

How to Help Fundraise **4** Meningitis UK

There are many ways you can help to support our Search 4 a Vaccine Campaign. Here are a few of our favourites:

Give in Memory - As a special way of remembering a loved one you can set up an 'In Memoriam' fund. This is a lasting way for friends and family to make a gift or raise money in their name in whichever way they feel is most appropriate, e.g. by simply making a donation to the fund, holding a coffee morning, taking part in a marathon or encouraging their company to hold a dress down day at work. This can be done by creating your own page online at www.justgiving.com/muk/raisemoney or just by giving us a call.



Give in Celebration - If you are having a special occasion, e.g. a wedding, anniversary or birthday party, you can request friends and family to help you celebrate by making a donation to Meningitis UK in lieu of presents.

Make a Donation - Whether you make a one-off or regular gift you will find that making a donation is a quick and simple way of supporting Meningitis UK. You could perhaps approach your company for support through employee fundraising, matched giving, corporate grants or through gifts in kind as a charity partnership could also really benefit your company. If you have any contacts at a charitable trust, why not recommend they support one of our research projects?

Run, Walk or Ride 4 Meningitis UK - Events offer an exciting opportunity to raise money whilst having fun. If you would like to organise your own event we can help you every step of the way and can send you a fundraising pack full of hints, tips and advice. Perhaps you would like to take up our 4 Hour Challenge and get sponsored to do something for 4 hours?! Alternatively why not join our 'Meningitis Musketeers - All 4 One and One 4 All!' running team and take part in one of the many running events across the UK, many of which we have Golden Bond places in. Or, if you would rather take part in a Meningitis UK organised event then we would be delighted if you could join us and have lots to choose from:



Name of Event	Dates of Event	Details
Walk of Roses	Saturday 3rd May - Saturday 10th May 2008	Walk from Blackpool - Bridlington
Bristol 10k	Sunday 4th May 2008	10km
Belfast Marathon	Monday 5th May 2008	Marathon
Great Manchester Run	Sunday 18th May 2008	10km
Bordering on a Vaccine Northern Ireland Spring Walk	Saturday 24th May - Sunday 1st June 2008	Walk from Londonderry - Newry
Edinburgh Marathon	Sunday 25th May 2008	Marathon
BUPA London 10,000 2008	Monday 26th May 2008	10km
Bristol's Biggest Bike Ride	Sunday 22nd June 2008	Various cycle routes in Bristol
Summer Stroll	Saturday 28th June 2008	Walk from Bath - Bristol
Great Scottish Run (Glasgow)	Sunday 7th September 2008	10km and Half Marathon
Reebok Bristol Half Marathon	Sunday 14th September 2008	Half Marathon
Adidas Women's Challenge (Hyde Park, Liverpool and Birmingham)	Sunday 7th September 2008	5km
The Big 4 Walk	Thursday 2nd October - Sunday 26th October 2008	Southampton - Sheffield - Bristol - Oxford - London
BUPA Great North Run (Newcastle)	Sunday 5th October 2008	Half Marathon



Meningitis can KILL in under **4 hours**



Parachute 4 Meningitis - We have joined up with the London Parachute School who use a number of British Parachute Association (BPA) approved drop zones around the UK. Why not take the plunge and get to go 10,000 feet up in a plane and then experience the exhilaration of freefalling for 5,000 feet at up to 120 miles an hour?! To take part in this once in a lifetime experience for Meningitis UK there are two alternative options - you can either:

- Pay for the jump yourself (£235) and raise what you can for us in sponsorship or
- Raise £400 in sponsorship, of which £235 pays for the jump and £165 is a donation to Meningitis UK.

Challenge 4 Meningitis - If you fancy an exhilarating challenge abroad whilst raising money for Meningitis UK, we can organise expeditions to some truly awe inspiring destinations through the UK's leading adventure travel company Charity Challenge. Over 100 different challenges are on offer each year ranging from climbing an Andean Volcano, to Horseback riding across Mongolia or rafting through the Mexican jungle. Here are a few taking place in 2008 which may be of interest to you:

Name of Event	Dates of Event	Details
Trek Machu Picchu	5th September 2008 - 14th September 2008	10 days Experience spectacular Peruvian scenery and explore the ancient lost city of the Incas - described as one of the most beautiful and enigmatic ancient sites in the world
Great Wall of China Discovery	4th October 2008 - 12th October 2008	9 days Trek along the world famous Great Wall of China. Twist and wind your way through the mountains and take in the spectacular scenery.
Cuban Revolution Cycle	10th October 2008 - 19th October 2008	10 days Cycle 350km from the vibrant capital Havana via sugar plantations, mountains and Che Guevara's monument, finishing in Trinidad.

We are also linked up with the company Adventure Café who organise challenges in the UK. Forthcoming challenges include:

Name of Event	Dates of Event	Details
3 Peaks Challenge	1st August 2008- 3rd August 2008	3 days England and Snowdon in Wales all within a 24 hour period. This trip promises to be a fantastic experience, travelling 480 miles with like-minded people who are up for an adventure!
Coast to Coast Bike Ride	21st August 2008 - 25th August 2008	5 days Cycle on and off-road across Britain from the Irish Sea the North Sea via the Lake District, Eden Valley, the Pennines and the Durham Dales.

Group Support - Why not encourage a group you belong to (e.g. church, Rotary Club, Lions Club, Scout or Brownie Group or Ladies Circle) to get involved with fundraising 4 Meningitis UK? For schools and nurseries we have specific events they could take part in and for student Rags we have a variety of street collections planned throughout the year.

Other Ways to Help - There are so many other ways you can help Meningitis UK, from selling wristbands, donating your old mobile phone, volunteering at our events or at our Bristol Office or by managing our collection boxes in your local area. Please do get in touch if you would like to get involved.



To find out more about any of the above ways to help, please give our fundraising team a call on 0117 373 73 73 or log onto www.meningitisUK.org - we look forward to hearing from you!

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