

BIPOLAR SCOTLAND FUNDRAISING 2022


Scotland's Charity for
People Living with Bipolar

bipolarscotland.org.uk



 Bipolar
Scotland

WHAT WE DO



We are Scotland's national charity for people who live with bipolar. Our vision is a good life for everyone in Scotland who lives with Bipolar Disorder.

In 2020 we supported over 2,500 unique individuals. This has had a significant impact as people realise they are not alone. Through sharing of experiences, an individual's understanding of how bipolar affects them and how they can improve their lives is achieved.

We have extensive experience of minimising the impact of bipolar through, for example, our Self-help groups, Self-Management experience and our Peer Support Work.

Bipolar Scotland relies on individuals like you to support our work. With the money you raise we can continue to support those living with bipolar along with their friends, families and carers. Fundraising for Bipolar Scotland can be fun and rewarding, you can fundraise for us by doing something you enjoy or taking up that challenge you have always wanted to try.

Don't delay , get in touch and start your fundraising journey today!

HOW YOU CAN HELP

£50 WOULD SUPPORT UP TO 20 PEOPLE IN ONE SELF-HELP GROUP MEETING

£180 WOULD PAY FOR 8 SESSIONS WITH A PEER SUPPORT WORKER

£360 WOULD ENABLE US TO RUN AN ONLINE SELF-MANAGEMENT TRAINING COURSE



"The meetings give us great support and tips and I always feel better after attending. Also, following up on each other's life events from one meeting to the next is really helpful."

"I just want to say that I really gained a lot of support from yesterday's meeting. We all seemed to want to help each other. I left the meeting feeling better than when I entered!"

SARAH'S STORY

Sarah lives with bipolar and had been going through a particularly bad spell, struggling with low moods for several months.

Once she was in a better place however, Sarah decided to do something to help others also deal with the effects bipolar can have on your daily lives. So, she decided to start a fundraising event on Just Giving to raise money that would go towards supporting others living with bipolar. Sarah, along with ten of her friends and family decided they would all walk a hundred miles each in the space of a month!

“ Once I found myself in a better place, deciding to fundraise for Bipolar Scotland not only gave me a sense of achievement and helped me on my journey to feeling better but it also got me out of bed every day to do the miles!

I felt amazing with every donation and was super chuffed with the end amount! ”

The great thing about Just Giving is it allows you to update your supporters and Sarah used this to full effect by posting her progress throughout the month on her page. After setting a target of £1000 they smashed their target and raised an incredible £1628!



FUNDRAISING IDEAS

Choose your fundraising activity from our list below or create your own FR activity.

RUN YOUR OWN FUNDRAISER

- Coffee Morning
- Quiz Night
- Raffle
- Auction
- Games Night
- Shave your Beard
- Birthday Fundraiser



EVENTS

- Kiltwalk
- Great Scottish Run
- Tough Mudder
(or Create your own Event)



FUNDRAISE AT THE OFFICE

- Sweepstake
- Dress Down Day
- Bake Sale
- Golf Event
- Office Bingo



FUNDRAISE WITH THE KIDS

- Dress up day
- Readathon
- Sponsored Silence
- Garden Olympics
- Big Bounce
- Sleepover

EASY FUNDRAISING

- Amazon Smile
- eBay
- Easy Fundraising
- Facebook Fundraisers





TOP TIPS



Set a date. Check your diary and make sure you give yourself plenty of time to organise everything.



Set a target of how much you would like to raise - make it challenging but achievable - you can always raise it if you beat it.



Get in touch with your employer - ask if they have a matched giving policy. One quick conversation could double the money you raise.



Get in touch with our Fundraising Team for your fundraising resources which can include a T shirt, running vest or sponsorship form.



Share your page - once your page is set up share it far and wide. Facebook, Twitter and Instagram are great places for asking for donations. Remember to tag @bipolarscotland. Don't forget about WhatsApp!



Say thank you- don't forget to say thanks to everyone who has donated and let them know how much you have raised.







Ask everyone to sign up for Gift Aid, it costs them nothing and we will receive an extra 25p for every £1 raised.

giftaid it

Image: Vecteezy.com

JustGiving™

Create your online giving page and share far and wide. Set up JustGiving with these simple steps...

- 1** Go to www.JustGiving.com and click sign up 
- 2** Type in your details and create a password 
- 3** Click start fundraising and choose charity 
- 4** Search Bipolar Scotland and select us 
- 5** Choose what type of fundraiser 
- 6** Give your event a name, date and why you're doing it 

KEEP IN TOUCH - CONTACT US, HASHTAG AND TAG US ON FACEBOOK!

Twitter: @BipolarScotland

Instagram: @Bipolar_Scotland

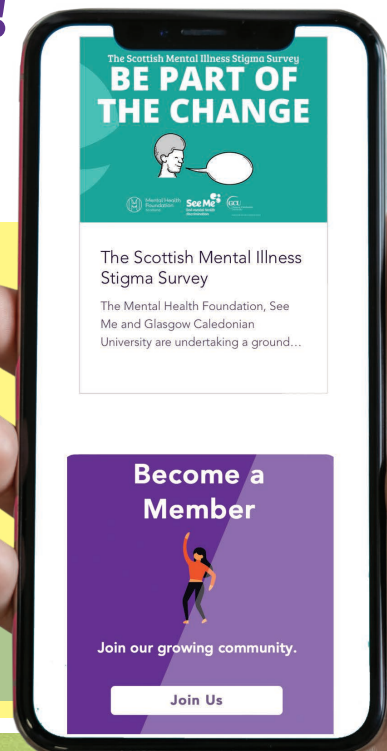
www.facebook.com/bipolarscotland1

PAYING IN YOUR FUNDRAISING



The hard part is done, the fun is over and it is now time to pay in your fundraising donations. You can pay in several ways, for quick and easy payment pay direct into our BPS Bank account :

**SORT CODE – 80-07-24 ACCOUNT NUMBER – 00542000
USE BIPOLAR SCOTLAND AND YOUR NAME AS REFERENCE**



OTHER WAYS YOU CAN GET INVOLVED

Volunteering – Check out our website for Volunteering opportunities or email us @info@bipolarscotland.org.uk

Membership is open to anyone aged 16+ with an interest in bipolar disorder and this includes:

- people with a diagnosis
- friends, family, carers and partners of people with a diagnosis
- mental health professionals

You don't even have to live in Scotland to join us!

Join online or call 0141 560 2050 and we can process your application by phone. We can also send out membership application forms by post if you prefer.

HOW MUCH DOES IT COST?

Yearly Unwaged Membership	£5.00
Yearly Waged Membership	£20.00
Yearly Family Membership	£25.00

(family membership enables two people from the same family to join at reduced cost).

WHAT DO I GET FOR JOINING?

- Become part of the Bipolar Scotland community
- Free attendance at one of our Self-Management Training courses
- Free admission to our Annual Conference/AGM every September
- You can stand for election to the Bipolar Scotland Board and help to run the organisation (but this isn't compulsory - you decide how busy or active you want to be).
- Our magazine "On the Level" posted to you four times a year



LEAVE A LEGACY

We all want to change the world for the better and leaving Bipolar Scotland a legacy will ensure that your money continues to do great work after you've gone by helping people from a wide

range of backgrounds. Bequeathing money to a charity is also tax efficient as any gift or bequest is deducted before inheritance tax is calculated. If you'd like to leave Bipolar Scotland a legacy read our Leaving a Legacy leaflet.

Call us on: 0141 560 2050
or email: info@bipolarscotland.org.uk





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Charity Number: SC021705
Company Number: 163306

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