



ENDO10000



**WE NEED  
TO TALK  
ABOUT**  
ENDOMETRIOSIS

# YOUR FUNDRAISING

*Toolkit*





# Thank you for choosing to fundraise for ENDO1000!

Endometriosis impacts 1 in 10 women. It can have a destructive impact on quality of life, participation in daily and social activities, physical and sexual functioning, relationships, educational and work productivity, mental health, and well-being.

**With your support, ENDO1000 could transform the lives of millions.**

Your fundraising will help the University of Edinburgh recruit and collect data from 1,000 women with endometriosis. Donations you help raise will enable vital research into this life-changing condition - reducing delays to diagnosis and developing more personalised treatment and care.

“It’s now time to TALKEndo and do all that we can to support Professor Andrew Horne and his wonderful team here at Edinburgh University - drive forward this pioneering research that will transform the lives of millions of women here at home and abroad.” - Dr Marie Macklin CBE, ENDO1000 Ambassador

You can find more information about how your fundraising makes a difference at [endo1000.com](https://endo1000.com) and across social networks.

Team ENDO1000 | #TALKEndo

# Here is how you can Fundraise Your Way...

There are countless ways to raise money in aid of ENDO1000 and whatever you chose to do, your contribution and commitment can make a real difference.

## ANYTHING GOES

Are you looking to do something a bit different? Or do you already know what you want to do? Whatever you choose to do, we will be delighted to support your fundraising initiative.



## BAKE SALE

Bake sales are a great excuse to get together with friends, family and colleagues. Enjoy some delicious home baking with a cuppa, chat and laughter. Set-up a JustGiving page for your bake sale - this allows people to make cashless donations and donate if they can't attend.



## WALK, JOG, RUN...

From a 5k walk to an ultra-marathon – simply find an event to suit your fitness level, register and set up a JustGiving page at [www.justgiving.com/campaign/ENDO1000](http://www.justgiving.com/campaign/ENDO1000)



## OBSTACLE COURSE

If a sponsored run is not your thing, how about taking on an obstacle course? From the foam filled Gung-Ho Fun 5k to the hard-core Tough Mudder there's something for everyone.



## CELEBRATE

If you have a special occasion coming up or are just looking to get together with friends and family, why not ask your party guests for donations instead of gifts.



## COLLECTION CANS

Would your local shop, café or pub have one of our collection cans on their premises? Simply speak to the venue owner and I'll send you everything you need to get up and running.



## GIVE SOMETHING UP

What is your obsession? Chocolate? Alcohol? Make-up? Your car? Whatever it is, if it is something people know you love, you can raise money by giving it up for a period of time.



## EASYFUNDRAISING

Thousands of brands give back when you shop online via Easyfundraising at [www.easyfundraising.org.uk/causes/ENDO1000](http://www.easyfundraising.org.uk/causes/ENDO1000)





## TOP TIPS

It's wonderful that you are supporting ENDO1000 – We hope the tips below will make your fundraising as straightforward and fun as possible, whilst raising the most for the cause close to your heart.

### JUSTGIVING

Create a JustGiving page at [www.justgiving.com/campaign/ENDO1000](http://www.justgiving.com/campaign/ENDO1000) - set an ambitious fundraising goal and use your story to tell your donors about ENDO1000 and why you are raising money.. Add your photo to your JustGiving page, so your supporters know they're at the right place!

Please click to opt-in to receive communications from your chosen charity (ENDO1000) when you set up your Just Giving page. This will allow us to provide advice and support for your fundraising activity, let you know how your donation is helping and invite you to events.

When creating your page, JustGiving will automatically generate a unique URL – it's worthwhile changing this to something easier to remember. And we can create a QR code for you too.

### TELL EVERYONE

Share the link to your JustGiving page far and wide. You can post on your social networks;; update your personal email signature; and make posters for notice boards.

Don't be afraid to ask people more than once to sponsor you. We all need reminding at times so feel free to mention again that you are fundraising.

### MATCHED FUNDING

Some companies (big and small) support their employees fundraising efforts through matched funding. Ask your employer if they offer matched funding (or similar).

# GETTING YOUR MONEY TO US

Thank you again for your support of ENDO1000. The University of Edinburgh Development Trust administers all donations in aid of the University of Edinburgh. It will administer your donation and ensure 100% gets to the ENDO1000 project. There are a few different ways to get your donation to us:

## **ONLINE**

Simply visit our online donation portal at:  
<https://donate.ed.ac.uk/support/endo1000>

To find out other ways to get your funds to us visit:  
<https://www.ed.ac.uk/giving/fundraise-your-way/donate>

## **We're here to help**

The ENDO1000 team are here to support you with all aspects of your fundraising.

Please get in touch with our community fundraising team if you'd like any help or advice with your fundraising plans - you can email at [fundraise@ed.ac.uk](mailto:fundraise@ed.ac.uk)

[www.ed.ac.uk/fundraise-your-way](https://www.ed.ac.uk/fundraise-your-way)



The UK-wide Endometriosis Research Project



THE UNIVERSITY  
*of* EDINBURGH

The University of Edinburgh Development Trust is a charity registered in Scotland, with registration number SC004307