



YOUR FUNDRAISING GUIDE



THANK YOU

for choosing to support SarcoidosisUK!

This guide is packed full of inspiration, top tips, important information, and tools for you to make the most out of your fundraising.

Want even more information?



Call us on:
020 3389 7221



Email us at:
info@sarcoidosisuk.org

We can't wait to hear from you!



We receive no government funding and rely on amazing people like yourself to help us. It is thanks to your incredible efforts that we are able to continue the vital work that we do! Whatever the reason you have chosen to fundraise for SarcoidosisUK, we are extremely grateful for your support, and every pound raised will help us to continue achieving our goals.



We're here to face sarcoidosis together, so that no one is alone - thank you for being a part of our journey.



Sue Wilson
Executive Chairperson of
SarcoidosisUK

About SarcoidosisUK

SarcoidosisUK was founded in 1997 and has been helping people with sarcoidosis ever since. Sarcoidosis is a rare disease and it suffers from poor-quality information, low levels of support and almost no research into finding a cure. SarcoidosisUK works to change that.

What is Sarcoidosis?

- Rare auto-immune disease, most commonly affecting lungs, eyes & skin.
- Affects around one in every 10,000 in the UK.
- No known cause or cure.
- Symptoms depend on organ affected but commonly include breathlessness, fatigue, nausea, achy joints, skin lesions.
- Fatal in ~5% of cases - usually cardiac and neurological involvement.
- Very little specialist support available outside major cities.
- Lack of awareness in the general public and healthcare professionals can leave sarcoidosis patients feeling isolated and scared.

Help us to continue our work:

Support



- 4000+ calls to our Nurse Helpline
- Over 8,000 members in our SarcoidosisUK Facebook Support Group
- In-person and virtual local support groups across the UK

Awareness



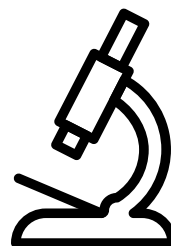
- Sarcoidosis e-Learning course for primary healthcare professionals with the RCGP
- National and international advocacy
- Sarcoidosis Stories

Information



- 10+ Patient Information Leaflets available
- Patient Days led by sarcoidosis specialists and with a focus on patient involvement
- 80+ Consultant Directory entries

Research



- £648k research spending to date
- King's Sarcoidosis Questionnaire
- Sharing up-to-date information about the latest clinical trials

Running Events

Whether you want to raise money for a cause close to your heart, or to push yourself to achieve a life-long goal, we have the perfect life-changing running event for you.



We have places for a number of exciting events in 2026, including:

Leeds Marathon

10th May 2026

Manchester Half Marathon

4th October 2026

Royal Parks Half

11th October 2026

Leeds Half

10th May 2026

Ultra Challenge Series

Various Dates in 2026

London 5k Events

Various Dates in 2026

..and many more!



Hear how Moya and Ash prepared for their first ever marathon!

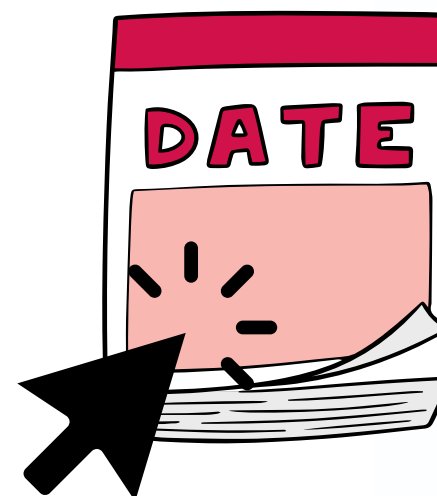
They chose to fundraise for SarcoidosisUK in memory of Moya's dad, Michael, who passed away from pulmonary sarcoidosis in 2019.

"It was our first marathon and we took our time in training, going from being regular 5 Km runners in January, to a 10 km race in March, a half-marathon in June and then finally the full marathon in September. **Training slowly prevented injuries and made the event more fun.** An autumn marathon meant we could use the long summer evenings to find interesting places for our weekly long runs. **We weren't worried about times, we just wanted to complete the event and raise money for a good cause,** this meant on the day we could just enjoy the wonderful atmosphere." - Moya



Click here to see the **full calendar of running events** we have places for!

