

# Ménière's Society Top Ten Tips for Fundraising

Whether you're jumping out of a plane, running a marathon or organising a bake sale, we hope you'll find these top ten tips useful...



**#1 Set a target** - it will give you something to aim for and keep you motivated

**#2 Start early** – the quicker you start your fundraising, the more you can raise

**#3 Feeling generous** – ask your generous friends to sponsor you first to set an example! This applies to traditional sponsor forms as well as sponsorship sites like Justgiving

**#4 Keep it legal** – please stick to our fundraising rules and the relevant laws & regulations\*

**#5 Who do you know** – see if local pubs, companies or shops, will collect money for you

**#6 Get social** – use social media to share your story, updates and fundraising page

**#7 Mix and Match** – you can boost funds by organising a mini fundraiser to go towards your target. For example a dress-down day at work or school, or a car boot sale

**#8 Double up** – some employers offer a match funding initiative where they can literally match every pound you raise! It's worth asking as can make a huge difference to us

**#9 Media savvy** – contact local TV, radio or newspapers to gain publicity & awareness

**#10 Be informative** – keep us & your supporters updated on your progress by sharing pictures, fundraising totals or stories about your event

\*For more information on keeping your fundraising event legal and safe, please visit our website or request a Fundraising & Awareness pack.

**Ménière's Society** 

helping people with dizziness and balance disorders



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