

Your Fundraising Guide

WWW.INTERCARE.ORG.UK

2023



GREAT IDEAS TO MAKE YOUR FUNDRAISING GREAT!

YOU PROVIDE THE FUN SO WE CAN PROVIDE THE CARE

***Reduce Medical Waste
Save Lives in Africa***

InterCare 
MEDICAL AID FOR AFRICA

TAKE THE CHALLENGE

Get involved in the greatest UK Sporting Events

FUNDRAISE AT HOME

Simple and fun ways to fundraise from the comfort of your own home

SPREAD THE WORD

Tell your friends and family

Thank You So Much!

We are so grateful that you have chosen to raise money for Inter Care. Together, we will support the most disadvantaged patients in sub-Saharan Africa and save lives



At Inter Care, we work tirelessly to keep our mission going strong.

Not only do we aim to provide exactly what our partners need to diagnose and treat their patients but we also hope there is a future where our beneficiaries won't need us anymore. Will you help us with our mission?

Whether you decide to climb Mountain Kilimanjaro or sell some cupcakes, every £ will give us the chance to send vital medical aid to the most disadvantaged patients in the rural communities of Africa.

To help with your plans to raise vital funds for Inter Care, we have included great tips and ideas to get you ready to put the FUN in fundraising.

We don't receive any government funding and rely 100% on donations. We can't save lives in Africa without the incredible help of people like you.

Thank you!

Inter Care Team



Jezman is now able to treat patients with Inter Care's donations



Without funds being raised, St Joseph's Hospital in Malawi have to continue referring patients when they have no medication. This means a patient would have to travel 32km and often, when they get to the referral unit they have ran out of medical supplies too. With your support, Inter Care could help decrease referrals and ensure vital medical aid is always available.

Jezman (Pharmacist) explains the challenges around funds...

What are the challenges around funding at the hospital?

St Joseph's hospital is a mission hospital so we don't generate a lot of funds so we depend on donations. When we receive products like these (from Inter Care) we can give them to patients for free.

What is it like in the nearby community when they need treatment and how does it affect the stock levels at St Joseph's?

We have a lot of patients in our community who cannot afford to pay for health service, so in that case we have to leverage the small resources that we have, to give to those needy patients. We do experience stock out. Sometimes it's because we don't have enough resources to buy the medications, sometimes it's because the suppliers run out.

What happens when you don't have any medication for your patients?

Some of the patients, they just stay in their homes because there's no medications, some, they try to ask relatives to send them money so they can buy medications.

How Inter Care helps us...

The donated medicines help a lot. For example this amoxicillin, that is a very good product, even the packaging, makes it easier for a patient to take it. It's expensive to get a product like this one. I would like to say thank you for the gifts.

It gives us the opportunity to save lives as well. When you send us the products we don't just keep them, we treat patients, we give them to the needy in our communities.



Martha (mother) and her baby Emma receive a health check with Inter Care's donated BP machine



Staff receiving Inter Care's Donations



Jezman (Pharmacist) with a fully stocked pharmacy thanks to Inter Care's support

How Your Money Will Support Lives in Africa



Here is how your fundraising helps send life-saving medical aid to our beneficiaries in sub-Saharan Africa

The funds you raise will help the fight against coronavirus with the provision of Personal Protective Equipment, diagnostic equipment and medicines, benefiting thousands of patients with life threatening infections in some of the most rural and remote areas of sub-Saharan Africa.

Without your support, our beneficiaries would not be treated either because they cannot afford it or because the necessary treatments are simply not available at their local health unit.

The vital donations ensure that these patients can receive diagnosis and treatment free of charge. This could mean providing medicines and other aid that they need to recover their health.



Fundraising from Home



For when it seems difficult to raise funds or when you want to reach people outside your local area, there are so many options available to you so that you can do it successfully from home.



Virtual Quiz Night

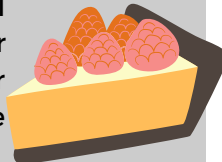
SIMPLE AND FUN

Join the quiz craze that has kept everyone entertained during lock down and beyond! This event is sure to get all the family and friends together with very little planning. In order for people to take part, ask them to make a donation first via your chosen fundraising page.

Virtual Bake-Off

WORTH THE EFFORT

Get your friends together to bake their best recipe and show it off over a video call! Choose someone impartial to select the winner or get your social media friends to vote for their favourite. Ask your bakers to donate the amount spent on their ingredients and you are onto a winner! Make sure the top baker gets a little prize!



Take on the house chores

REWARDING



Instead of asking for some extra cash towards that jacket you had your eyes on, why not take on the chores for a donation instead? You can get all your siblings, cousins and friends involved too! Take on the challenge and you will find it so rewarding!

Get Crafting

CREATIVE

We want to see those knitting needles, the paints, the card and all other creative and crafty materials! From blankets and face masks to greetings cards and gift tags, whatever you can create, get making and selling. You don't need to do it alone. Get a little group of you and it will be amazing what you can create together. This will keep you busy when you have more free time than normal.



