

A quick guide to college and university

fundraising for Guts UK



Looking to host a fundraising activity or event at your college or university?

Our quick guide to fundraising includes ideas to help you get started. Fundraising is a fun, accessible and rewarding activity that everyone can get involved with, and how you do it is up to you.

Fundraising isn't just about the money you raise, it's about the experience for those involved. Inspire your fellow students to come together and feel empowered to make a difference to the communities around them.

We're here to help you make your activity or event a success, with plenty of support and guidance whenever you need it.



Ideas and inspiration for college or university based fundraising



Host a movie night

Show a film on the big screen in your sports hall, lecture theatre or in communal halls and charge for tickets or ask for donations on the door. You could sell popcorn and other cinema snacks to raise additional funds.

Turn library fines into a feel-good fundraiser

Go guilt free for those late returns by asking the library at your college or university if they will donate all of the library fines over the course of a month to Guts UK.

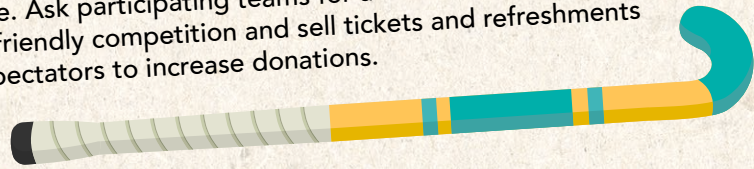
Plan an open mic night or battle of the bands

Give your fellow students the opportunity to take to the stage and showcase their talents, from singing and performing, to writing and reading poetry or delivering a stand-up comedy show, plan an evening of entertainment and sell tickets and refreshments to raise funds.



Organise a sports match

Most colleges and universities have a range of sports societies and socials, making it a great way to fundraise for a good cause. Ask participating teams for a donation to take part in a friendly competition and sell tickets and refreshments to spectators to increase donations.



Nominate us for RAG week

Most universities invite students to nominate charities for their RAG week activities. Put Guts UK into the running to be a chosen charity at your upcoming events.



Host a fashion show or a pop-up shop

Plan a fashion show to showcase your design students' talents and sell tickets or ask fellow students to donate their unwanted clothes and sell them to raise funds.

There are tons of ways to raise money for charity, however big or small your idea.

You could plan a **University Challenge style quiz night**, **host a karaoke event** at your student union during fresher's week, or **organise a bake sale** in your library to help fuel students' late-night study sessions during exam season. Whatever you choose to do, we're here to help every step of the way!

How we can support your college or university

We're here to make fundraising easy, fun and rewarding for everyone, whether you're planning to keep it small or go big!

- **Ready-made materials** to help you promote your fundraising activity or event, including printable posters, bunting, sponsorship forms and more.
- **Step-by-step support** and guidance, to help you organise your plans and make it a stress-free process, from answering your questions to sharing our top tips for a successful fundraiser.

How your fundraising helps

Every pound you raise helps us to continue our vital work. With your support, we can:

- **Provide information and support** to people affected by digestive conditions and symptoms when they need it most.
- **Fund life-changing research** into the digestive system, leading to earlier diagnosis, kinder treatments and better quality of life for people living with digestive conditions.
- **Improving public education and awareness** about digestive conditions and symptoms, helping more people to better understand their digestive health.

Together, we can help the UK get to grips with guts!

Ready to get started?

No matter how big or small your idea, we're here to help you make it happen. Email fundraising@gutscharity.org.uk or call us on **020 7486 0341** to start fundraising for Guts UK today.