



FUNDRAISING PACK

For more information, please email admin@metrust.org.uk

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Registered charity no. 1142583



THANK YOU for taking on *The Power of 10 Challenge* to raise money for the ME Trust during ME Awareness Week, in this, our 10th Anniversary Year.

The idea is to set yourself a challenge based around the number 10. You could use one of our ideas below or please feel free to come up with your own.

Power of 10 Challenge Ideas

10 BOOKS IN 10 MONTHS - Start your first book in ME Awareness Week and aim to read a book a month. You could ask friends and family to suggest their favourites for you to read.

100 SQUATS A DAY FOR 10 DAYS – are you a fitness bunny or trying to get in shape? Why not challenge yourself to complete 100 squats per day for 10 days!

10 DAYS WITHOUT SOCIAL MEDIA – Would you be able to resist checking in to Facebook, Instagram or TikTok for 10 days? Of course, you'd have to get someone else to post updates on how your challenge is going!

10-HOUR VIRTUAL DISCO MARATHON – kitchen discos have been popular during the lockdown – how about holding a virtual 10-hour disco marathon – get creative with themes, decoration and outfits. Invite friends & family to take part.

10 DAY GIVE UP – Give up something you love for 10 days, 100 days or even 10 months!

10P COLLECTION POT – set up a pot and collect any 10p coins you get in change over 10 months.

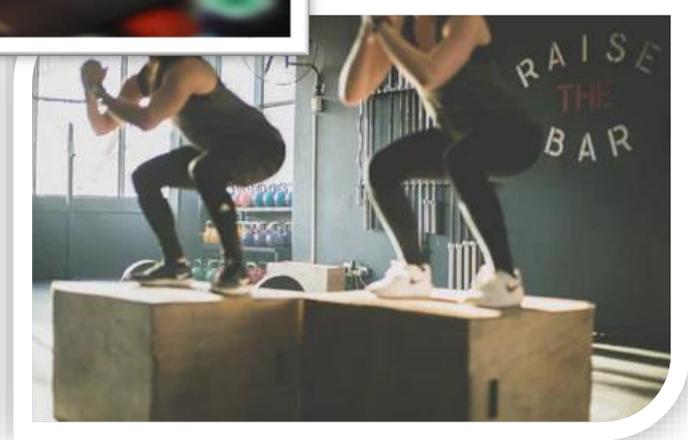
10K IN 10 DAYS – Run, walk or cycle

10K STEPS IN 10 DAYS – you don't even need to go outside to do it!

10 SEEDS TO SOW FOR THE ME TRUST – Green fingered? Buy 10 packs of seeds, plant them and then sell the plants to friends and family.

10 HOURS OF SILENCE – find it hard to keep quiet, this might be the challenge for you!

£10 DONATION A MONTH FOR 10 MONTHS – set up a regular donation to The ME Trust for 10 months of £10. Add donation link



Fundraising Tips and Hints

The easiest way to fundraise and collect sponsorship money is to set up your own fundraising page. We are registered on both Virgin Money Giving and JustGiving. All the work is done for you, including automatically sorting out Gift Aid payments, which adds a further 25% to the amount you raise if the sponsors pay income tax.

If you would prefer to use a sponsorship form, you can download this from our website here: <https://metrust.org.uk/wp-content/uploads/2020/04/Sponsorship-Form.docx>

Talk through your fundraising idea with friends and family. And consider the five Ws when planning your sponsored challenge, whether it be something simple or slightly wackier!

WHAT? Make sure your choice of challenge is something you will enjoy doing.

WHEN? ME Awareness Week runs May 11th to 16th. Depending on what you are planning to do, you could do your challenge during, or plan to start or finish your challenge this week.

WHERE? The ongoing pandemic makes live events very difficult to plan, so we would suggest considering a virtual event or something involving just yourself, your household or a small group of people, always following the government guidelines that are in place at the time.

WHO? Publicise your challenge to the widest audience possible – you might be surprised who is willing to support you!

WHY? Think about how you can get the message across by telling people what's special about the ME Trust.

Plan well ahead of time – if you want others to participate. This will give them time to consider whether they wish to take part and, if they do, plenty of time to find sponsors.

SOCIAL MEDIA

Social Media is really key to getting people involved in your challenge. If you let us know what you're planning to do, we will also highlight it through our own social media channels and on our website.

We would love to hear what you are doing and assist in any way we can – just contact admin@metrust.org.uk

Supporting the ME Trust

The ME Trust is the only UK charity providing clinical services and support for people with ME/CFS. We offer individually tailored whole person care and support people in whatever way is right for them as an individual physically, or emotionally or spiritually. We also offer encouragement and support to families and carers.

We are a registered charity and do not receive any government funding. We rely on income from donations and fundraising activities to provide support and care to people with ME/CFS. With your help we can continue to provide the care that is so desperately needed by people isolated by this cruel illness.

ME/CFS is an umbrella term for a neurological disease or spectrum of diseases that cause extreme exhaustion, muscle and joint pain, noise and light sensitivities, cognitive impairment, digestive problems and a host of other symptoms. Approximately 250,000 people in the UK suffer from ME/CFS.

There is currently no scientific cure and often insufficient care and support for the majority of people with the disease. We support research into the causes of ME, including the current DeCode ME project.

Our vision is to bring hope and transformational care to all affected by ME/CFS. We aim to transform the landscape of service provision so that accessible, expert, patient-led care is available across the UK for all those who need it.

