



Your festive fundraising guide

Stop loneliness. Give the gift of hope this Christmas.

mencap

Deck those halls, break out the mince pies and help us raise vital funds this Christmas.

It's been a funny old year for all of us, especially those with a learning disability, but by supporting us, you'll be helping them live the lives they choose. Without doubt, your gift will help to transform the lives of people like Darren, whose story you can read inside.

So can we just say again a big huge Christmas dinner sized thank you!

But wait—there's myrrh...

Now's the time to get organizing – choosing your festive fun, spreading the word and starting to collect donations. Remember, we're here to help you every step of the way – so read on for lots of ideas and inspiration, as well as top tips to get your fundraising off to a flying start.

Whatever you do – and however much you raise – we really do appreciate your support. You're amazing and we hope that you have a brilliant event!

The Mencap Elves

The Mencap Elves

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Ideas for every festive occasion

From carols to cakes, jumpers to jogging there are loads of ways you can raise money this Christmas for Mencap virtually or in person with family, friends, colleagues or flying solo.

From work

Sleigh this jumpers - Why not bring some cheer to your online meeting and see who can wear the best or worst Christmas jumper? Make a donation to try and rival the most festive, loudest, sparkliest and woolliest jumpers.



Whisk yourself a berry Christmas - Organise a baking competition of all your favourite festive fancies such as mince pies, yule logs and Christmas pudding. Each contestant donates to take part and votes online for the best one!



It's quiz-mas - Encourage teams to sign up and do Christmas themed quiz. Don't forget a prize for the winning team and a wooden spoon for those that come last! We've even got questions to help get you started.



Last hours pay - If you know your colleagues aren't likely to wear a Christmas jumper or partake in a scavenger hunt over Zoom, you could ask them to donate their last hour of pay for the year – which seems like small change, but can make a big difference. If your payroll team can take care of the logistics then it's incredibly easy to rake in a huge haul; if not, all your colleagues have to do is donate straight to your fundraising page on pay day – simple.



To home

Santa's little helpers - Love wrapping presents? Help out your friends and family by offering your gift-wrapping services for a donation.

Santa dash - Don your Santa suit (or best Christmas fancy dress!) and run your own distance; 5k, 10k or a half marathon. Don't forget to set up your [**JustGiving**](#) page so your friends and family can sponsor you.

Treat yo'elf to a movie marathon - From the old classics to the modern franchises, there are some amazing Christmas movies to choose from. So why not get your friends, family or colleagues together for a big night in? Everyone pays to attend – just add popcorn and snacks for the ultimate cinematic experience.



Whatever you get up to, please stay safe – make sure you stick to the [**latest government guidelines**](#) regarding coronavirus in your area.



Take your fundraising to the next level

Worried about hitting your fundraising target? Never fear – these simple tips will take your total from zero to hero in no time...

Be a creative (Christmas) cracker

Think hard about the challenge you take on. The more creative, exciting and memorable it is, the more people will join in, donate and make it a success.

Tell the workshop and Mrs Claus too

The easiest way to do this is on social media, where you can:

- Let people know what you're doing and why it's so important
- Update people on your progress – ideally once a week
- Post photos and videos of yourself on the day or in training
- Share the link to your fundraising page, or add a donation button to your Facebook page
- Tag Mencap and other friends who are taking part
- Encourage everyone to share your posts and spread the word far and wide!

As well as lighting up your social media, keep chatting, texting and emailing everyone about your challenge – and make sure you display your fundraising poster somewhere eye-catching too!

Hit up your contacts

Do you know anyone who owns a business, runs a sports club or is a mover and shaker in your local community? See if they can help with your fundraising by making a contribution, donating prizes or drumming up lots of support – you might be pleasantly surprised by their response.

Explore matched funding

Lots of companies are very generous when it comes to matching money raised by their employees. So why not speak to your boss and find out if you can boost your fundraising in a flash?

Say thank you!

When people see you saying thank you – in person or on social media – it reminds them to get involved too.

Call on the Mencap Elves

We are in our workshop waiting to hear from you and offer support you with every aspect of your festive fun, so do get in touch at community.fundraising@mencap.org.uk if you need help, advice or fundraising materials, like extra sponsor sheets, collection buckets or bunting.

Best of luck – we know you're going to smash this!





"I felt like I had nobody to turn to when we started to realise Alexander wasn't developing like other babies his age. It was a really isolating time, just so lonely."

How your money could help

Your kindness could help us fight loneliness by providing:

- expert advice and information that helps people with everything from housing, to claiming financial support, to personal relationships
- crucial campaigns that fight discrimination, change laws and services, and give people with a learning a disability a strong voice
- direct support that increases independence, boosts health and wellbeing, and simply makes people feel happier



£20 could provide the resources for a family to complete a specialized training programme or parents of children with a learning disability, giving their children the best start in life.



£50 could help fund an event for people with a learning disability and their carers to learn more about their rights to good care in hospital.



£200 could allow a child with a learning disability to enjoy sessions of sensory, imaginative, creative and exploratory play and start to interact with the world around them.



Darren's story

Hello. My name is Darren, and I have a learning disability.

When I was 2 my mum left me abandoned on the street in the snow. Luckily a nurse found me, and I went to live with my grandparents and never saw my parents again.

When my grandparents died I had nobody. I was alone and down, until I met my partner Trace in 1993. I loved Trace, we had a great life together and we were happy until she passed away in 2008.

I was lonelier than ever, really unhappy and would just sit at home all day. Eventually I got some help and I started going to the day service run by Mencap. That's when things started to change for the better.

Now I go to Mencap 3 days a week. I love getting there and seeing all my friends and having a chat.

Coming to Mencap means I have a social life, and I can get help with any problems. Mencap gives me a reason to get up in the morning.

This Christmas I might go to the pub and see my friends there. My Christmas wish would be for more people like me to get help and stop feeling lonely.

**Your
generosity can
help more people
like Darren find
happiness, support
and friendship**





How to pay in your funds

There are a number of ways you can send us the money you have raised so that we can put it to work supporting people with a learning disability:

By cheque

Please make it payable to 'Mencap' and send it to:
Supporter Care
Mencap
123 Golden Lane
London
EC1Y 0RT

Online

Visit our website at <https://secure.mencap.org.uk/en-gb/pay-your-fundraising> to pay in your funds online.

Via BACS transfer

Please contact us on community.fundraising@mencap.org.uk for our bank details.

Thank you for your support.





More ways to support Mencap in 2022

Help us change the world

Join our campaigns to help improve life for people with a learning disability – whether that's by fighting cuts to services or lobbying for vital new legislation. With people like you on our side, we really can make a powerful difference.

Clear out your cupboards

Next time you have a clear-out, take your unwanted clothes, books and other household items to your nearest Mencap shop – we'll sell them on to raise money for our life-changing projects.

Spread the word about our Helpline

We run a free Learning Disability Helpline and we want as many people as possible to know about it – so they can get advice and information about learning disability and find the right support and services in their area.

Helpline: **0808 808 1111**

(Open 10am-3pm, Monday-Friday)

Volunteer with us

If you're passionate about supporting people with a learning disability, why not check out our volunteering opportunities? Whether you're helping someone to get out and about, assisting with our fundraising activities or working in a Mencap charity shop, you'll be gaining skills and experience, making friends and changing so many lives.

**Thank you once again
for supporting Mencap this Christmas**



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