This is constantly being updated so check back in if you can't see an event you're interested in or email eva@sarcoidosisuk.org for more ideas.



We'll be with you every step of the way, providing you with personalised fundraising support and cheering you on!



You don't have to do it alone!

"Myself and my partner chose to fundraise as a pair because we share many friends, plus our family and many work colleagues know each other too, so we felt that we were likely to raise more money if our supporters only had to go to one donation site. **Fundraising as a pair also takes the pressure off as an individual and meant we encouraged each other through the training.**"

If your sponsors are UK taxpayers, remind them to tick the **Gift Aid** box on your online page or sponsorship form! We'll get an **extra 25p per £1 donated** at no extra cost to them

Do your own thing!

Fundraising is a great way to be creative and think outside of the box. Sometimes the more unique an idea is, the more awareness it can raise!

A Abseil Auction	B Bake Sale Bingo Night Bungee Jump	C Car Wash Coffee Morning Cycle	D Dinner Party Do a dare! Dress up	E Easter Egg Hunt Ebay	
F Film night Five A Side Fashion Show	G Games Night Garden Party Guess the....?	H Half Marathon Head Shave Hike	I Ice Bucket Challenge	J Juggle Jumble Sale Juice Bar	
K Karaoke night Knit-a-thon	L Ladies Day Livestream	M Marathon Match Giving Money boxes	N Nominate a Friend No-makeup challenge	O Office Collection Onesie day	
P Pyjama day Parachute Jump Photo competition	Q Quiz night Quit a habit	R Raffles Recycling Run	S Sky dive Stalls Streaming event Sponsored Swim	T Triathlon Talent show Three peak challenge	
U Underwear day (on the outside) Unwanted Gifts	V Virtual Fundraising Vegan for a month	W Walk Wax World-record attempt	X X-pletives - (swear jar!) Xmas Fair	Y "Yes" day YOLO challenge	Z Zodiac evening Zumba-thon

Meet Whiskers Mouse

A small mouse making a big difference!

Whiskers has been using social media to share his amazing fundraisers with his followers to maximise his fundraising:

- Joining the SarcoidosisUK team for a 13.1 mile walk during Awareness Month
- A cat or cheese joke a day for a month
- Selling 2025 calendars

and we heard he's got some cheesy plans for 2025!

Boost your community spirit!

"It doesn't have to be massive, you can start doing little bits and it will grow and become a part of the community"

Stephanie, along with the amazing support of her family and community, has been hosting annual 'Coffee and Cake' events for the past 10 years, raising over £12,000 for SarcoidosisUK!



Not only are there lots of baked goods, but people donate books and jigsaws that are given out in exchange for a donation! The event is promoted using flyers and Stephanie credits those around her, stating **"I couldn't do it if my family and community didn't come together"**.

You'd be helping to support people like Dawn

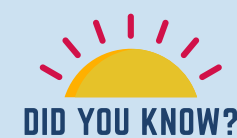
My [calcium] levels were at 3.8 with a normal level of circa 2.2 to 2.5 [after being prescribed vitamin D from my GP]. I was hospitalised for a week, as they sought to reduce the levels. I was then off work for a few weeks, but it was at least 6 months before I was fighting fit again. This experience was extremely scary, as I was told that at levels of 3.8 many people are in a coma.



The experience left me physically and emotionally shattered and made me aware of the lack of knowledge around sarcoidosis. I realised I needed to become an expert in my own condition, which was reinforced and recognised when I made a formal complaint to my GP.

Click [here](#) to read more from Dawn and others affected by sarcoidosis





Your workplace may offer **matched fundraising!** This can be a great way to maximise your fundraising efforts and potentially double your impact

Looking to get involved as a company? Shout about your amazing work in your communications

“Linking it to our organisation’s 20th anniversary provided a route to give back to the community; our corporate communications around our fundraising were well received and **showcased the human side of our organisation** – engagement figures were positive (not that this was why we were doing it).”

