



Only for fabulous fundraisers

Inside is everything you need
to raise funds for PANS
PANDAS UK, helping us to
improve awareness and
support for every family
affected by PANS or PANDAS



How we use the funds you raise

PANS PANDAS UK is the only charity working across the UK to support families affected by PANS and PANDAS.

We do not receive any statutory funding and are reliant on the generosity of others in order to undertake the work we do.

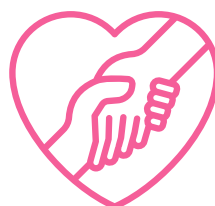
Your donations and fundraising help us to:



Improve awareness



Create resources



Provide support



Train educators



Influence legislation



Facilitate research

We dream of expanding the support we offer to families affected by these devastating conditions. **With your help, we plan to:**



Provide 24/7 support and advocacy



Create a bespoke toolkit for educators



Support more children and young people

Hello, amazing person!

Thank you for starting your fundraising journey with us. We hope you will find this pack useful, informative and a great guide for all things fundraising with PANS PANDAS UK!

As well as the information and ideas inside this pack, our latest fundraising activities and organised events can be found on the fundraising page on our website, or on our Fundraising for PANS PANDAS UK Facebook group.

We have tried to make this pack easy to follow and hope that it covers everything you need to know. If you have any questions, please contact us at fundraising@panspandasuk.org and we will be happy to help.

Enough from us, now it is over to you! We look forward to supporting you to support us, and all families affected by PANS or PANDAS.

Good luck,

Lynn x

Lynn Hogarth
Fundraising Lead
PANS PANDAS UK
lynn.hogarth@panspandasuk.org



Fundraising ideas

Our fabulous fundraising community shared these ideas to help raise funds and support PANS PANDAS UK:



Little and local...



- Host a coffee morning or bake sale
- Organise a pub quiz and sell tickets (the 'pub' could be online, or in your kitchen!)
- Offer to wash cars or take on general tasks for your neighbours
- Start a lunch or dinner club, and charge a few pounds (on top of the cost of each meal!)
- Grab that glue stick, make something new or upcycle an unwanted item, and sell it online.
- Declutter your attic at a car boot sale.



Get active!

Visit our website for the latest nationwide opportunities to get active for charity. We regularly have access to organised events like marathons, hikes and the occasional bungee jump!



For the more adventurous...

- Host a grand party, disco, gig or family day! You could include an entry fee, charge for food and drink, hold a raffle... the opportunities are endless.
- Run a 'bushtucker trial' and raise money by serving up something truly revolting... but safe, non-poisonous and cruelty-free, please!



Fundraising ideas

Fundraising at work...

- Organise a multi-day and charge for the privilege of wearing jeans on Fridays (If you work from home, maybe charge for wearing a costume or funky hat!).
- Ask for match funding from your company. Many companies will double whatever you raise!
- Get sponsored to give up alcohol for a month, stop smoking, run every day, shave your beard...
- From nail art to gardening, crafting or pet-sitting, tap in to your workmates hidden hobbies! Ask everyone to donate a skill and auction them off to the highest bidder.



...or at school!

- Organise a fancy dress or non-uniform day at school; with a suggested donation to take part.
- Hold a lunchtime disco, you could offer snacks and mocktails!
- Feeling disruptive? How about a sponsored dance relay; each class take turns to dance for 30 mins non-stop, throughout the day!



Don't forget!

Your school, company or workplace could join the PANS PANDAS UK business club, find out more here:



Thought of something different?

If you have other ideas, that's great too! We are happy to support all types of fundraising (as long as it is safe and legal!).

Please get in touch and let us know what you are planning so we can support you; simply email fundraising@panspandasuk.org

Planning your own fundraiser

Our top tips for organising your PANS PANDAS UK fundraiser.



The first step is to **decide how** you would like to support us! It could be a coffee morning, plant sale, sponsored swim, or a personal challenge. These pages contain more ideas, and don't forget to check out our community fundraising stories for more inspiration.



Talking of **location**, do you need a venue? Village halls and community centres get booked up early, so make your enquires before setting your heart on a date! Do you want children to be able to attend? What about pets? Check with the venue before you advertise your event.

