



Your Mencap Merry Disco Fundraising Guide

mencap

Deck those halls, break out the mince pies and help us raise vital funds through your Mencap Merry Disco this Christmas.

Thank you for signing up and organising your own Mencap Merry Disco this Christmas.

The money you raise will help people with a learning disability live their lives the way they choose. Without doubt, your gift will help to transform the lives of people like Mike, whose story you can read inside.

But wait—there's myrrh... Now's the time to get organising your Mencap Merry Disco, 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 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.

The Mencap Merry Disco Elves

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Inside your pack:

- Top tips for getting started
- How to make your Mencap Merry Disco a success
- Fundraising ideas to do at your Mencap Merry Disco
- How your money helps
- Mike's story
- How to pay in your money





Top tips for getting started

1) Choose your date

You can host your Mencap Merry Disco anytime during December.

Top tip: People get booked out early in December, so give yourself plenty of time to book a date in with friends and family for your Mencap Merry Disco!

2) Choose your venue

Where will you hold your Mencap Merry Disco? Will it be at home, at work, at a community centre or even at the pub?

3) Spread the message

Let friends, family and work colleagues know about your fundraiser and advertise it with our posters www.mencap.org.uk/fundraising-resources and put it in social media. Remember to tag @mencap.

4) Raise money

See below for our top ideas for how you can raise money at your Mencap Merry Disco.

5) Keep it safe and legal

If you are planning on organising a raffle, selling food, alcohol, playing live music, there are certain rules and licenses you need to follow. You'll also need to consider risk assessments and insurance, speak to our Community Fundraising team who can offer more information.

How to make your Mencap Merry Disco a success

You've got the venue and chosen the date, now it's time for you to make your entrance and make your Mencap Merry Disco shine!

1

Download our Mencap Merry Disco playlist

Every disco needs a good Christmas playlist, download ours [here](#).

2

Learn our TikTok dance

Lead the pack on the dancefloor by [learning our TikTok dance](#). Share it in advance with friends and family so you can learn it and all do it on the night, don't forget to tag @mencap so we can see your moves.

3

Decorate

Decorate your Mencap Merry Disco venue with our [resources](#).



Fundraising ideas to do at your Mencap Merry Disco

Check out our top ideas for how you can raise money at your Mencap Merry Disco:

1) Charge for entry

Ask everyone to make a donation to attend.

2) Food and drink

Sell Christmassy food and drink like mulled wine, mince pies, Christmas cake and hot chocolate.

3) Christmas outfit

Ask everyone to make a donation for wearing something Christmassy. Any bah-humbugs who don't dress up, need to donate double!

4) Song request

As well as our playlist, for a donation, let your guests request their favourite festive song.

5) TikTok dance off

Get your friends practising our TikTok dance, and for donation to take part, host a competition to see who can perform it best, with the winner receiving half the proceeds.

6) Photobooth

Set up a photobooth and ask for donations to get their pictures printed.

7) Raffle/Auction

Organise a raffle or auction as part of your disco.

8) Download our games

From pin the nose on Rudolph, to our Christmas quiz, download our fundraising games and ideas to play on the night.

9) Secret Santa lucky dip

Ask everyone to bring a small wrapped Secret Santa present and for a donation to take part, they choose a lucky dip present at random.

10) Mistletoe message wall

Share the love this Christmas, for a small donation, ask your guests to write a message of thanks or gratitude to be placed on the message wall.



How your money helps

The money you raise helps us:

- Campaign locally and nationally; helping people with a learning disability to stand up for what they want and need.
- Helping people with a learning disability to gain employment skills and find paid jobs.
- Offering people information and advice for all areas of their lives.

£50

could help us **transform a garden space** for people with a learning disability so they can **enjoy time outside** in a safe and comfortable place.

£100

could help provide access to **sport and recreational activities** so people with a learning disability can socialise and **break the loneliness** and isolation they face.

£250

could help us **influence utility companies and banks** so they provide vital information in a clear and simple way so people with a learning disability **understand the impact** the cost of living crisis will have on them.

My story

Hello, I'm Mike. I wanted tell you how Mencap has given me so much hope.

My mental health has always been up and down, but it reached a new low when Laura passed away. My sister also had a disability, and she was so important to me.

After Laura died, things got a lot worse. I was in such a bad place that I didn't want to be here. I didn't know what to do about this at the time. Before my Mum passed away, she found me a Mencap day centre, where I felt safe to come out of my shell. I went to the staff there. I thought they'd be mad at me, but they weren't.



Instead, they were proud of me for opening up. They explained that I was grieving. They taught me techniques to use whenever I'm struggling. Since then, I've been slowly getting better. I've been volunteering at Mencap more and more, helping with things like our poetry project. I'd never written anything before. But I've learned that you can write about anything, and anything can be interesting. It's more about using your voice.

It started with a few lines. Then, helping others in the group to figure what they wanted to write and read their poetry out. I feel so proud when I see people finishing their work and telling others about their lives.

If it wasn't for services like this one I probably wouldn't be writing this. Outside of Mencap, it's different. There's a lot of prejudice, and it would really bring me down without having Mencap around.

It's vital to raise money to keep Mencap services running. Your fundraising will help people like me have someone to talk to, and somewhere to go that feels like a second family.



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:
Mencap,
6 Cyrus Way,
Hampton
Peterborough,
PE7 8HP

Online

Visit our website at 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.

Stay safe on social media

www.mencap.org.uk/advice-and-support/wellbeing/safeguarding
www.mencap.org.uk/easyread/staying-safe-social-media-easy-read

Thank you for your support



Thank you

Thank you again for organising a Mencap Merry Disco and raising funds for Mencap. If you have any questions, or want to chat through your fundraising ideas, please contact the team on **community.fundraising@mencap.org.uk**

