



# FUNDRAISING PACK

Here is your need to know about fundraising for The Lauren Currie Twilight Foundation.

T H E L A U R E N C U R R I E T W I L I G H T  
F O U N D A T I O N . O R G



# **ABOUT US**

## **THE LAUREN CURRIE TWILIGHT FOUNDATION**

We're a small charity, but The Lauren Currie Twilight Foundation's work on raising awareness, educational initiatives, funding research and providing support has made us a driving force for the vasculitis community in Scotland and the UK.

LCTF was founded in 2010 by Grant and Adrienne Currie in memory of their daughter, Lauren. Lauren had just turned 15 when she died from Wegener's Granulomatosis (now called Granulomatosis with Polyangiitis, a variant of vasculitis).

Lauren's death was made even more tragic by the fact it needn't have happened. Had her symptoms been pieced together, a diagnosis could have been made and the outcome could have been very different.

And so her legacy is The Lauren Currie Twilight Foundation – a charity named after her obsession with The Twilight Saga, which aims to raise awareness of vasculitis so that the same thing doesn't happen to someone else.

# OUR SERVICES

## THE LAUREN CURRIE TWILIGHT FOUNDATION

### Twilight Cabin

People with vasculitis can often struggle to find the break and rest they need, and especially when the illness can impact on work. We set up the Twilight Cabin experience so that patients and their families can take a break at a stunning location on the banks of Loch Awe.

In the past 12 months, we have supported 48 patients and their families with this 6 night escape.



### Residential Course

After a research was conducted around quality of life for patients with vasculitis, some key aspects were highlighted, leading to the development of our two-day residential course. It is designed specifically for people with vasculitis, to help you understand and manage your condition. Most vasculitis patients who attend are accompanied by a loved one or carer, so it also provides them with an insight into the condition and an understanding of what having vasculitis can mean. This course has been filled every year and we continue to fund and organise this much needed service for patients and their carers.

### Support Groups in Scotland

LCTF support groups, whether physical or on social media, are an extremely helpful part of the support we can offer.

Groups are private but can be joined by vasculitis patients or carers, and are a relaxed, non-judgmental space where people can gather information, ask questions and share experiences. We also use it as an opportunity to update members on what we're doing as a charity, and of any news or developments we think might be of interest.

All of our vasculitis support groups are free to attend and offer a free buffet lunch, tea and coffee.



# OUR SERVICES

## THE LAUREN CURRIE TWILIGHT FOUNDATION

### Wellbeing Service

Illness can affect a patient's ability to work, potentially leading to concerns about their job and money. It can strain relationships. And other day-to-day concerns can add their own pressures. All of which can have a negative impact on overall health.

Reducing stress is vital when managing vasculitis – which is why we offer our online Wellbeing Service.

The Wellbeing Service gives access to an online site full of practical advice and information covering a range of topics, including mental health, work, the law, relationships, addiction and family.



### Counselling

Living with vasculitis can be hard. People can often be affected with depression and anxiety, because it can – understandably – be difficult to come to terms with being diagnosed with a chronic disease and any limitations that might entail. Even those who have lived with vasculitis for some time can need help during flares, or when life throws up other challenges.

At The Lauren Currie Twilight Foundation, we fully understand what that's like, and how important it is to get help.

We fund counselling services so that we can provide immediate support to anyone affected by vasculitis.

Our trained counsellor is employed by us and can make appointments available quickly for those who need them. We do that either by one-to-one sessions at the LCTF offices in East Kilbride, or through telephone counselling.

### Talking Service

Speak in confidence to someone who understands. When dealing with a chronic illness like vasculitis, and everything that entails, it's OK to get help.

Talking helps. And sometimes we need to talk openly and honestly to someone who isn't a friend or family member. There is nothing wrong with getting things off your chest.

Our vasculitis volunteers can help. They've been there, they know what it's like, and they won't judge you.

Our volunteers can talk to you on the phone and provide you with emotional and practical support when needed. They've lived with vasculitis themselves for many years, so patients will talk to someone who knows what they're going through and can offer an empathetic ear in complete confidence.