No Commute Challenge

EFFECTIVE

People have turned their bedroom into an office and left their cars on the drive. Even with lock down over, we are travelling less and finding cycling and walking to be our new choice of travel. If you are not budgeting for fuel right now, why not donate that to Inter Care? Make it an event and get all your friends and family involved. Take up the challenge for a month! Imagine the money you will raise and save!



Virtual Cooking Lessons

INSPIRING

Fancy yourself as a bit of a Master Chef? Why not inspire others with your amazing recipes? Teach over Zoom or Whatsapp and get your student(s) following you in real time. You could give away recipe cards for a donation too. Get cooking up a fundraising sensation!



Got anymore ideas? Share them on our Facebook page. We would love to hear all about it.

THANKYOU

Online Shopping

IN ADDITION TO YOUR EVENT



You can raise funds for Inter Care automatically when you shop online. Simply add easy fundraising to your internet browser and when you finish an online shop it will let you know what you can raise! It's so simple.... Full details here: <https://intercare.org.uk/how-to-support/fundraise-for-us/>



Take the Challenge!

Whether you run in a half-marathon or something even bigger, we are behind you every step of the way.



7-day challenge

YOU CAN DO THIS

Want to keep fit and raise funds at the same time? Why not set yourself a 7 day challenge which could include home workouts, running 5k or holding the plank for as long as you can. The challenge is so versatile! Just make sure it is safe for you and your fitness and strength level. Set the challenge and do it everyday for 7 days! Upload your progress and photos.



Great North Run

5 places available each year

BIG CHALLENGE

great north run



Golf Day

GREAT DAY OUT

This is a great day for all. Have teams, dinner and raffle and you'll be creating a great fundraiser!

Inter Care's Annual Golf Day

Every year we do a Golf Day in Leicestershire. It is always so popular. Check our events page on our website for more details

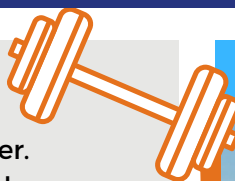


Family Fitness Challenge

TEAM EFFORT

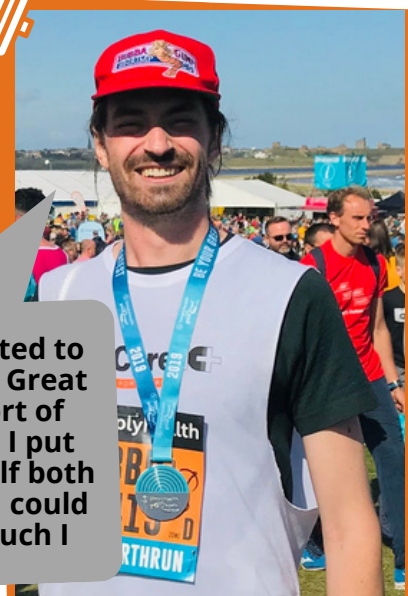
Set a challenge with your household to do a sporting activity together. You could go for a run everyday together for 7 days or simply have a football game in the garden to raise money. You decide what the challenge is but make sure you all do it together. It's a great way to motivate each other and get lots of people supporting... plus its so much fun!

Set up a fundraising page for this. Full details on page 6.



Robbie Cross

Great North Run 2019



Household Sports Day

TAKE THE DAY

Similar to the family fitness challenge, your household is your team for this event. The difference is, you do various challenges throughout the day. What a perfect way to spend a Sunday together! Ready, set...and make a difference today.

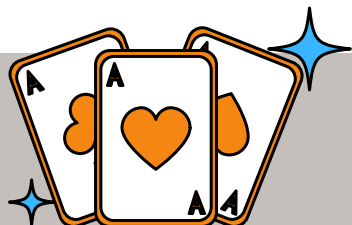


I'm absolutely delighted to have finished my 3rd Great North Run in support of Inter Care. This year I put the pressure on myself both in terms of how fast I could run and also how much I could raise

DOING SOMETHING TOGETHER...



CREATE AN EVENT THAT EVERYONE WILL REMEMBER. These events are perfect for the whole family and friends to get involved. Remember to shout about your event and tag us in on social media!



Games Night THE PERFECT EVENING

This event is sure to be a fantastic fundraiser! Everyone likes a bit of Monopoly, Scrabble or Wii and there's no better excuse to gather some family and friends for a competition than to host a fundraising games for charity night. Prepare some popular board games such as Monopoly, Scrabble, Jenga or Articulate or challenge your guests with a night of Wii.

You could do this one at the office which is a great way to spread the word about Inter Care.



Film Night OUTDOOR SPECTACULAR

A great chance to host the perfect outdoor cinema. There are so many inexpensive ways to project a film in your garden and you can ask your guests to bring their own chair! A great event for a late summer's evening.

Make it a night to remember by providing pizza or even make a big batch of curry!



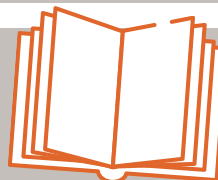
Hold a Raffle GREAT EVENT

Contact your local stores for some donated prizes, and you are on to a winner! A great way to gather the community at your planned event.