Meet the Criminal Justice Inspection Northern Ireland Team who supported us in memory of Alan

Alan was a huge part of the sarcoidosis community, having helped to found the Northern Ireland Support Group and provided support to others affected by sarcoidosis. He sadly passed away on 1st December 2023.

His wife Meloney, and her amazing team at work, chose to raise vital awareness and funds for sarcoidosis in Alan’s memory by taking on the Belfast City Marathon Relay last year.



Who did the team approach for support?

“We were generously supported collectively by family, friends and colleagues in other organisations and professional networks who knew our staff group and supported our efforts. **Their generosity and encouragement was astounding.** We used our personal social media accounts and connections to raise awareness of our efforts and support for our fundraising.



Choosing SarcoidosisUK as our charity partner for our Belfast Marathon Relay fundraising activity was a practical and visible way to support me – turning one of the darkest times in my life into something positive – and keeping Alan’s memory alive.

-Meloney

Thank you!

Tell us about your fundraising so we can provide you with **FREE fundraising support and materials** for your event

[Click here](#)

The t-shirts and running tops were a great **conversation starter.** By supporting a smaller charity and a lesser-known condition, we felt our fundraising had the potential to have more impact, and **we used it as a way to raise awareness of the condition and the charity’s support work.**”

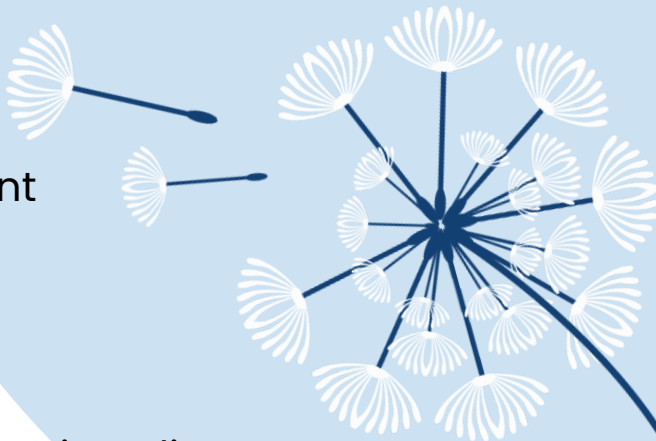
Fundraising Checklist

Want to organise your own event? Take a look at our fundraising checklist to help you prepare!

Always plan an event carefully and well in advance.



- ☒ Have a plan: when, where, who, how
- ☒ Let us know about your event and ask us for fundraising resources
- ☒ Consider any potential costs
- ☒ Create a fundraising target
- ☒ Promote your event on social media and local news to let people know how to get involved
- ☒ Consider any health and safety risks and any first aid you may need on the day
- ☒ Host your event!
- ☒ Let us know how your event went
- ☒ Thank your supporters
- ☒ Send the money you raised to us via online donation, cheque, or over the phone



The more you promote your page, the more people you will reach, and the more donations you will bring in!

Power of Social Media

Harness the hashtag! Share your page and story on your social media platforms to maximise the number of people who see what you're doing.



Get the Word Out!

Promote your fundraising event

Message Your Contacts

A great way to get the ball rolling is to email or Whatsapp your friends, family and colleagues. Tell them what you're doing and why.

Hang Up Posters

It may feel old fashioned, but it's a great way to generate interest in your community!

Tell Us!

We'd love to hear from you! We can give you lots of tips and resources to help spread the word.

Contact Local Press

Reach out to newspapers, radio stations, maybe even your mayor! A little exposure can go a long way.

Adrenaline Events

Why not take on a bungee jump or skydive? The adrenaline rush and sense of conquering fears provide a unique personal experience that resonates deeply with supporters.

Last year, **Chloe braved a 15,000 ft skydive** in **memory of her Mother, Trish**, who sadly passed away in May 2023. Having seen her Mother’s experience with doctors and hospitals, Chloe wanted to raise vital awareness and to help educate people of this disease.

