

A quick guide to workplace fundraising for Guts UK



Looking to host a fundraising activity or event at your workplace? 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 colleagues to come together and feel empowered to make a difference in support of Guts UK, the national charity for the digestive system.

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



Ideas and inspiration for workplace fundraising

Set up a sweepstake

You've got to be in it to win it. Whether it's Wimbledon or Eurovision, everyone loves a sweepstake. It's a quick and easy way to fundraise at work. Source a prize for the winner and ask your colleagues to donate to play – simple!

Sick of workplace jargon?

If you're tired of hearing phrases like 'Close of play', 'Shall we take this offline?' or 'Let's circle back', you're not alone. Set up a workplace jargon jar and ask colleagues to donate every time they catch themselves using one. Watch the donations roll in!



Raffle off an extra day of annual leave

Who doesn't want an extra day's holiday? Raffle off an extra day of annual leave is a great way to get donations. The more tickets your colleagues buy, the more chance they have to win a day off. Get planning your day trip or duvet day now!



Donate a percentage of your pay

Donate your last hour's pay each month and encourage others to do the same. It gives a whole new meaning to feel-good Friday when the last hour of your workday is supporting a good cause.



Sign up for payroll giving

Ask your employer if they offer a payroll giving scheme. You can set up a regular donation of your choice to Guts UK straight from your wage. Once it's set up, there's nothing else for you to do. It's tax free too, making it a cost-effective way to give.

Matched donations

Many companies offer to match the fundraising efforts of employees, including through payroll giving. Your company might have a scheme that matches £1 for £1, or an allocation per member of staff. If you're planning your own personal sponsored challenge, speak to your HR department to find out if they can boost your fundraising with a matched donation.



The possibilities are endless when it comes to workplace fundraising, so get creative and do what suits you and your colleagues best. Host one-day activities like a coffee morning, bake off competition or fancy dress day, or extend your activity across a week or month with a sponsored challenge, like asking teams of colleagues to walk a certain distance or number of steps.

How we can support your workplace fundraising

We're here to make fundraising simple and enjoyable, 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.