

Coffee Morning Conversations

Digital Fundraising Pack



LET'S
TALK
GUTS

Guts UK is a registered charity (no. 1137029)

Coffee Morning Conversations

Let's Talk Guts

What is a Coffee Morning Conversation?

A Coffee Morning Conversation is our take on a traditional coffee morning fundraiser. Although gut health might not be the typical topic of conversation for a coffee morning, it's an important one!

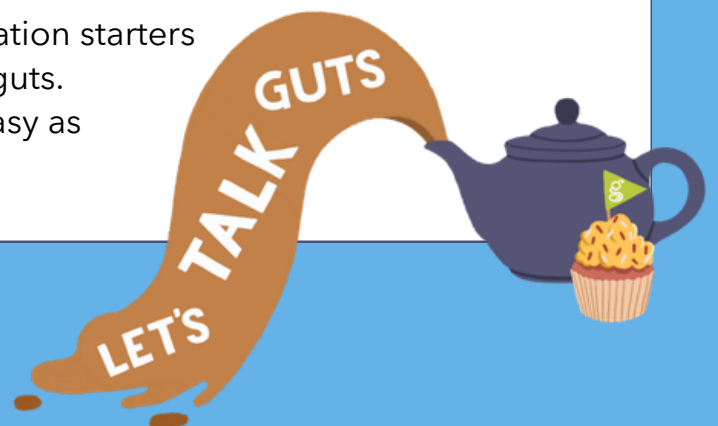
Whether it's knowing what to say when a loved one is diagnosed or being able to confidently talk to your doctor about persistent digestive symptoms should you ever experience them, talking about our guts is something we should all be able to do.

So, what are you waiting for? Get planning your Coffee Morning Conversations fundraiser as part of our Let's Talk Guts campaign and be part of something incredible this July!

What do you need to do?

1. Pick a date, time and location in July to host your Coffee Morning Conversations event.
2. Invite people to attend on the day - whether it's at home with family or friends, at work with colleagues, or in your local community.
3. Charge people a small donation for teas, coffees, soft drinks and tasty bakes and treats. You can buy them in or ask people to bring along some homemade goods.
4. Encourage people to sit together and have a good chat about their gut health over a cuppa.

Head to our Let's Talk Guts hub for conversation starters and resources: gutscharity.org.uk/lets-talk-guts. We want talking about our guts to feel as easy as popping the kettle on!



What is Let's Talk Guts?

Let's Talk Guts is a brand-new campaign from the charity Guts UK, the national charity for the digestive system. Our aim to break down the stigma surrounding our guts by championing open and honest conversations about digestive health and encouraging more people to feel comfortable talking about their guts.

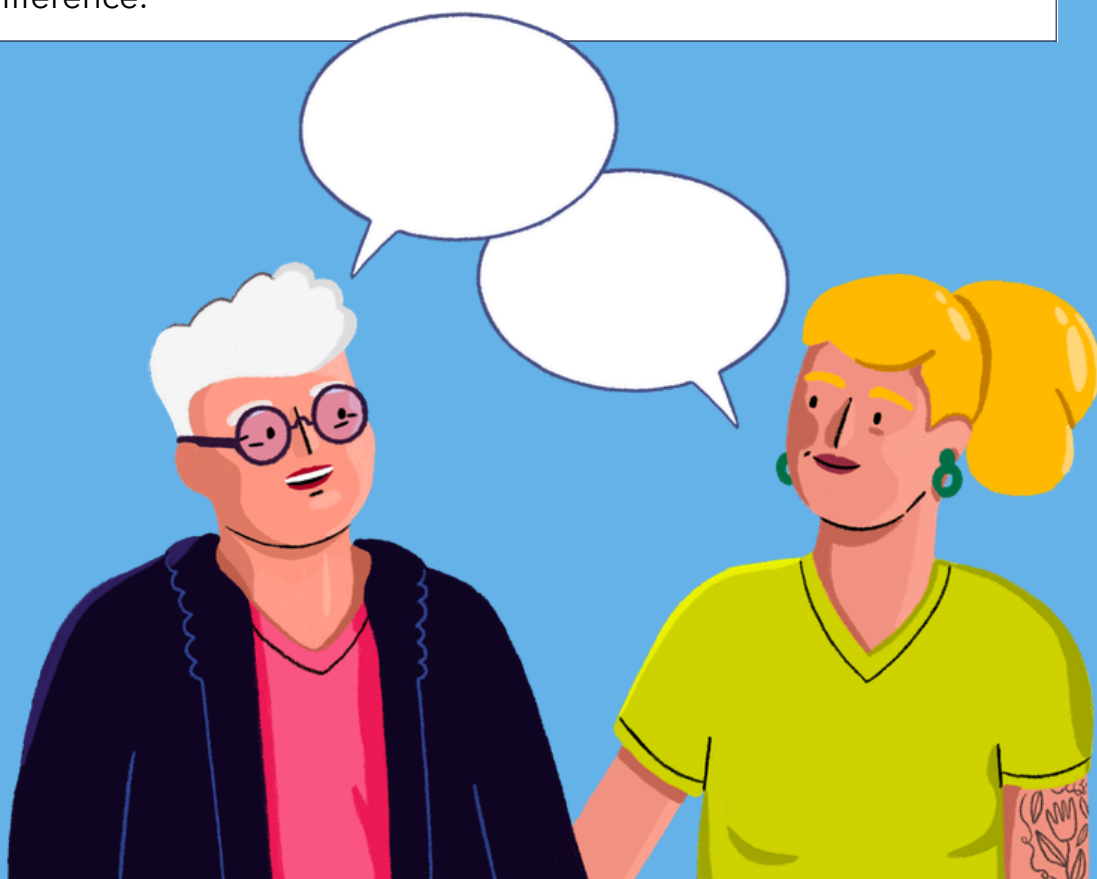
As part of the campaign, we'll be helping people to get talking with those around them and will be sharing range of resources to support people to learn more about their digestive system, from understanding common digestive systems to getting to grips with their gut microbiome.

Head to our Let's Talk Guts hub where you can find our free resources, print them off and share them at your coffee morning. We've got myth busters, conversation starters, and guides to help you get to know your gut better. Go to gutscharity.org.uk/lets-talk-guts to download our resources.

Why is talking about your guts so important?

Because digestive conditions affected millions of people across the UK and you never know when you or someone you love might experience symptoms and need to seek help.

We know first-hand that living with digestive symptoms and conditions can have a significant impact on everyday life, so knowing what to say and how to say it can make all the difference.



Your digital fundraising pack

To access your Coffee Morning Conversations fundraising pack, go to **gutscharity.org.uk/coffee-morning-pack** and download everything you need.

Your digital pack includes:

- A poster to promote your event
- Social media assets to tell people you're supporting the campaign
- An email banner if you're hosting an event at work
- Printable bunting to help you decorate your event
- A sponsorship form to print out and collect money at your event

We also have materials that we can send in the post to help you make the most of your event, including cake toppers, napkins and ready-made bunting. We can also send collections tins or a bucket to collect cash donations. If you'd like anything sent in the post, please email events@gutscharity.org.uk.