“

Thank you so much for our wonderful stay in the Twilight Cabin. It was the relaxing respite that we needed after a horrid year of this illness and for my wonderful husband, my full-time carer. Such a wonderful cabin in a wonderful setting, in memory of Lauren. Once again, thank you

-  
Jacquie

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FUNDRAISING MATERIALS



# CHAPTER 1

## TYPES OF FUNDRAISERS

# TYPE OF FUNDRAISERS

## What is Fundraising?

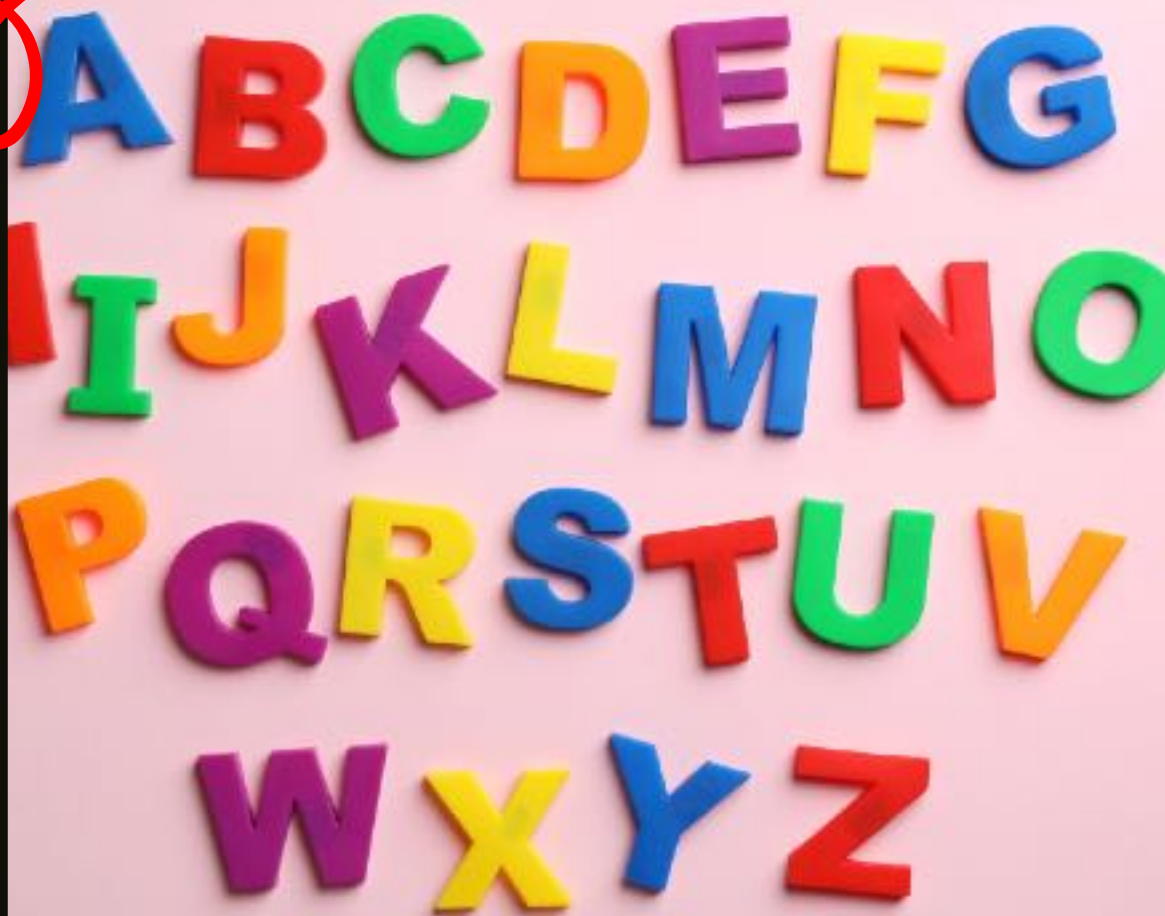
Fundraising is gathering voluntary contributions of money or resources to support a cause, organisation, project, or event. It can take various forms, from large-scale campaigns led by nonprofit organisations to smaller, community-driven efforts. Charities, schools, political campaigns, and social causes commonly use fundraising to support their work, whether it's disaster relief, educational programs, research, or other needs.

## Fundraising for LCTF

Since we are a small charity, fundraising is vital for us. Be able to raise funds means we can support patients and their loved ones who need help to live with Vasculitis. We have a range of services like the Twilight Cabin, our Residential Stay for well being and many support groups. We also fund important research on this disease so new treatments and understanding can reach the Vasculitis community.







## **A-Z FUNDRAISING IDEAS**

If you need some ideas to host a fundraiser or want to challenge yourself, we have put together a simple list of some ideas!