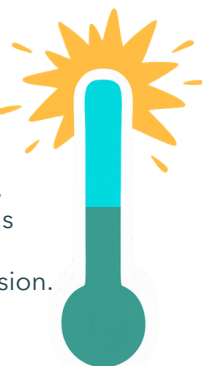
Pick a date which works well for you, but also for the community you hope to involve. Maybe it needs to take place at a weekend, or during school holidays? In the winter, you might want to schedule a cosy afternoon somewhere warm; in the summer, you could host an evening event outdoors.

Remember to tell us what you have planned! That way, we can offer support and free resources.
fundraising@panspandasuk.org

You can order fundraising tools in our shop, like collection tins, stickers, flags and banners.



Setting a **fundraising target** can inspire more donations, especially if you can track your progress throughout the day. Maybe this is the time to embrace the sticky-back plastic and build a totaliser, ...or join the cool kids and create a fancy animated digital version.



Planning your own fundraiser

Top tips for organising your PANS PANDAS UK fundraiser.

Once you have decided on an event and set a date, it's time to **tell people** about it! Emails and newsletters are great ways to spread the word, but printed leaflets can be more impactful.

You could create a poster and ask local businesses to display it.



Don't forget the power of **social media**! You can find PANS PANDAS UK on Facebook, Instagram and LinkedIn. Tag or 'mention' us in your posts and we will cheer you on.



Collecting donations on the day doesn't have to be complicated. We recommend using apps like JustGiving or Zeffy, which will allow people to 'tap to donate'. Alternatively, total up your collection tin and click the **donate button** on our website to share the total funds raised!



Feeling brave? Ask your **local radio** if you can talk about the event on their show!



Let us do the hard work

Planning your own event can be rewarding, but does take time, and can be exhausting!

Visit our website for our organised opportunities to support PANS PANDAS UK. We also regularly have access to organised national events like marathons, hikes and the occasional bungee jump!*



*Admittedly, these events may not be any less exhausting...

Reach out to our fundraising team if you have any questions:
fundraising@panspandasuk.org

PANS PANDAS UK fundraising events

Our fundraising team work very hard to organise a year-round programme of fundraising activities.

These events include solo sports, fun things to do with your friends and family, activities for your workplace or your child's school, and unique ways to bring people from our community together; both in person and virtually.



Here are some of our **annual activities**. Turn overleaf for other ways to support PANS PANDAS UK.

Summer challenge

Every summer, we encourage fundraisers to embrace the sunshine and **step outside** for PANS PANDAS UK. Whether it is for an active adventure, a gentle round of golf, or sticking in the shade to create yummy creations for your friends and family, we always have lots of ideas for having fun in the sun!



The Big Give

Big Give is a charity which supports small charities like ours to make an even bigger difference, by asking philanthropists, foundations and businesses to **match funds raised** during a festive fortnight. It is a HUGE opportunity for us and we take part every year. Can you help us to support families during **Christmas**, and beyond?

Important dates

Visit our website in **June** to find out how we are marking small charities week, and in **October** for our **Awareness Day** events; both important dates in the fundraising calendar!

National events

We are excited to offer places on hundreds of organised national events including marathons, hikes obstacle runs and other exciting escapades!



Check our **Fundraising for PANS PANDAS UK Facebook page** for extra information and reach out to our fundraising team if you have any questions: **fundraising@panspandasuk.org**

Other ways to support us

There are many ways to support PANS PANDAS UK, and they don't all involve breaking a sweat!

Become a Friend

Friends of PANS PANDAS UK is a way to donate monthly, helping provide our small charity a secure and certain future, meaning we can look ahead to a time when PANS and PANDAS are fully recognised and supported. There are so many benefits to being our Friend, including an exclusive magazine and pin badge!



Speak to the boss!

Does your company or workplace have a 'charity of the year' scheme, or are they in the position to partner with us? Point them towards our new **Business Club**, more details are on our website. www.panspandasuk.org

Birthday fun

Facebook Birthday Fundraisers are a great way to ask for donations instead of (or, as well as...) gifts! The platform will prompt you to set up a campaign two weeks before the big day.



