact our friendly fundraising team who are here to help:

Call **0333 332 2033**

Email **fundraising@coeliac.org.uk**

coeliacuk

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