# A

- Abseil
- Afternoon Tea
- Art Exhibition
- Auction



# B

- Bake Sale
- BBQ
- Bingo
- Birthday Giving
- Book Sale

# C

- Car Wash
- Cocktail Night
- Coffee Morning
- Crafts
- Cycling



# D

- Dance-a-Thon
- Darts
- Dinner Party
- Dog Show
- Drawing Contest



- Easyfundraising
- eBay
- Etsy
- Exercise Marathon
- Eurovision Party

- Facebook Fundraising
- Fancy Dress Party
- Fashion Show
- Football Match



- Games Night
- Giving Something Up
- Golf Day
- Grow a Beard
- Guess How Many Sweets

- Head Shave
- Hiking
- Homebrewing
- Hour of Earnings



- Ice Cream Tasting
- Improv Night
- International Food Party
- Iron Man Challenge



- Jam Making
- Jazz Night
- Jigsaw Puzzle Marathon
- Jumble Sale

- Karaoke
- Kayaking
- Keepy Uppy Contest
- Kick a habit
- Knitting



- Las Vegas Night
- Lego Contact
- Livestream
- Loose Pennies Challenge

- M**
- Makeover
  - Mobile Free Day
  - Mountain Climb
  - Murder Mystery
  - Music Concert



- N**
- Nail Art
  - Name the [Blank] Contest
  - Needlework Sale
  - Nighttime Walk

- O**
- Obstacle Course
  - Open Mic Night
  - Outdoor Theater



- P**
- Paddleboard
  - Penalty Shootout
  - Plank/Press Up Challenge
  - Poetry Day
  - Poker Night
  - Pot Luck Event

- Quad Bike Racing
- Quickest Time Contest
- Quiet Hour
- Quiz Night

# Q



- Read-a-Thon
- Roaring Twenties
- Rock Climbing
- Run

# R

- Sky Dive
- Sports Day
- Superhero Day
- Short Story Contest

# S



- Table Tennis Tournament
- Talent Contest
- Tombola
- Treasure Hunt

# T

- **Ultimate Frisbee**
- **Uniform Free Day**
- **University Challenge**
- **Unplug from Tech**
- **Upcycling**



- **Vegetable Growing**
- **Video Game Competition**
- **Vintage Sale**

- **Wear LCTF colours Day**
- **Wedding Gifts**
- **Window Cleaning**
- **Wine Tasting**



- **X Factor Competition**
- **Yoga Marathon**
- **Zip Wire**

# SOME TOP TIPS

So, you've picked the event you want to do to fundraise. First of all, congratulations!

Now it's time to plan for your event.

**1**

Pick the date for your event/challenge.

**4**

Who would you like to attend or donate to your fundraiser? This could be friends, family, colleagues etc.

**2**

Do you need a space to do it? You may need a room in a community hall, hotel or office to host your event. You could also set it up in your own home!

**5**

Share your fundraising story. Why are you wanting to fundraise and a bit about the charity (you can use the information in this pack to help!)

**3**

Have a think how you'd want to collect donations. Would it be change, online or both? JustGiving is a brilliant website for collecting online donations, and it will come straight to LCTF.

**6**

Print off our Fundraising materials and enjoy your fundraising!!



“

I can honestly say that being a member of a support group has opened a whole new chapter for me. The help, support and information that I have received on this journey has been invaluable.

-  
Eunice

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# 3

**C H A P T E R**

## THE LEGAL STUFF

# KEEPING YOUR EVENT SAFE

We know you may want to jump straight into your challenge and we love that, but there are some things to think about so your event can run smoothly.

## Venue

Some things to think about when choosing a venue:

- Check the parking situation and if there will be a need for stewards.
- Ensure the venue can hold the capacity you wish to host and is accessible.
- During the event make sure that all exits are always free from obstructions

## Risk Assessments

Have a think about any risk that could happen at your event and how you can put measures in place to prevent these. Also, have a plan if anything were to happen. For example: where would people go in an emergency, the appropriate phone numbers for incidents.

## Children and Vulnerable Adults

If children and/or vulnerable adults are coming to your event, make sure that the appropriate care is available.

Children should be overseen by a responsible adult and if they are not the carer of that child a DBS check may be required.

## First Aid

Depending on the size of your event, you may need to think about first aid cover. St John's Ambulance has a great range of advice, so you can have a great time at your event.

# KEEPING YOUR EVENT SAFE

## Equipment

All equipment used for your event should be in good condition and handled by someone competent to use it, and if needed, insured.