Feeling inspired by Chloe’s bravery? Get in touch to find out how you could reach dizzying heights this year!



Key Dates

Want to get involved but not sure when?
Choosing to fundraise on a date that has some significance is a great way to start conversations about your fundraising and can help you to make social media posts (or make a compelling story for your local news!)

- 28th February:** Rare Disease Day
- 10th-15th March:** Brain Awareness Week
- April:** Sarcoidosis Awareness Month! The **30th April** is also National Sarcoidosis Day
- 12th May:** International Nurses Day, this could be one to consider if you have had a positive experience with our Nurse Helpline
- 25th September:** World Lung Day

- 29th September:** World Heart Day
- 10th October:** World Mental Health Day
- 2nd December:** Giving Tuesday
- Remember:** any date that has significance to you will be a great story for your fundraiser

Fundraising isn’t always ‘one size fits all’

Hear how **Sandy** used different ways of sharing his fundraiser to maximise both awareness and donations

“My fundraising worked well at different levels. For example, some people donated immediately in response to **general requests to large audiences**, for example, on Facebook. Some donated immediately to requests to **medium sized audiences, for example, on WhatsApp Groups**. Some people only donated in response to **direct one to one messages**.”

I kind of knew this before but it may be worth mentioning that one should be prepared to be pleasantly surprised by donations, some of them often generous, from people you don’t know so well and equally by not receiving donations from people you think definitely will donate. **Everyone has their reasons for donating or not which, of course, is absolutely fine.**”

“

My very close friend, fellow Rush fan and music partner **Robb Eadie** died in October 2022, far too soon. For a long time, I mostly kept things to myself, however, the impact has been so significant I feel called to do something in his memory.

Sandy chose to use their shared love of music to continue to honour Robb throughout his fundraising. His initial fundraising target was set at £2,112 as a reference to the Rush Album.



OTHER WAYS TO GET INVOLVED



Click the images to find out more!



EasyFundraising

You can raise FREE donations for SarcoidosisUK when you shop online. Just use easyfundraising! Over 7,500 brands will donate, including all the big names like John Lewis & Partners, BT, Expedia, Argos, ASOS, Just Eat, Uswitch and many more. Sign up today to get started!



Charitable Travel

Book with Charitable Travel, and you can donate 5% of your holiday price to us... at no extra cost! With destinations across the world, keep an eye out for their weekly offers. Book with confidence as all offers are ATOL protected.



Ultra Challenge

Looking for a challenge – to test yourself, to get in shape, or bond with friends on a weekend adventure? If so, an Ultra Challenge® is for you – and you don't need to be a budding elite athlete – they're for everyone, take it on at your pace!



Ultra Comedy

Learn how to make your friends and family laugh whilst building your confidence, by taking on the Ultra Comedy experience! They provide 8 weeks of FREE training with a professional Comic to prepare you to perform, live on stage! They also have boxing and MMA training courses



Leave a Gift in your Will

Leaving a gift in your Will is transformative for small charities such as SarcoidosisUK. Your gift can have a lasting impact and help to create a better future for anyone affected by sarcoidosis.



Become a Volunteer

We want to have our Support Groups accessible to all sarcoidosis patients up and down the country, but we need your help to do so. If there's not currently a Support Group in your area and you would be interested in getting one started, we'd love to hear from you.



Help us raise awareness

Perhaps you have a positive, and uplifting story to tell. Perhaps you want to share some more difficult experiences for others to learn from. Whatever your story, we would like to hear from you so that other patients can be inspired, educated or comforted by your experience.



SarcoidosisUK Shop

The online SarcoidosisUK Store is a one-stop-shop for all SarcoidosisUK awareness materials, merchandise and patient information and allows people to contribute to the charity in return for custom made merchandise to help spread awareness of sarcoidosis.

THANK YOU!

YOU ARE AWESOME

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General enquires: info@sarcoidosisuk.org or 020 3389 7221

www.sarcoidosisuk.org
www.facebook.com/groups/sarcoidosisukfundraising/

Registered Charity Number: 1204750