



**Bardet-Biedl Syndrome UK**

Registered Charity No: 1027384 & SCO41839

## Make a Difference

We need every penny or pound that you can raise to continue our support for those with Bardet Biedl Syndrome, their families & carers.

There are loads of ways that you can get involved and support BBS UK. Our fundraising team can support you to conquer a personal challenge you wish to set yourself, maybe you have always wanted to take on the Three Peaks or cycle to Paris? Our team can help you to create your very own fundraising challenge, as well as this the team can help you to find and enter an external organised event such as the London Marathon or Tough Mudder.

As well as fundraising there are lots of fantastic volunteering opportunities both with our clinics in Birmingham and London, or Helpline or even at awareness raising events across the country that you can get involved with.

Across the nation our wonderful supporters organise social events for us fundraising throughout the year.

Whether it's a sponsored walk, a coffee morning or a cake sale at work, there are so many ways that you can help us to support people affected by BBS. See our A-Z of ideas, for inspiration.

## Challenge Yourself

“Just Do It!” in a way that suits you and help us to support even more local people with BBS. You could walk, jog, sprint, swim, cycle on your own, put a mini event together with friends or enter one of the thousands of organised events in the across the country or if you are adventurous, around the world. If you need help to source any events, please get in touch.

When you have signed up please let us know by sending us the details on our “My Event Form” or by email to [fundraising@bbsuk.org.uk](mailto:fundraising@bbsuk.org.uk)



## Top Tips to A Great “Just Do It” Active Event

Set up an online sponsorship page via Just Giving or Virgin Money on our Bardet Biedl Syndrome UK site and send the link to all your friends and family

Download our sponsor form for those that don't like computers and tell everyone what you're doing

Have fun and take lots of photos to send to us for our website, post event press releases and social media

Keep safe:

- a) If you have any concerns, always check with a doctor to see if you are fit enough to do active sports events
- b) Only ask for sponsorship from people you know,
- c) Ask us for help with a generic risk assessment when you are organising an event of your own.

Call us on 07512 198484 or email our fundraising team on [fundraising@bbsuk.co.uk](mailto:fundraising@bbsuk.co.uk) for more advice



## Top Tips to A Great “Just Do It” Social Event

Identify the event you want to have, is it safe is it legal? Check with our fundraising team if you are unsure, [fundraising@bbsuk.org.uk](mailto:fundraising@bbsuk.org.uk) or call us on 07512 198484

Gather a small group of friends to help you organise it, they will help with ideas, contacts and enthusiasm, too many people organising it could confuse you.

Identify a suitable venue based on how many people you want to invite. Community halls, places where you work, someone else’s marquee after their event, your home & garden are all generally inexpensive

Decide on the date: check out what else is on, will people be away, school holidays. Have you got enough lead in time to get everything organised and an audience? When all this is considered book your venue.

**BUDGET!** It is important once everything is decided upon to get one of the group to act as key contact, noting all income and expenditure. You would need to be sure you will have enough ticket sales, advertising revenue and/or sponsorship to cover any costs.

Let everyone know. Posters and flyers work for a small event, local press, social media, Eventbrite and other established networks will help a larger event.

If you are holding a larger event, don’t forget to involve the Fundraising Team. We can help if you need it.

**Have Fun!**