Visit our shop

As well as fundraising resources, our **online shop** contains lots of exciting items to help support us, including t-shirts, comics, stickers and more. All profits go to PANS PANDAS UK.



EasyFundraising

Join Easyfundraising to support us every time you shop online with well-known retailers – at no extra cost to you!

Find out more!

Visit our fundraising page to learn more about our fundraising options



Creating an online fundraising page

One of the most popular ways to let your family and friends know about your fundraiser is to set up a fundraising page online.

This means that you do not need to worry looking after the money, tracking down donations or paying in funds at the end of your event. Instead, once your supporters make a donation to your fundraising page, it is transferred directly to us! PANS PANDAS UK is registered with most fundraising platforms, including...

JustGiving

This popular platform is a quick and easy option to get started. Just click 'Start fundraising' and select PANS PANDAS UK. You will then have access to our profile, and you will have the option to use our standard text and images to set up your own page. Although, we encourage you to **personalise your page** as much as possible! Your own stories and photos will be much more compelling when you share your page link with others.

www.justgiving.com

Enthuse

This fundraising platform has strong links with many **major fundraising events** in the UK, such as the London Marathon and the Great North Run. If you are lucky enough to get a place in one of these events, you will be automatically linked to Enthuse and encouraged to set up your page. We have a profile on Enthuse too!

www.enthuse.com

Zeffy

This is the only fundraising platform which **does not take any fees** from PANS PANDAS UK. This means we get 100% of the money you raise, so it is a great choice! www.zeffy.com

Need help?

Check our 'Fundraising for PANS PANDAS UK'

Facebook page for extra information and reach out to our fundraising team if you have any questions:

fundraising@panspandasuk.org

**Remember to share
your fundraising
page with your
supporters!**



Other ways to donate your funds

GiveWheel

This is a great platform if you want to raise money for more than one cause or charity. You do not need to worry about dividing the money you raised, as GiveWheel will send the correct amounts direct to each of your causes. So, if **multi-cause fundraising** is what you need, then this is definitely the platform to choose! www.givewheel.com

Facebook

Facebook fundraisers are easy to set up, and very popular for things like birthday fundraisers, or **small fundraising events**. It is a great option if you are very active on Facebook and have lots of friends and followers! On the platform, search 'fundraisers', select PANS PANDAS UK and click 'create fundraiser'.
www.facebook.com

Tap to donate

Collect instant donations with your phone! Whether you are raising money for a fundraiser, or you are hosting an event, you can now use the Give as you Live **'Tap to Donate'** app to collect donations for PANS PANDAS UK. Search your app store or email fundraising@panspandasuk.org for a download link and guide.

More options

Set up a **bank transfer**

Bank name: Santander

Account name:

PANS PANDAS UK

Sort code: 09-01-29

Account number: 23328323.

Send a cheque, payable to PANS PANDAS UK, to: Greville House, 10 Jury Street, Warwick, Warwickshire CV34 4EW

Simply click the **'Donate'** button on our website.



Don't forget...

Please use your full name as the reference and, if you are a UK taxpayer, please complete our **Gift Aid Declaration Form** so we can claim an additional 25% on your donation, at no cost to you.



Superb supporters

Meet some of our fabulous fundraisers!

Neil Gilson

Neil is a man who likes a challenge, and has participated in many epic fundraisers in support of his son Jack and the PANS PANDAS UK community. His latest challenge is to **swim 10 Swiss Lakes** over a two-year period, attempting to break the World Record for each lake he swims! We are in awe of his achievements and the huge online awareness-raising campaign that has accompanied his fundraising.



Tilda Whyte

Tilda is one of our youngest fundraisers and an active member of our Youth Board. She is always looking for the next awareness-raising challenge, including the big '**PANDAS Trek to Parliament**', where a fantastic group visited children's hospitals in London en route to Parliament, giving out our resources and raising awareness of PANS and PANDAS. We are so grateful for all of the fundraising and volunteering Tilda and her family do for us!

Seedtag UK

A community member whose daughter lives with PANDAS works at Seedtag UK. His colleagues held this yummy **Christmas lunch** to show their support and raise festive funds for PANS PANDAS UK.



