

astriid

Join Team Astriid and get Fundraising!



www.astriid.org

#TeamAstriid



@astriidcharity

How raising money for Astriid helps.

We are the only charity in the UK that helps talented people with long-term conditions find meaningful work. All of our employees and volunteers have long-term conditions, which offers a unique insight into how to model and shape our services.

We offer a bespoke job-matching service for individuals, along with tailored support and advice to help them become 'work-ready'. This includes CV development sessions, interview practice, access to flexible training schemes, and much more. We also connect candidates with employers, who come to us for help with diversifying their workforce and tackling any organisational skill gaps.

As a user-led charity, we also offer research, consultancy, talks and training for businesses around inclusive employment and recruitment.

Joining Team Astriid and fundraising for us ensures that we can continue to help and support people with long-term conditions and enables us to expand our services.



“It took me 20 years to get my first job. A lot of that was recovering, learning how to manage my illness well enough so that I could take care of myself. I tried every possible way you could think of to find work... Astriid made it possible.” – Victoria



Let's go Team Astriid!

We warmly welcome anyone to join us and be part of Team Astriid

Bake sales to bike rides, coffee mornings to quizzes, climbing mountains to gentle walks - However you decide to fundraise for Astriid, we will support you all of the way.

We have had some wonderful fundraisers organising and taking part in various events from London to Paris bike rides, Tough Mudder, and trekking mountains to golf days and holding bake sales from home.

We always encourage our supporters to fundraise however they feel comfortable.

We have provided some ideas for your fundraiser over the next few pages, so please read on!

Please let our fundraising team know when you are fundraising so we can support you!

kat.gower@astriid.org

Fundraising Ideas!



Bake for Astriid!

Consider yourself the next star baker??

Why not get the cake mixer out of the cupboard and bake some mouth watering treats to sell!

Whether it be inviting friends over for a cake and catch up, or taking them to the office, this is a very tasty way to raise funds!

Quiz for Astriid!

Whether you think your friends, family or work colleagues are the next mastermind or weakest link, put their knowledge to the test with a quiz event!



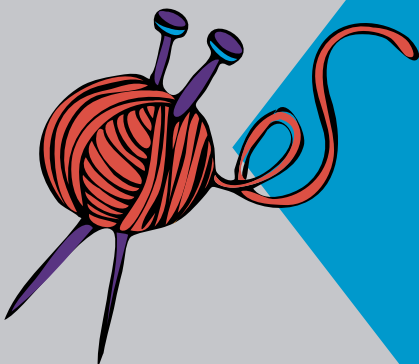
QUIZ!

Get crafty for Astriid!

Are you an avid knitter? Do you dabble in crochet?

Why not create some designs and sell them for Astriid!

You could even organise a "knit and natter" or "crochet and catch up" where you can invite like minded people to join you either in person or virtually!



Fundraising Ideas!



Dress up for Astriid!

Ever wanted to be a superhero for the day? Well, why not dress up as your favourite character for Astriid! Whether it is at work, a family gathering or a friendly get together, get your friends family or colleagues involved in a dress up day!

Getting physical for Astriid!

Are you a rambler? Do you Take part in park runs or bike rides? Why not join up your hobbies with fundraiaing! Challenge yourself to set distance on a set day, or throughout a few weeks and turn it into a fundraiser!



Come dine for Astriid!

Do you see yourself as the next master chef or "come dine with me" champion? Why not organise a Come dine with me style fundraiser! Invite your friends or family over for an evening of your home made food in return for a donation!

Let's get Fundraising!

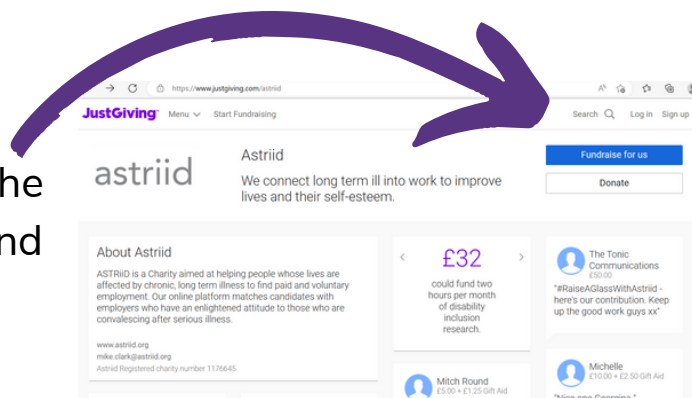
JustGiving™

One of the easiest ways for people to donate is to set up a fundraising page on Just Giving.

To do this, just go to

www.justgiving.com/astriid (or click on the link)- which is our charity landing page and click on "Fundraise for us."

Pages are customisable and we do encourage our supporters to add their own photos and stories to tell people why they are supporting Astriid.

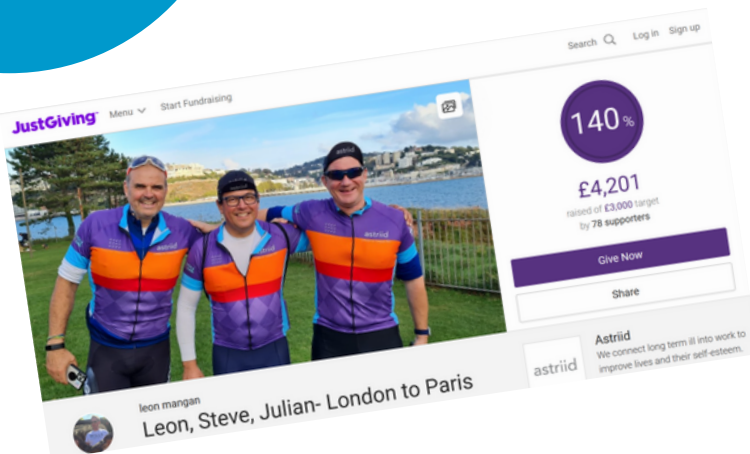


Pages with a personal story can raise up to 65% more!

Adding a fundraising target can attract up to 17% more donations!



Did you know that some organisations offer match funding?
Ask your employer if they will match the amount that you have fundraised.



Shout and Share about your fundraising!

Celebrate your fundraising on your social media platforms and tell everyone what you are doing and why you are supporting Astriid. This can really help with donations!

Here are some of our top tips to help you:

- Share your Just Giving page and tell people what you are doing
- Take photos of your event or challenge - perfect opportunity to snap and post selfies"
- If you are organising an event, set up an event page on Facebook
- Post shout outs to say Thank you to people who donate.



**Make sure that you use our hashtags:
#TeamAstriid and #AstriidCharity -
so that we can support and celebrate you!**

It's a BIG Thank you from all of us at Astriid!

From all of us at Astriid, we would like to say a BIG Thank you for supporting us!

You are helping us to fund our services, which are vital to those with long term conditions. We couldn't do it without fundraisers and supporters like you - you really are Amazing!

we would love to hear about what you are doing!

Please contact our Fundraising Lead Kat Gower:

kat.gower@astriid.org

or our CEO Steve Shutts:

Steve.Shutts@astriid.org



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www.astriid.org

Astriid Charity Registration Number:1176645 Registered in England & Wales.
Registered Address: 'Lawton', Bridge Road, Cranleigh, Surrey, GU6 7HH

