

Fundraising Application

If you would like to fundraise for IIH UK, please contact us either by email or post and request a Fundraising Application form.

Once completed, we can send you a fundraising pack.



Items on request:

- Sashes
- Running vests
- Stickers and cards

NB. We no longer supply pots and Buckets, please use your own, you can download labels from our website.

Please email fundraising@iih.org.uk or write to us at IIH UK, 19 Woburn, Washington, Tyne and Wear. NE38 7JX (fundraising enquiries only) to request a printed copy our fundraising leaflet.

Advertise your event

Tell everyone you know that you are raising money for IIH UK and why.

Talk to Local Newspapers, Radio Station, TV Station and ask them to promote your event or possibly interview you about IIH and your fundraising.



Set up your own Justgiving page for online donations
www.justgiving.com/iihuk.

Twitter! Tweet your event to your Twitter friends and followers.

Create an Event on your Facebook.

Get in touch with your Local council and ask if you could hold a stall in a Local market, Shopping centre or Hall.



Sponsored Events:

In order for IIH UK to claim Gift Aid on donations, please ensure that those sponsoring you fill in their name, address & postcode return the completed sponsor form/s to us.

Advertise your event

Ask to put posters about your event in Shops, Post Offices, Libraries, Community Halls, Businesses and Pubs.

Tell us what you are planning and we will advertise for you on our website, Facebook and Twitter.

Above all, make sure you **stay safe, stay legal** and have **fun! Thank you!**



The money you raise for IIH UK will help us to promote awareness by printing leaflets, IIH Medical cards and posters, the upkeep of our website, as well as paying for medical and patient conferences. IIH UK have registered with the James Lind Alliance and are

in the process of setting up a Priority Setting Partnership bringing patients and clinicians together to discuss and decide on the top 10 areas for IIH research. At a cost of around £25k every penny you raise really does help.

We have no paid staff or buildings to maintain, all money raised goes back into helping people with IIH.

Please do not go door to door collecting. People do not like being disturbed at home and you need a licence from the council.

After your event

Paying in the money you have raised.

Once your event has finished, please pay the money raised to us **within 2 weeks**.

The money can be paid directly in to the IIH UK Bank Account either in cash, by postal order or cheque (**made payable to IIH UK**).

IIH UK's Bank Account

NatWest, Account No: 33607184.

Bank sort code: 60-40-09.

Money raised can also be paid in to your Justgiving page and will be sent directly to IIH UK's bank account.

Thank you.



Working to relieve the pressure!

The quote below was written by an IIH sufferer who was also one of the founders of IIH UK.

“Imagine your head feels as though it's been crushed by a vice, a headache unlike anything you've ever felt before, where every part of your head hurts and the pressure is unbearable, and it's a pain no-one can see.

Imagine a world in permanent soft focus, where things come in twos, where things disappear momentarily, where you can't tell how deep a step is, where bright light is a pain you can't stand.

Imagine a world that sways around you, where you feel as though you're in the middle of a storm on a cross channel ferry, feeling dizzy and sick - yet you're standing still.

Imagine you're so totally exhausted that your body doesn't want to move and all you want to do is sleep, yet an incessant roaring in your ears keeps you awake.

Imagine feeling lost and fearful, confused in a place you used to know well.”

Welcome to the world of IIH.

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Fundraising Ideas

The IIH UK fundraising team are here to help! You could organise a...



Bring and Buy sale, Car Boot Sale, Bake Sale, Coffee Morning, Sporting Challenge, Auction, Karaoke Contest, Tombola, Bingo, Quiz night, Raffle, Golfing day. Sponsored walks, Sponsored Cycle rides, Sponsored Sky Dive!

A Sponsored anything!

A Family Fun day, Stall at a School, Village, Church or Town Fete, Non Uniform or Dress down day, Afternoon Tea, Dinner or Garden Party, Disco, Charity Ball or Gala, ask friends and families to



save their coppers for a few months, and much more.....

Email: fundraising@iih.org.uk
Or write to: IIH UK 19 Woburn, Washington, Tyne and Wear. NE38 7JX