## Food Safety

If your event involves food, like a bake sale or afternoon tea, it is up to you to ensure that all food and prep is handled hygienically .

If you are using a caterer, they should hold a Food Hygiene Certificate.

## Licenses and Permissions

There are some fundraising events/ activities that need a licence, for example, if you've got entertainment planned, are serving alcohol, or holding a lottery or raffle you will need a licence. We recommend speaking with your venue first as their licences may cover your event. If not, speak to your local authority to find out what licences you will need and whether a temporary event notice will cover it.

If you are thinking of organising a cash collection, please note that you need to get the permission from the property owner first, whether that's a pub, shop, or any other private property.



One of the many positive things about the experience has been getting to know Grant and Adrienne Currie and the work they have done in helping develop more knowledge surrounding vasculitis. They help so many sufferers in practical ways and I have found them to be incredibly supportive and inspirational.

-  
Malcolm

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# CHAPTER 4

## MAKING DONATIONS

# MAKING YOUR DONATIONS

You've done it! You hosted your event or completed your challenge! Now it's time to send your hard raised funds to us so we can continue running our valuable services and research.

Here are a few ways this can done:

## JUSTGIVING

This is an easy way for people to donate to us as we are registered and the money will automatically be sent to us!

## BANK TRANSFER

We accept bank transfers through our website

## CHEQUES

You can also send cheques to:

The Lauren Currie Twilight Foundation,  
C/O Virtual Services Group,  
Orion House,  
Bramah Avenue,  
East Kilbride,  
G750RD.

“

Out of curiosity I went to a meeting and, for the first time since being diagnosed, I met about a dozen people all suffering from different variants of vasculitis. Considering how nasty the disease is, it was uplifting to see so many happy, upbeat individuals who were living and coping with the condition.

-  
Pete

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# 5

**C H A P T E R**

## FUNDRAISING MATERIALS

# Fundraising!

Activity:

.....

For Vasculitis support and research



The Lauren Currie Twilight Foundation (LCTF) is a charity registered in Scotland. Registration number SC041934.t

# SPONSORSHIP *sheet*

Event: \_\_\_\_\_

Date: \_\_\_\_\_

No	Name	Email	Phone	Donation...£
1				
2				
3				
4				
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RESEARCH VASCULITIS AWARENESS  
LCTF  
EST.10  
AND RESEARCH AWARENESS



SCAN ME

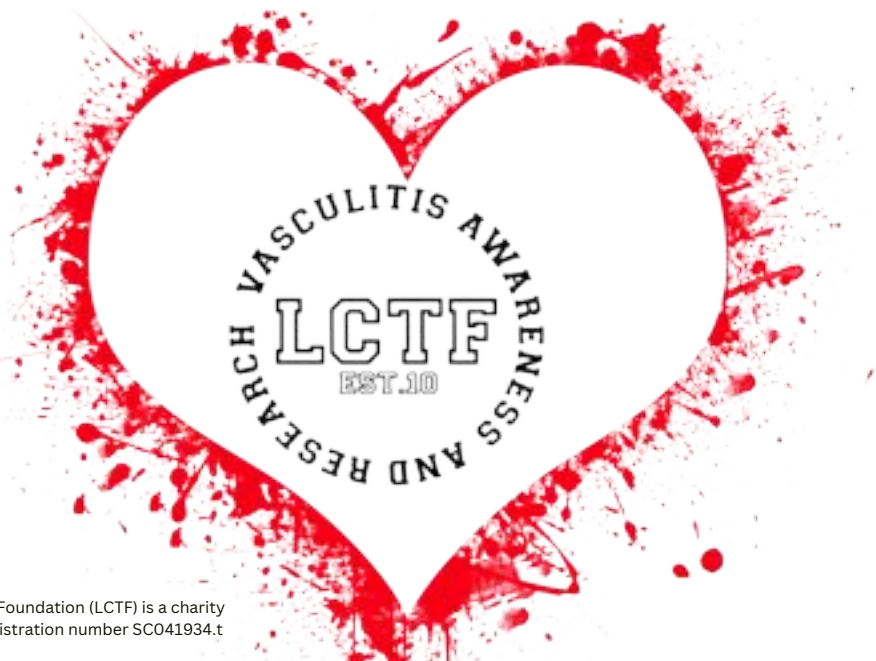
# We Raised:

£

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For Vasculitis support and research

Thank You!



