



Fundraising and Resource Pack

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Welcome!

Hello, and welcome to the HOOP UK fundraising pack!

HOOP UK Limited, a registered charity, has been set up to help those people in the UK who are struggling with obesity and the issues surrounding the condition.

We have a lot of work to do and we are passionate about making a difference and to improving the quality of life for thousands of people who suffer in all manner of ways.

We are delighted that you have joined that gang and are ready to help too. Every penny that you raise will help support, educate, assist research and bring awareness. That is what HOOP is all about.

Good luck, have fun and thank you for supporting HOOP!

We couldn't do it without you

HOOP's Work

HOOP UK is a nationwide organisation. It is a company limited by guarantee and a registered charity.

HOOP aims to be 'the go to' organisation in the UK for support for those struggling with the issues surrounding weight management and obesity.

We aim to:

Facilitate increased awareness and engage with the public on the issues of childhood and adult obesity.

This will be achieved through working with media, the web (social networking, campaigns, webcasts and updated news on our own website), lobbying of local, regional and national organisations (public and private sector).

With help of professionals, the public and private sector, individuals who have experienced weight management issues and a band of willing volunteers, HOOP is creating a hub of knowledge, resources and support to be able to bring awareness and understanding to the public at large of how obesity affects lives.

Provide guidance and support to parents who feel challenged by their child's or their own weight

This will be achieved through providing a range of useful information and resources, expert guidance, web information, parent forums, 'expert patient' programmes and signposting to relevant sources of support.

Improve access to appropriate evidence based weight management treatment and prevention programmes for children, young people and adults

This will be achieved through providing financial assistance and support in generating sponsorship required to access relevant and appropriate treatment programmes developed through public and private partnerships - including local authorities, charities, corporate sponsorship/donations and weight management providers.

HOOP will raise money to be able to financially support projects throughout the UK building a network of people who are ready to take action tackling the issue of obesity in this country.

HOOP will be creating and supporting projects which give support to those who are most vulnerable at the time when they most need it.

HOOP's Vision and Values

HOOP Vision

Our vision is in our name - Helping Overcome Obesity Problems

HOOP is a safe place to start the journey and a stable, long lasting form of support for all for always.

HOOP is in place to improve and to save lives

HOOP brings a holistic approach to Health and Well Being through diet, nutrition, lifestyle, supply of relevant information and advice on physical fitness

HOOP endeavours to eradicate the stigma of obesity, mental illness and addiction

HOOP Values

HOOP is:

Non-judgemental

Inclusive

Challenging but Compassionate

Honest, Open and Genuine but Sensitive

A Safe Place

HOOP is Brave

HOOP is United

HOOP stands for all of the above and represents and is championed by, those who are experts by experience, those who have trained to be experts in the field of obesity and those who support both of these groups.

How you can Support Hoop

Just Giving

Making a JustGiving page is one of the easiest and hassle free ways for you to raise money. It works by making a page online which you can then share with all your family and friends. Anyone can donate with a credit or debit card from anywhere in the world.

Go to www.justgiving.com and follow the instructions. You can donate directly to HOOP from there or you can create your own page for your fundraising event.

Put a link to your JustGiving page on Facebook and send it to all your friends. Use any other sites you might use like Twitter, Bebo, or MySpace to promote your page.

Track your fundraising progress on your Facebook profile – use JustGiving’s Facebook app: <http://apps.facebook.com/justgiving>.

Email a link to your fundraising page to everyone in your address book. Ask them to forward it on to everyone they know.

Keep emailing everyone to update them on your progress.

Would you like some ideas? We have put together our A_Z of fundraising ideas, but we would love to add to it so please let us know if you have any ideas - info@hoopuk.org.uk.

A-Z of Fundraising

Below is an A-Z of fundraising ideas, whether you chose to do a sponsored challenge, an event at your school or hold a larger event, every penny that comes into HOOP will help us make a difference.

Please find details on the last page of this fundraising pack on how to contact us if you would like more information about corporate sponsorships and legacy donations.

