A young girl in a school uniform is smiling and writing on a whiteboard. She is wearing a white shirt and a dark tie. The background is bright and out of focus, suggesting a classroom or office setting. A blue banner with white text is overlaid on the top left, and an orange banner is on the top right.

YOUR SCHOOL FUNDRAISING GUIDE

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

WHY DIABETES UK?

Nearly five million people in the UK are living with diabetes. Living with daily frustrations, checks and ups and downs.

As the UK's leading diabetes charity, it's our job to take on diabetes, day in and day out. We campaign for better care, provide vital support and fund groundbreaking research into new treatments and a cure.

Our vision is a world where diabetes can do no harm. But we can't get there without you. Your school can help by fundraising for us.

In this pack, you'll find all the inspiration you need to get your fundraising journey started. Plus, you can find out a bit more about diabetes and how it affects you.

From the entire team at Diabetes UK, thanks for getting involved. Together, let's change the future of diabetes.

What is Diabetes?

Diabetes is a serious condition, which causes too much sugar – or glucose – in the blood.

We need some glucose to fuel our bodies, but we also need insulin to move the glucose into our cells.

People with type 1 diabetes aren't able to produce any insulin. People with type 2 diabetes can't produce enough insulin, or what they do produce isn't able to work properly.

There's currently no cure. But, with the right treatment and care, people with diabetes can live a long, healthy life.



THE DIFFERENCE YOUR FUNDRAISING MAKES...

Every two minutes someone learns they have diabetes. For those people, there are no days off. It's always with you and there's no cure. Your fundraising helps to...

Fund life-saving research

Our scientists are always searching for new treatments and trying to learn everything they can about all types of diabetes, so we can find a cure sooner.

Improve care in schools

No one should miss out on any part of their education because of diabetes. So we work with parents and healthcare professionals to make sure children get the care they need at school.

Make diabetes easier

There's lots to learn about diabetes. Our events and website help people get to grips with it. Plus, we campaign so that everyone gets access to the right treatment and tech.

Run our helpline

Dealing with diabetes can be tough. Our helpline means we can be there for people when they need advice, or just want to talk to someone who understands.

What your support will do...

£5 means we can give a person with diabetes access to a dedicated digital education service, which helps them manage and understand their diabetes.

£10 could help cover a call to the Diabetes UK helpline, giving someone the guidance and reassurance they need.

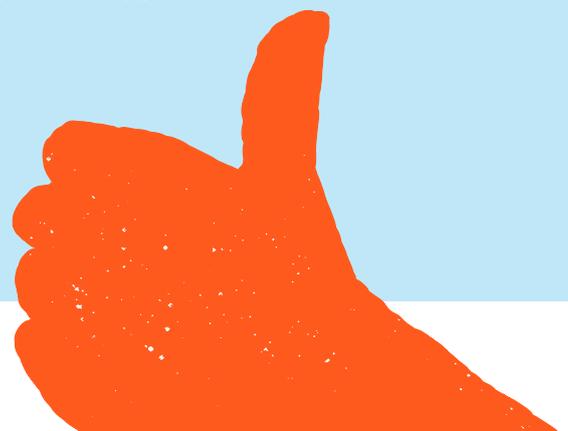
£50 helps us develop our online Learning Zone, which provides personalised info and advice for people affected by diabetes.

£100 could help support more people to reduce their risk of type 2 diabetes.

£250 can go towards the training of a new helpline assistant, enabling us to answer every call that comes in.

£300 helps fund our campaigns, which transform life for people with diabetes every day.

£500 could help us unearth ground-breaking treatments via our research.



PUTTING THE FUN INTO FUNDRAISING

Our calendar's packed with fundraising events. Whether you fancy dusting off your cycling shorts or making a splash, there's something for everyone.

One Million Step Challenge

This summer, walk, jog, run or dance your way to one million steps over three months – that's about 10,000 steps a day.

Get the whole school involved and see if you can reach one million steps together.

Visit step.diabetes.org.uk to find out more.

UK Wide Cycle Ride

Saddle up for the ultimate challenge for people with diabetes. Choose a distance that suits you and ride inside or out.

If you fancy a real adventure, why not see if you can get a group together and cycle from Land's End to John O'Groats?

For more information visit cycle.diabetes.org.uk

Swim 22

22 miles. 12 weeks. One life-changing challenge.

There are three distances to choose from and three months to do it in. You can take part by yourself or rally your class to swim at your local pool.

Either way, it's a great way to get fit while raising funds for Diabetes UK.

