

# Fundraise with us!

#gotyourback1

International Scoliosis Awareness Day, 2018  
Saturday 30th June

Let's shout out about scoliosis.

Hello.

Thank you for fundraising for this year's ISAD. We can't wait to hear how you plan to celebrate! With your support we can make this year better than ever, and continue to support thousands of people

Stuck for ideas?

Get social!

How about a pub quiz, games night, karaoke battle, or an auction of promises?

Get creative!

If you have a special talent, why not hold a class? Yoga taster sessions, beauty salons, sewing and knitting bees, and good old fashioned cake stalls are all really popular.

Get active!

Sporty events are a classic. Run, walk, swim, dance, or trampoline your way to success! Contact your local leisure centre if you fancy putting a tournament or ladder on.

Get in touch

[www.sauk.org.uk](http://www.sauk.org.uk)

[communications@sauk.org.uk](mailto:communications@sauk.org.uk)

Facebook: [scoliosisuk](#)

Twitter: [scoliosisuk](#)

Set up your page

[www.virginmoneygiving.com/charities/sauk](http://www.virginmoneygiving.com/charities/sauk)

The basics

Get together.

Sometimes events need a bit of planning so get your friends on board. Make a checklist and make sure everyone knows what their role is.

Keep a budget.

You need to keep costs nice and low, so ask your friends or local businesses if they can get you what you need for free or for a discount.

Stay safe.

See over the page for more info, or get in touch if you have any questions.

Promotion promotion promotion!

Set up an online giving page with us and make sure to send a link to it to all your friends and family. Set your page up:

[www.virginmoneygiving.com/charities/sauk](http://www.virginmoneygiving.com/charities/sauk).

Upload a photo to our ISAD logo and put our posters up wherever you have permission. Go to the website or get in touch to download all the resources you need.

Share the love.

Take photos and send them to us - we can share them on social media and our website. Look out for a special mention in our Backbone magazine, too!



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## Staying safe

Please bear in mind any potential risks or complications when organising or taking part in an event. Please ensure that you have adequate health and safety measures in place and always follow the safety advice of any third party suppliers or equipment manufacturers involved.

If an event involves food please make sure that rigorous food hygiene practices are followed.

If you are devising your own route for a sports event or planning to hold an outdoor event, check that you are not trespassing on private property or obtain permission of the owner before going ahead.

Contact your Council if you're planning an event or want to run a collection for us, to see what the requirements are in your local area.

For sporting events and challenges make sure you are in sufficient health to take part in an event and that others taking part are aware of how physically challenging an event or activity will be.

If you have any concerns about your fitness to participate in an event please seek medical advice.

## The legal bit

Scoliosis Association (UK) cannot accept liability for any loss, damage or injury suffered by you or anyone else as a result of taking part in a fundraising event.

Please ensure you have adequate cover and ensure third party suppliers have likewise. Find advice at [www.hse.gov.uk](http://www.hse.gov.uk).