<p>A Aerobics Class Auctions Apple Bobbing Arm Wrestling Arts and Crafts Sale</p>	<p>B Black Tie Event Bike Ride Balloon Race Bring and buy Bingo</p>	<p>C Card Sales Carol Concert Coffee Morning Craft Show Car Wash</p>	<p>D Dance Show Disco Dress up at work Donation Buckets Dress Down Day</p>
<p>E Easter Egg hunt Endurance test Egg painting Everest Climb</p>	<p>F Football match Fancy dress at school Fashion show Fete Face Painting</p>	<p>G Guess the weight Gift Wrapping Golf tournament Go without Go kart racing</p>	<p>H House collections Hair cut Horse rides Halloween party How many games</p>
<p>I Ironing International evening Igloo building Ice cream sale</p>	<p>J Jam Sale Jumble Sale Joke-a-thon Jewellery sale</p>	<p>K Karaoke Evening Kite competition Kiss-a-thon Knobbly knees comp</p>	<p>L Line dancing Legacy donation Lotterys Lucky dips</p>
<p>M Marathon Run Mask competition Meet a celeb night Midnight film show Murder mystery eve</p>	<p>N Night Walk Netball tournament New years party Name the baby Nature Walks</p>	<p>O Old Book Sale Office swear box Online auctions Odd jobs Obstacle course</p>	<p>P Pub Crawl-buckets Performances Pantomimes Photo Exhibitions Pant Party</p>
<p>Q Quiz nights Quiff Competitions Queen themed evening</p>	<p>R Raffles Rugby Match Runs Rounders tournament</p>	<p>S Sponsored Silence Sponsored Swim Sports Day Secret santa</p>	<p>T Treasure hunt Teddy picnic Talent show Tuck shop</p>
<p>U Unwanted gift sale Used stamp sale Underwear party University Challenge Unicycle Racing</p>	<p>V Volunteer Variety Show Valentines Dinner Volleyball Tournament Video-a-thon</p>	<p>W Walking! Window Cleaning Waxing – sponsored Wrist band sale Woolies and wellies Wine Tasting</p>	<p>X X-country race X factor comp Xmas party Xmas dinner Xmas card sale</p>
	<p>Y Youth Club Yuletide Concert Yacht race</p>	<p>Z Zumba-thon Zany dress day</p>	

Fundraising Safely

If you have decided to hold an event, there are a number of things you should consider so that your event runs smoothly and successfully.

Conduct a risk assessment

We recommend that you conduct a risk assessment to ensure that you have proper plans for the safety of all participants at your event or fundraising activity. The Health and Safety Executive has further information at www.hse.gov.uk

Medical assistance

You may require medical facilities at your event from a first aid box to a qualified first aider. For large events you might consider your local St John's Ambulance.

Insurance

You may require insurance cover for your event or activity. This will need to be organised separately by you.

Location

You may need to contact your local council for permission to hold an event

Supervision

Make sure you provide suitable supervisors or marshals for your event

Children

Always make sure children are supervised.

Fundraising Legally

Raffles

Small raffles held as part of a larger event are fine as long as ticket sales and the announcing of results takes place during the event and there are no cash prizes. Public lotteries and raffles must be registered with the local authority.

Do you need a licence?

You'll need a licence from your local authority for any of the following activities:

- Music and dancing
- Sale of alcohol
- Extended hours
- Provision of food or drink
- Copyright and royalties for drama or film shows
- Collecting money in a public place

Please ensure that any fundraising material you use says: 'In aid of HOOP UK Limited, registered charity number **1150683**

For further information please contact the Gambling Commission on 0121 230 6666 or alternatively email info@gamblingcommission.gov.uk

Fundraising Materials

You must use the HOOP logo on all your publicity and fundraising materials, which includes the registered charity number (e.g. posters, brochures and marketing material).

You may refer to the connection between your fundraising activity and HOOP UK by using our logo on your fundraising materials.

Equal access for all

Consider issues of equal access for all, even if an event is being targeted at a specific group of people. Further information is available from the Equality and Human Rights Commission (www.equalityhumanrights.com).

Public Collections

We don't advise you to collect money in public places or door to door. If you do choose to do so, you'll need to a licence from your local authority (you should find details about this on your Local Authority's website).

Children and Fundraising

If children (under 16) are involved in fundraising in any way, please make sure they have permission from their parent or guardian, and are supervised by a responsible adult. Children should never approach strangers about fundraising. It is illegal for children under 16 years of age to participate in public collections. Never leave your children unsupervised during an event or fundraising activity.

Insurance

Please make sure you have suitable insurance cover, these are some of the considerations you may need to think about:

- Public Liability cover
- Damage to property owned, hired or borrowed

- Event Cancellation Insurance
- Travel Insurance
- Cover to meet any contractual conditions

If the fundraising is by a group of people attached to a firm, the company's insurers may consider providing some cover for a staff or customer charitable event.

Please be legal!

While we really appreciate your support, HOOP is not responsible for organising, supervising or hosting your fundraising activity and all activities and participation are at the organisers' and participants' own risk. HOOP UK Limited does not accept responsibility or liability for any loss or damage or for any death or personal injury arising out of any fundraising activity, including liability as a result of negligence (except death or personal injury caused by HOOP UK's negligence).

Contact Us

Any funds raised can be sent via cheque to:

HOOP UK Limited
29, St Andrews Gardens
Shepherdswell
Dover
Kent
CT15 7LP
Please make cheques payable to HOOP UK Limited

Alternatively, if you are not paying through Just Giving you can deposit funds directly into our bank account:

- Nat West - HOOP (UK) Limited
- Account No: 39697584
- Sort Code: 60 07 04

Tell us about your success

We would love to know how you got on with your fundraising events, please email us your photos and stories and we will shout about as many of them as we can on our website - www.hoopuk.org.uk!

Send to:

info@hoopuk.org.uk