Book Fair QUICK AND SIMPLE

Sell your unwanted books via Facebook Market Place or Ziffit. You can simply leave some outside your house and ask for a donation. Want to make it more extravagant? Hold a book club evening and trade books for a donation. It's simple, effective and can be done various times in the year.



Car Boot Sale SUNDAY FUNDAY

De-cluttering your home? Find your local car boot sale to sell your unwanted goods and donate the money to Inter Care



We can't wait to see what you do!

Create an Afternoon Tea Event

Want to get people together in your garden or local village hall for a post-lockdown celebration? why not get people to donate cakes, pie, sandwiches and other great buffet delights. Sell tickets on entry or ask for a donation.



Part of a Social Club? Create a charity dinner dance

inter Care celebrate it's 50th birthday in 2024 and what an event this would be! If you want help with planning a great charity ball, contact us. Details on page 10.



6 steps to Great Fundraising

1

Choose a day for your event

Now that you have your fundraising idea, it's time to set a date! Make sure if it's just you or a team of you, that you are all available. Check your diaries.

2

Get your venue booked

Even if your event is in the living room, ensure that it's free for you to avoid any little disruptions.

If you are doing a sporting challenge, make sure you pick your route beforehand. You can plan your route on google maps and check out the time and distance!

3

Set a target

If you are setting up an online fundraising page, you will be asked to set a target. You can exceed this during your event or even if you don't reach it, you will still be helping us save lives in Africa. Remember - setting a target will motivate your friends and family to help you in your challenge.

4

Your Just Giving Page

The easiest way to raise and return money to us is through Just Giving. A fundraising site trusted and used worldwide! By creating a fundraising page here, you will be able to set targets, see your progress and link stories to your fundraiser.

To set up a page go to: <https://www.justgiving.com/intercare> and click on "fundraise for us"

5

Spread the Word

See below for all of our tips to using social media to reach your friends and beyond!



6

Return your hard-earned donations to us

Now your efforts are finished, use page 10 to get your money to us, so that we can save lives.

Tips to raising funds via Social Media

Facebook

You can set up a fundraiser on Facebook and share this with your friends, and they will share it with their friends... and so on. Imagine how many people you will reach! Just visit: <https://www.facebook.com/fundraisers/> and select Inter Care as your chosen charity.

Instagram

Alongside your chosen fundraising page, you can add posts and pictures of your fundraising with a donate button. Your followers can donate in just a few taps of the screen. You can find this in story mode. Happy snapping!

Share your progress

Remember to upload photos to your Instagram or Facebook story to let your friends know how you are getting on in real time. You can even go live on the day of your event which can get all your friends excited and sharing what you are doing.

Thank you
for saving
Susan's life



Registration Form. Tell us about it.

So that we can support you on your fundraising journey,
let us know about your event or challenge.
We can't wait to hear about it.



3

To register your fundraising event or challenge with us, please fill in the form below and send it to us via post or email fundraising@intercare.org.uk with the information. Thank you!

I AM FUNDRAISING FOR INTER CARE

About Me

Full Name:

Email:

Contact Number:

My Event/Challenge

Name of my event/challenge:

Description:

Date:

Time:

Venue Address:

Post Code:

My Fundraising Plan

Name of my event/challenge:

How I will fundraise e.g. Just Giving Page:

How I will pay in my donations

e.g. cheque/BACS/online fundraising page:

My Requests *Tick all that apply*

I would like some information
leaflets and other resources
for my event/challenge

☐

I would like to be
added to your
mailing list

☐

I would like an Inter Care T-Shirt
(This option is available for
Sporting Events Only)

☐

Getting your hard-earned donations to us



If you are using **Just Giving** to do your online fundraising then no need to do anymore! **Just Giving will send us your donations** once your fundraising page has finished. We will ensure that we acknowledge receipt of your total funds.



If you are collecting cash from your friends and family, you can deposit this and **send us a cheque** made payable to: **Inter Care Ltd, 46 The Half Croft, Syston, Leicester, LE7 1LD**. Please do enclose a note with your contact details so that we can personally acknowledge and thank you for your donation.



You can **pay the money directly into our charity bank account**. This is so easy and ensures that we get your money almost immediately!
For our bank details, contact fundraising@intercare.org.uk.



Not sure about any of these options? Don't worry, **just call us to arrange a time to pop into our office in Syston Leicestershire** where you can give us your cash in person. Please note: We do not advise sending cash via post.

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IMPORTANT NOTICE ABOUT GIFT AID: Certain platforms enable you to add gift aid to your donation and will automatically be collected for us. You may need to send a signed form for us to claim gift aid against your donation. For more details, give us a call.

We Are Here to Help You



Whether you need help with your fundraising planning or ensuring you have all the resources you need, we are here for you.

Contact **Claudia Domin**,
Community and Events
Fundraiser
Email:
fundraising@intercare.org.uk
Call: 0116 269 5925

Registered with



FUNDRAISING
REGULATOR

