

# Fundraising for Share Community



For any fundraising enquiries contact  
[gabriellea@sharecommunity.org.uk](mailto:gabriellea@sharecommunity.org.uk)

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

Registered Charity 264894 Registered Company 1081030

 Share

# THANK YOU

Thank you for signing up to support disabled adults.

Share Community delivers learning, living and wellbeing programmes to adults with learning disabilities, autism and other support needs so they can realise their potential, have greater choice and independence, and live happier, healthier lives.

We're working for a world where disabled people are fully included and have access to all the amenities and opportunities in their communities.

Raising money for Share will not only help sustain our current projects, it will give us the opportunity to work on new initiatives to support disabled adults.

## Did you know

**13.9 million people in the UK are disabled and more than half say they're lonely?**

*Which is understandable when 1 in 8 disabled adults have less than 30 minutes' interaction with another person a day.*

## Did you know

**On average, life costs £583 more each month if you're disabled?**

*So it's no surprise that people with a disability are much more likely to be living in poverty.*

'Did you know' sources: Mencap, Scope and Sense

At present all fundraising will be in support of our COVID-19 Crisis Appeal. The pandemic has massively disrupted support networks for adults with additional support needs. It has made the physical and social barriers they face even bigger, so while restrictions are easing for many, shielded members of the community still need support.

Money raised will sustain our Community Meals project, producing nutritious meals for vulnerable and isolated adults who otherwise might go without, and developing new ways to improve health and wellbeing.



# How to Start Fundraising

## Pick a challenge that suits you

Even with social distancing restrictions, there are still lots of ways you can raise vital funds for us to help disabled people. Not sure what to do? Check out our A-Z!

## Set up a fundraising page

The simplest way is to set up an online fundraising page linked to our Virgin Money Giving page <https://bit.ly/2L8xLNE> or set up your own using your preferred fundraising platform.

If you're not sure how to set up a page, get in contact with us [gabriellea@sharecommunity.org.uk](mailto:gabriellea@sharecommunity.org.uk) and we'll happily help!

## Get people to sponsor you

Tell your friends, family and acquaintances what you're doing and why. Encourage them to dig deep – it's all for a good cause! If you're stuck for wording and would like a bit of help give us a shout and we'll send you a summary: [gabriellea@sharecommunity.org.uk](mailto:gabriellea@sharecommunity.org.uk)

## Promote yourself

This is when all those social media platforms come in useful! Share what you're doing, send updates on your progress and get those you know to share within their networks – all the extra publicity will help you reach your target.

Feel free to tag us if you like:  
Instagram @share\_community  
Facebook @ShareCommunity  
Twitter @ShareCommunity.



### Did you know

Two thirds of the British public feel uncomfortable talking to someone with a disability?

*Which is probably why 77% of young disabled adults find it difficult to make friends.*

### Did you know

People with a learning disability have worse physical and mental health than people without a learning disability?

*Life expectancy of women with a learning disability is typically 18 years shorter than for women in the general population and for men it's 14 years.*

## Fundraising ideas from A – Z!

*To make things easier, we've highlighted social distancing friendly ideas... or anything that could be hosted online instead!*

**A**: Auction, get Arty, Afternoon Tea Party

**B**: Bake off, Bake Sale, Bingo!

**C**: Cycle, Coffee Morning, Clothes Swap, Carwash, Car Boot Sale, Comedy Night

**D**: Dance-a-thon, Dinner Party, Dog-Jog, Dress Down Day, Darts Tournament

**E**: Eighties night, Exercise Class, host an Event

**F**: Fun Run, Football Tournament, Fancy Dress, Fashion Show

**G**: Games Night, Give Something Up, Garden Party, Golf Tournament

**H**: Haircut, Half Marathon, Hill Climb, HIIT Class, Host a HouseParty

**I**: Iron Man Challenge

**J**: Job Swap, Jumble Sale

**K**: Karaoke Night, Kissing Booth, Knitting Morning

**L**: Lift Ban, Lunch Party, London Marathon

**M**: Marathon, Murder Mystery Party, Movie Night, Make Something, host a Masterclass

**N**: Nineties Party, Noughties Party, No Alcohol

**O**: Office Olympics, complete an Obstacle Course, Odd Socks Day

**P**: Pub Quiz, Personal Challenge, Penalty Shoot Out, Pay-to-Play Event, Paintballing, Plant Sale, Press Up Challenge

**Q**: Quiz, Quit It for Charity

**R**: Raffle, Race Event, Running Event, Rugby Match

**S**: Swear Box, Sponsored Silence, Social Media Ban, Skydive, Street Party, Sit Up Challenge, Squat Challenge, Silent Auction, Summer Party

**T**: Tug of War, Talent Contest, Treasure Hunt, Tough Mudder, Tea Party

**U**: Uniform Free Day, Underwater Challenge

**V**: Virtual Quiz, Video Games Tournament, Volley Ball Match

**W**: Wax it Off, Walk, Wacky Races, Wanderlust – travel challenge

**X**: Xmas Party

**Y**: Yoga-thon, Year to Remember – pledge to do something every month

**Z**: Zoom Party, Zumba-thon



Still not sure what to do? Let fate decide and roll the dice!

1 – Run

2 – Host a zoom quiz

3 – Change your hair for Share

4 – Sponsored silence

5 – Walk

6 – Personal challenge



We're incredibly grateful for your hard work and enthusiasm, especially during these unprecedented times when disabled adults need our support more than ever.

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