



Braid Health
& Wellbeing

Fundraising Pack!

*You can have a positive
impact on the ageing process*

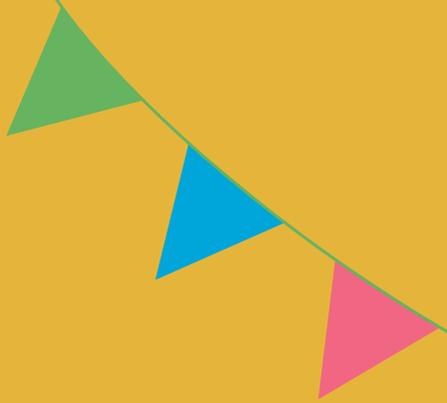
www.braidhealth.scot

fundraising@braidhealth.scot

01506 430615

Registered Charity in Scotland: SC012574





Thank you for choosing to fundraise for us!



Braid Health and Wellbeing provides a digital and physical space for elderly, vulnerable and isolated individuals. It is our goal to offer the very best health and wellbeing services within West Lothian and the surrounding areas. We are here for everyone in need of support as they transition through life's stages

Your fundraising will have a massive impact on the services we can offer which positively enhance the ageing process. With your support, we can continue to protect the mental health and physical wellbeing of elderly people.

THE DIFFERENCE YOUR SUPPORT MAKES



£15

Could...

fund a
reminiscence
activity, great
for clients
with dementia

£200

Could...

fund 4 sessions
with a music
therapist, an art
therapist or a
fitness
instructor

£500

Could...

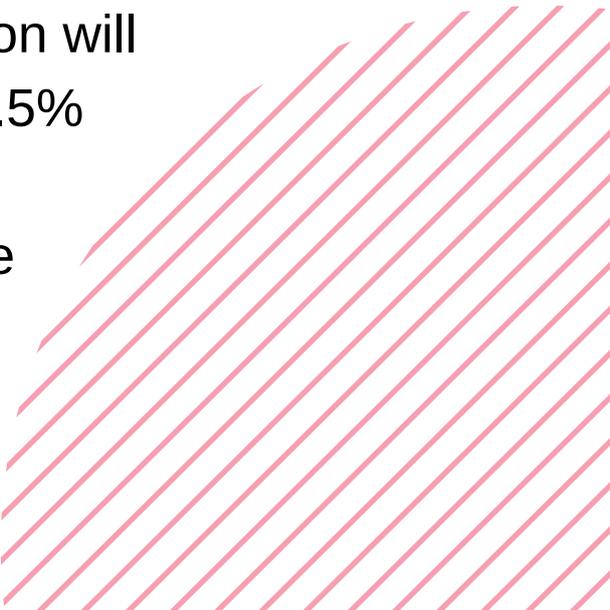
fund our group
support
sessions for a
full month

Host an Event

Fundraising events are some of the best ways for us to raise money for Braid Health and Wellbeing as they are fun, social and get people working together in support of a common goal. Bingo nights, quiz nights, and race nights are always very popular. To raise funds you can charge a small entry fee and have a raffle at the event.

Amazon Smile

Support us while you shop with no extra cost to you. [Head to Amazon Smile](#) and choose us as your charity. Amazon will then donate 0.5% of the net purchase price to Braid Health and Wellbeing!



How you can help

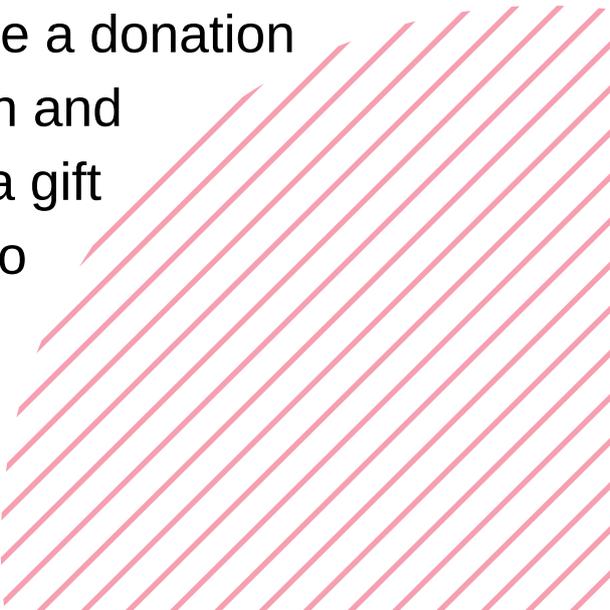


The Giving Lottery

You can support Braid Health and Wellbeing through the Giving Lottery and be in with the chance of winning £25,000! This is a weekly lottery that makes it free for good causes like ours to raise vital funds to support their amazing work. Tickets cost just £1 and 40p from every ticket will be sent directly to us with another 20p going to other local causes.