"We are so thankful for our supporters who often go above and beyond to raise funds and awareness. All fundraisers, large or small, make such a difference."

- Lynn, our Fundraising Lead

Mark Thomas

Mark is a parent of a young person with PANDAS with devastatingly severe symptoms. Since finding PANS PANDAS UK, Mark has made it his mission to raise awareness and ensure that other families do not face similar challenges. Mark has organised a number of charity golf days at work and, along with his Gemini Wealth colleagues, took on the **Royal Sutton Fun Run** to raise even more funds for us.



The Wilson family

The Wilson's have first-hand experience of PANDAS as their son, Arlo, was recently diagnosed. They wanted to do something together to raise awareness, fundraise and have fun at the same time. The whole family came together and took part in their local **inflatable 5K** event. They had a great day!

More inspiration

Visit our fundraising page to meet more of our superb supporters



Your face here



What could you do to help us support families affected by PANS and PANDAS?

Legal information

At PANS PANDAS UK, we are committed to fundraising in a way that is open, honest, respectful and accountable.

How your donation is used

Each donation helps us to support children, young people and families affected by PANS and PANDAS through awareness raising, advocacy, information provision, resource creation and community support.

All donations will be gratefully used wherever the need is greatest at the time.

Information privacy

We take your privacy seriously. Any personal information you provide will be processed in accordance with UK data protection legislation and will only be used for purposes connected with your support of PANS PANDAS UK. We will never sell your personal data. You can update your communication preferences at any time. Visit our website for the full privacy policy.

PANS PANDAS UK is a registered charity in England and Wales (Charity No. 1178484) and Scotland (No. SC053206). Registered charity details can be found via the Charity Commission for England and Wales. We follow the standards set out in the **Code of Fundraising Practice**, which applies to charitable fundraising across the UK.

Fundraising promise

When you support PANS PANDAS UK, you can expect us to:



- Be clear about who we are and what we do.
- Explain how your donations help.
- Respect your choices and communication preferences.
- Protect vulnerable people and act with integrity.
- Respond promptly and fairly to any concerns or complaints.

Any questions?

We welcome feedback and are committed to continuous improvement. If you have any questions about our fundraising activities, or wish to make a complaint, please contact us directly in the first instance. If you remain dissatisfied, you can contact the Fundraising Regulator, the independent regulator of charitable fundraising in England, Wales and Northern Ireland.

Protecting yourself

How to ensure your fundraising event is safe, legal and that you and your donors are protected from risk.

Your role

As a fabulous fundraiser, you are responsible for the safety and legality of your fundraising event. You are also a legal trustee of any funds raised until they are paid in to us, and must make all donors are made aware if any funds they've donated are not paid to the charity for any reason.

Big events

Large-scale events are epic ways to raise funds and spread awareness, but they can be complicated to set up. Please contact us first so we can talk you through risk assessments, insurance and appropriate licences. You can also visit gov.uk for more information and guidance about organising voluntary events

Publicity materials

You can order free posters and leaflets from our online shop, but you are also welcome to create your own! All material must say that you are fundraising '**in aid of PANS PANDAS UK, registered charity no 1178484 (England and Wales) and SC053206 (Scotland)**'. The term 'in aid of' is important, as it ensures you are recognised as a charity volunteer.

Raffles and collections

Raffles and tombolas are fun ways to raise money at an event. However, if your raffle lasts longer than 24 hours you will need a lottery licence and printed tickets, which must have certain details on them. For help with this, please contact our team at fundraising@panspandasuk.org

Young fundraisers

If you are under 18 and planning to fundraise for PANS PANDAS UK, please ask permission from a parent or carer first.



Protecting PANS PANDAS UK

Please understand that if you do something that threatens or damages the name or reputation of PANS PANDAS UK, we will ask you to stop fundraising.



Thank you

We are so grateful for your support.
If you have any questions or need
any help with your fundraising,
please get in touch:



fundraising@panspandasuk.org



www.panspandasuk.org.uk

Your fundraising checklist



Pick your favourite fundraising ideas



Set up a fundraising page online



Tag [@panspandasuk](#) in your social media



Get in touch for support and free resources



Have fun and feel fabulous for fundraising!