The Lauren Currie Twilight Foundation (LCTF) is a charity registered in Scotland. Registration number SC041934.t

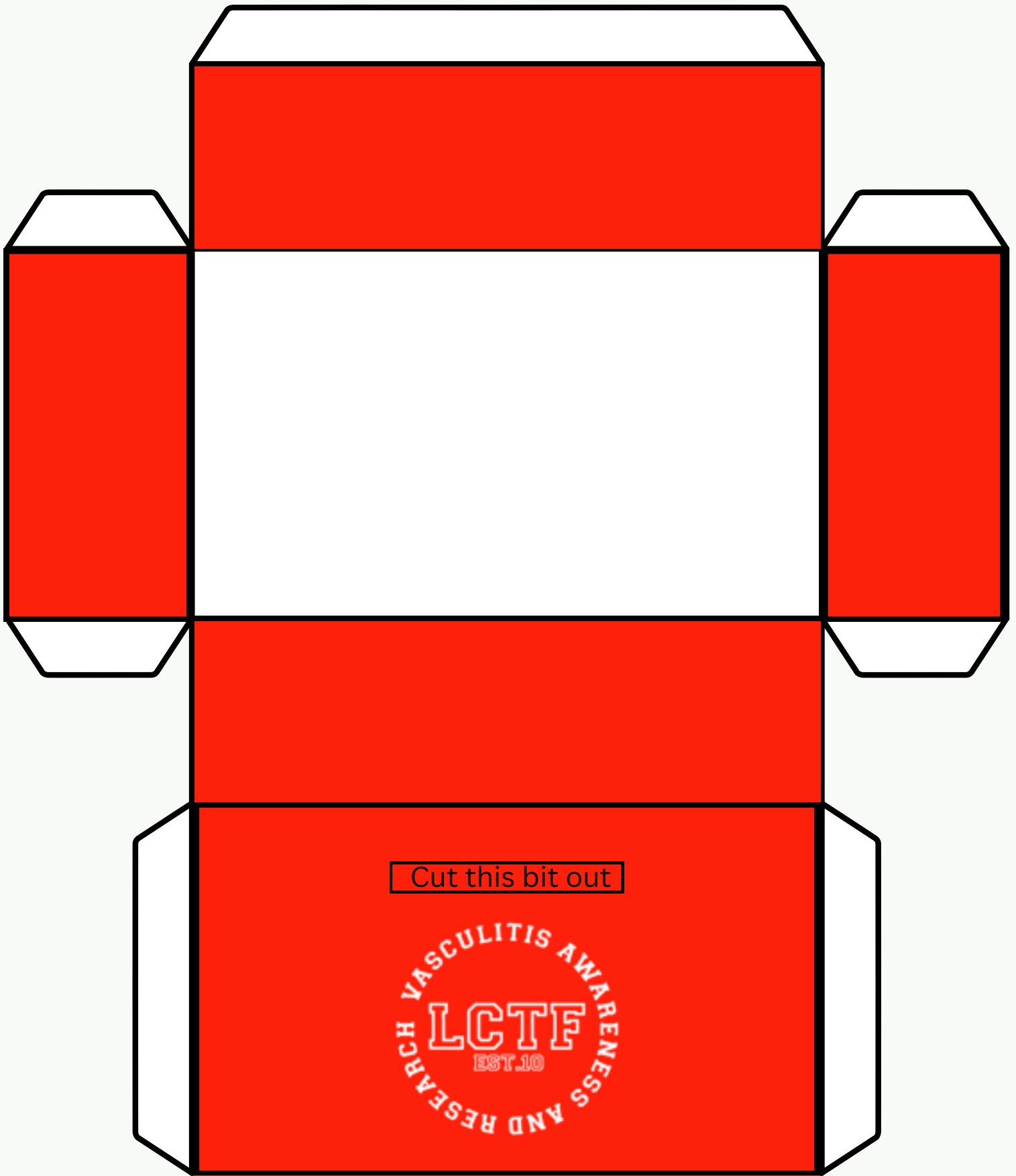
# Challenge Accomplished!

.....

# Congratulations



The Lauren Currie Twilight Foundation (LCTF) is a charity registered in Scotland. Registration number SC041934.t



Cut this bit out

RESEARCH AND AWARENESS  
LCTF  
EST.10



# THANK YOU!

We hope you feel ready to take on your challenge with this pack, and we want to thank you for choosing to fundraise for us!

Share your journey with us through our social media pages! We'd love to see it!

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