Facebook Fundraiser

Is your special day coming up soon? Why not hold a birthday Facebook Fundraiser and ask friends to make a donation to Braid Health and Wellbeing as a gift to you. Head to our Facebook page to set it up!



How you can help



Take on a challenge!

The Kiltwalk, Tough Mudder, the Edinburgh Marathon, The Supernova Kelpies are just a few of the events that take place in Scotland each year. You can also do your own virtual challenge! If you sign up to a challenge event, we can send you a sponsor form and give you details of how to set up a [JustGiving page](#).

Make a Donation

[Giving a gift](#) to Braid Health and Wellbeing is an amazing way to support our work. We are so grateful to our wonderful donors. Any donation you can make will have a real impact on local elderly people in need of a little support

SUPPORTING US IN THE WORKPLACE



Are you and your colleagues looking for a special local cause to support? We would love to be your charity partner!

Here are four great reasons to get involved:

1. We offer a variety of staff volunteering activities within our centre
2. Your staff can use their specific skills to support the wellbeing of people within their community
3. You will help us raise awareness so that more people who need our support know we are here
4. Your support will be promoted in the press and on social media



Let's talk money!



The easiest way to collect your donations is on JustGiving, you can set up a page here:
www.justgiving.com/braidhealth

Alternatively, you can post a cheque to:
Braid Health and Wellbeing
1A Labrador Avenue
Livingston
West Lothian
EH54 6BU

If you are a UK taxpayer you will be eligible for Gift Aid which means your donation is topped up by 25%! We can provide you with a Gift Aid form or make sure to tick the Gift Aid box when donating on JustGiving

SAFETY AND LEGAL REQUIREMENTS

If you are hosting a fundraising event, the safety of your attendees should be your top priority. If you would like advice on how to run your event safely and legally, please contact: fundraising@braidhealth.scot

Serving Food

If you are serving food and drink, make sure you take all the correct safety procedures and hold any licenses you need. Store food in sealed containers and keep perishables in the fridge. Go to www.food.gov.uk for info.

Money Safety

If you are handling cash, assign two people to look after it and keep an eye on the money. Lock the money in a safe place after the event. Money should be counted by two unrelated individuals.

Risk Assessment

It is always a good idea to do a risk assessment and think about any dangers for the event. From considering fire safety to having a plan of action if someone un-invited appears in your Zoom call to cause trouble!

First Aid

Ideally someone should be trained in First Aid and you should have a kit.

Lotteries and Raffles

If you are hosting a lottery or raffle online over a number of days/weeks you may need a gambling licence. If all ticket sales, and the prize draw, are happening at the event, you won't. Find out more on the Gambling Commission website.

A to Z of Fundraising Ideas

AFTERNOON TEA

BIRTHDAY FACEBOOK FUNDRAISER

CAKE SALE

DARTS TOURNAMENT

EASTER EGG HUNT

FANCY DRESS DAY

GIVE SOMETHING UP

HALLOWEEN PARTY

**INTERNATIONAL
FOOD NIGHT**

**JEWELLERY
MAKING**

KARAOKE

**LOOSE CHANGE
COLLECTION**

MURDER MYSTERY



A to Z of Fundraising Ideas

NAME THE TEDDY BEAR

OBSTACLE COURSE

PAMPER DAY

QUIZ NIGHT

RAFFLE

SWEAR JAR

TOMBOLA

**UNUSUAL CLOTHES
DAY**

**VIDEO GAME
MARATHON**

**WALKING
CHALLENGE**

XMAS FAIR

YOGATHON

ZUMBA PARTY





Thank You!



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