



Ways you can help the Pink Ribbon Foundation

Employees

Fundraise in and out of work making sure with the PRF advice that it is tax-efficient. The PRF can ensure that the money you raise is topped up by the taxman. Make regular donations through your payroll giving scheme - it is simple to setup and you get tax relief, so your gift costs you less.

Businesses

Offer your employees the opportunity to donate from their pay tax-free by using the payroll giving scheme. Employees can then nominate the PRF to receive donations (Any charity/charities or good cause can be nominated to receive payroll giving donations)

Nominate the PRF as your company's Charity of the Year

Make a corporate donation - tax-efficiently

Hold a company event to raise money for the PRF

Supporters

Set up a standing order for the PRF and Gift Aid your donation - this is worth 28% more at no cost to you

Take part in an event to raise money for the PRF - organise your own event

Donate shares to the PRF

Get your employer to nominate the PRF as their Company Charity of the Year

For information Tel. 01689 858877 / e-mail pinkribbonfound@aol.com

Take Part in an Event

HERE'S how to take part in an event to raise money - or even organise your own.

Anyone can help the PRF and the list of ways for you to do so is endless. We've come up with a few ideas at the bottom of this information - but we're sure you can do better.

We'd love you to come up with your own ideas to fundraise, whether they're fun, serious, silly or downright wacky!

Step one: Have a think about the ways you could raise money for the PRF.

Individuals: Ask your friends and colleagues to sponsor you for something...you could run a marathon; shave off your hair; complete a sponsored cycle ride - even if it's only in your local gym .

Schools: Schools are in a great position to raise money for the PRF. You could organise a sponsored non-uniform day; a sponsored silence; a swimathon

Businesses: Hold a raffle at any of your corporate events; or a dressing down day; or encourage your employees to take part in an organised appeal initiative.

Community groups: Hold a coffee morning or a jumble sale

Or think of your own event - let others know and they may also do a similar event



Step two: Once you have decided what you'd like to do, simply send an e-mail to: pinkribbonfound@aol.com and let us know what you are doing.

Step three: Now is the time to get as many helpers and sponsors as possible. Ask everyone you know - your family, friends, boss, colleagues and so on.

Step four: See if the local radio will give details of your event or if the local paper will do a story on the event or take a photo graph

Step five: On the day of the event...simply have fun!

Step six: When it is all over, collect your sponsorship money within four weeks and forward the total amount as a cheque and a letter with your permission to claim Gift Aid. Please send it to the Pink Ribbon Foundation, Park House, 75 Lovibonds Avenue, Locksbottom, Kent, BR6 8EP. All cheques to be made payable to the Pink Ribbon Foundation

and finally, thank you very, very much for your support.

Fundraising Ideas

<p><i>Family Fun</i></p> <ul style="list-style-type: none"> Family fun day Family quiz Car treasure hunt Swimming gala Five-a-side football Art competition Sports day Computer games challenge Fancy dress competition Donation instead of presents 	<p><i>Sporting Pursuits</i></p> <ul style="list-style-type: none"> Golf tournament Snooker league Five-a-side football Knockout darts Sponsored swim Ten pin bowling Mini marathon Gymnastics 24 Hour table tennis 	<p><i>Financial Fun</i></p> <ul style="list-style-type: none"> Casino evening Video horse racing Sweepstakes Collect foreign coins Build a tower of coins Monopoly marathon Bingo session Private lottery Fill sweet tubes with coins Raffle at work
<p><i>Hobbies</i></p> <ul style="list-style-type: none"> Flower show and sale Fishing competition Sponsored knitting Handicraft sale Photography competition Model boat race Computer course Prize crossword Painting competition Ballroom dancing 	<p><i>Silly Stunts</i></p> <ul style="list-style-type: none"> Silly games night Scruffy dog competition Fancy dress at work day Welly throwing competition 60's, 70's disco Blindfold snooker Shaving hair challenge Unusual pet show Blindfold bowling Silly sports day 	<p><i>Food and drink</i></p> <ul style="list-style-type: none"> Home based cake sale Guess the weight of a cake Cookery competition Compile and sell a recipe book Cheese and wine party Hire yourself out as a cook Visit a distillery Specialised food evening Barbecue
<p><i>Other</i></p> <ul style="list-style-type: none"> Car boot sale Bring and Buy sale Tombola Lending library (with fines) Car wash at lunchtime Major event sweepstakes Charity fashion show Babysitting Dog walking Auction of donated items 	<p><i>Back to Childhood</i></p> <ul style="list-style-type: none"> Guess the weight of baby Children's sport day Tiddlywinks challenge Bouncy castle marathon Teddy bears picnic Back to school day Children's disco Children's pantomime Hopscotch competition Twister challenge 	<p><i>Adventurous Pursuits</i></p> <ul style="list-style-type: none"> Hot air ballooning Sponsored hill walking River raft races Assault courses Go-karting Dry slope snow boarding Mountain peak runs Skateboarding Camping weekends Mountain bike rally
	<p><i>Challenge your Willpower</i></p> <ul style="list-style-type: none"> No smoking sponsorship Sponsored slim No junk food Swear box No TV viewing/24hr watching No chocolate week 	