

Fundraise with us!

#gotyourback19

International Scoliosis Awareness Day, 2019
Saturday 29th June

Let's shout out about scoliosis.



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 affected by scoliosis all across the UK.

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 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.

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.

Contact SAUK

020 8964 1166
info@sauk.org.uk
www.sauk.org.uk
@ScoliosisUK
/ScoliosisAssociationUK
scoliosis_association_uk
4 Ivebury Court 325 Latimer Road
London W10 6RA

Social media

Change your Facebook profile picture and cover 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. Tweet with the #Gotyourback19

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!

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.

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.

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

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.