Go to swim22.diabetes.org.uk to learn more.

We've got lots more events and ideas on our website. Head over to get involved, or read on for even more inspo.

diabetes.org.uk/get_involved



GET INSPIRED

If you're looking for more ways to raise money at school, take a look at our top 10 ideas to get your fundraising flowing...

1. Fancy dress

You could come as your favourite superhero, or in your comfiest pyjamas – the theme's up to you. Just make sure to have buckets at the ready to collect everyone's contributions.

2. School fete

Go all retro and bring back the classics, like 'guess the number of sweets in a jar', hook a duck and face painting. Oh, and it wouldn't be a school fete without a tombola.

3. Students vs teachers

Battle it out between students and teachers. You can pick between something physical, like tug of war and a football match, or go head-to-head in a game of trivia.

4. Crazy hair day

It's a case of the weirder the better for this one. Dig out your wackiest wig or style your own hair. It's a chance to get really creative and ditch the pigtails for the day.

5. Fashion show

Practise your walk and perfect your best Blue Steel look... it's time for a fashion show. Your school hall makes the perfect setting. And you can charge parents and teachers for entry, or refreshments.

6. Car wash

All you need for this one is some sponges, buckets, water and car shampoo, plus some old clothing. Then you're good to go. You can get the whole school washing cars for a donation.

7. Dress blue for diabetes

Hold a dress down day with one rule – you have to wear blue for Diabetes UK. Get every student who takes part to donate, and encourage teachers and parents to get involved, too.

8. Bake sale

Bake sales are a school staple. They're cheap, easy and who doesn't love a brownie, or two? You could go a step further and put together a school cookbook to sell, full of everyone's family recipes.

9. Quiz night

Brush up on your general knowledge and host a quiz night. You could add fun extras, like 'phone a friend'. Plus, it's worth tapping up local businesses to see if they're willing to donate prizes.

10. Get sponsored

This could be anything. You could do a sponsored silence, or organise a clean-up of a playground or park. This way, you can give back to the local community, while helping people with diabetes.



WE'RE HERE TO HELP

You've got the plan, we've got the goods. We can provide everything you need to make your event look the part.

- Balloons
- Collection buckets and tins
- Sponsorship forms
- Posters
- Banners

Learn more about diabetes

We'd love to come and talk to your students about diabetes and the work that we do. We can hold an assembly or a class – it's up to you.

Plus, we've got some posters you can put up to help your school understand the difference you make.

Good Diabetes Care in School Award

This prestigious award recognises schools providing fantastic care for children living with type 1 diabetes. It celebrates the schools that work with parents and healthcare professionals to ensure pupils with diabetes get the most out of their time at school.

Whether you're a parent, carer, member of school staff or healthcare professionals, you can nominate a primary or secondary school for the award.

If you're interested in any of the above, just get in touch at fundraising@diabetes.org.uk



THE ESSENTIALS

Once you've planned your event, here are the fundraising basics you need to know.

Facebook

Sharing really is caring, so Facebook is a great way to raise money with your family and friends, safely and securely. Diabetes UK is one of the featured charities, so you could collect donations for a fundraising challenge or even your birthday.

Find out more: facebook.com/fundraisers

JustGiving

JustGiving is the best way to spread the word about your fundraising and collect donations securely online. Set up a page and watch your fundraising take off with a few clicks.

justgiving.com/diabetesuk

Gift Aid

Gift Aid makes your gift worth even more. If you're a UK taxpayer, we can reclaim the tax you paid on your donation – at no extra cost to you. It means we'll get an extra 25p for every £1 donated.

Get in touch with us, or visit our website to find out which of your fundraising donations are eligible.

diabetes.org.uk/get_involved/ways-to-donate/gift-aid

Pay in your funds

You can send us a cheque to:

**Diabetes UK, Wells Lawrence House,
126 Back Church Lane, London E1 1FH.**

Before you pop it in the post, make sure to add a little about your fundraising, too. We love hearing all about your adventures and want to say thank you.

We accept payment via BACS transfer. Please get in touch to request our details.

You can also pay it in over the phone by calling **0345 123 2399***.



THANK YOU FOR YOUR SCHOOL'S SUPPORT

Your fundraising means we can be there for everyone with and at risk of diabetes.

Get in touch

If you need help with ideas or materials then we're happy to help. We've a team of Regional Fundraisers on hand to support who'd love to know more about your plans.

fundraising@diabetes.org.uk

0345 123 2399*



*Calls may be recorded for quality and training purposes.

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