

Thank you for signing up to our Challenge Week and helping **#ShineALightOnCoeliac** this May, to help us raise £50,000 to support children and young people with coeliac disease.

Here are our top tips to make sure you get the most out of your challenge.

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GLUTEN FREE



## Choose your way to shine

£50,000 is our fundraising target, so get creative and see how you can incorporate '50' into your activity. Make it as hard or as easy as you like. And whatever you do, shine as brightly as you can – here are some of our ideas:

- ✦ **Run, walk or cycle 50km**
- ✦ **Spend 50 minutes per day skipping, hopping, hoola hooping**
- ✦ **Create brightly coloured art inspired by your experiences with coeliac disease**
- ✦ **Join our charity cook-along and host your own gluten free pizza party**
- ✦ **Share the spotlight with friends and family by throwing a virtual event**
- ✦ **Bake 50 gluten free cupcakes and decorate them so they sparkle!**

Whatever your challenge is, make it dazzling by dressing in head to toe Coeliac UK orange or in costume. Why not use neon face paints or wear a bright tutu?

Whether you take on a physical challenge or bake and draw to reach our £50,000 target, you'll help us make gluten free life better.

## Top 3 challenge tips

If you're taking on a demanding physical challenge, it's important to stay safe and look after your body:

- 1 Be mindful of your safety: make sure you're prepared, take it steady, and keep someone informed of your plans if you're doing an activity alone.**
- 2 Make a plan: being prepared will help with training and ensure everything goes as smoothly as possible on the day.**
- 3 Have fun! Shining a light is about being bright and enjoying yourself.**

For more advice and tips on your challenge, go to [coeliac.org.uk/challenges](https://coeliac.org.uk/challenges) or contact the Fundraising team.





## Steps to fundraising success

- 1 **Choose an activity you love as a fundraiser** – this is all about being as bright as you can be and having fun!
- 2 **Set yourself a target** – whether it's £50 or £500, a target helps you stay motivated
- 3 **Update your fundraising page** with your story and progress.
- 4 **Make the most of social media** – share your page and story (using #ShineALightOnCoeliac)
- 5 **Use the items in this pack to stand out!**
- 6 If you're taking on a demanding physical challenge, follow our top tips overleaf to stay safe and well
- 7 **Gift Aid it** – a simple, no cost way to increase the value of a donation. Your event sponsors can choose to gift aid their donations to you by filling in the enclosed sponsorship form.
- 8 **Tell us what you're planning!** The more we know, the better we can support you. And if you allow us to share your story with our community, you can help inspire others to join in.

Reaching our £50,000 target will help provide the essential resources which keep our community safe and well:

**£30** can give 10 children access to empowering resources

**£150** contributes to the development of new support resources for children and young people

**£50** covers the cost of our expert Food Policy team for an hour, allowing them to represent our community to education, health and catering sectors

**£500** is the minimum cost to run our Helpline for a day, providing urgent guidance and support

**£100** could enable a school to access our gluten free training course

**Why not get all your family, friends or your kids involved as a fun activity?**



**Remember we are here to help!** The Fundraising team has resources to share if you need guidance on training or recovery, so feel free to get in touch if you need more information.

### Get in touch

Contact the Fundraising team:

Tel: 0333 332 2033

Email: [fundraising@coeliac.org.uk](mailto:fundraising@coeliac.org.uk)

### Need more resources?

Order another pack at [coeliac.org.uk/shinealight](http://coeliac.org.uk/shinealight), visit the shop ([coeliac.org.uk/shop](http://coeliac.org.uk/shop)) or call the Fundraising team (0333 332 2033)



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