



L R C

LYME RESOURCE CENTRE

Adventure Awaits -

Fundraise for Lyme Resource Centre

**Ideas, hints, tips
and information to support your
fundraising activities.**



[Email us - admin@lymeresourcecentre.com](mailto:admin@lymeresourcecentre.com)

**THANK
YOU**

**for
supporting LRC**



L R C

LYME RESOURCE CENTRE

Lyme Resource Centre is a charity with a mission to minimise risk of Lyme disease whilst enjoying the outdoors, by educating the public and health professionals about ticks and Lyme disease.

Your support can help more people enjoy the great outdoors while staying tick-aware, making it safer for everyone and reducing the risk of Lyme disease.

We would love to hear about your fundraising plans - please don't hesitate to ask if you need anything.

You can email us on

admin@lymeresourcecentre.com or tag us on

Facebook: @lymeresourcecentrescotland or

Instagram @lymeresourcecentre



Ticks and Lyme Disease

Being outdoors is fantastic for your physical and mental wellbeing, and can be great fun too.

However, it's important to know about ticks and the risk of Lyme Disease. Please see our website www.lymeresourcecentre.com for more information.

What Are Ticks?

Small blood-sucking spider-like creatures found in woods, fields, moorlands, parks and even gardens. They wait for and attach to passing birds, animals and people.

What is Lyme Disease?

Caused by bites from ticks that carry an infection. The infection is treatable with antibiotics if diagnosed early, but can lead to serious health issues if not recognised.

**YOUR FUNDRAISING WILL
HELP MINIMISE THE RISK
OF LYME DISEASE BY
SUPPORTING THE WORK
OF LRC**





Fundraising ideas



Get your bake on with a cake sale!



Raffle



Guided hike (with Tick checking at the end of course!)



Dress down day



Lucky for some! Bingo



Board games night



Music night or ceilidh



More Fundraising ideas



Golf day



Book sale or readathon



Sponsored dog walk



Car wash



Guess the number of sweets in a jar



Yoga-thon or Zumba-thon



Quiz night

Lyme Awareness Month - May

Why not hold your fundraising
event in May to coincide with
Lyme Awareness Month and
#LightUpForLyme.



Top tips for success

Here are our top 3 tips to make the most of your fundraising activities:

1 **Have a plan (and a budget!)** – work out any costs and jobs that need to be done before you start promoting your event. If you can't manage it alone, then get someone to help you.

2 **Maximise how many ways you can make money** – think of all the different ways you can make money. E.g. at a quiz night, you could add a raffle or charge for clues. At a sponsored walk, you offer snacks in return for donations.

3 **Make it easy for people** – make it easy for people to attend, donate, buy tickets or sponsor you. The easier it is, the more likely they are to do it. Also don't forget to let them know about Lyme Resource Centre and why it is important to you.

Top 5 ways to promote your event

Invites

1

Printed or
send by email
or WhatsApp

Social Media

2

Shared
fundraising pages
raise more than
those that aren't
shared

Posters

3

As many as
possible!

4

Local / free
newspapers,
website &
radio

5

Work /
school /
social
intranet or
newsletter

Don't forget to *giftaid it*

In the UK, **Gift Aid** allows charities to claim an extra 25p for every £1 donated by UK taxpayers, at no cost to the donor.

If your donors are UK taxpayers, please encourage them to **Tick the Gift Aid box on your sponsor form (paper or online).**

Remember:

Gift Aid applies only to individual donations.

It cannot be claimed on:

- Group collections
- If you are getting something in return (such as raffle tickets, cakes, or auction items)

**By Gift Aiding your donations,
you help Lyme Resource
Centre make being outdoors
safer without spending an
extra penny!**



L R C
LYME RESOURCE CENTRE

Some guidance

We want you to have a good time organising your event, but there are some things to consider to ensure your event is safe and legal.

Raffles

To find out if you need a licence to run your raffle check out [gamblingcommission.gov.uk](https://www.gamblingcommission.gov.uk)

Food hygiene

If you are serving food (even just a cake sale), then food hygiene rules will apply. You can read about them [here](#)

Insurance & licensing

As you are responsible for your event, please check if you need any special licences or insurance.

Cash

Please ensure two people are present when counting cash, take precautions when carrying cash and store it somewhere safely before it is banked.



Your donations can help minimise risk of Lyme disease whilst people enjoy the outdoors.

£3

could pay for posters, leaflets for use in GP surgeries, pharmacies, outdoor locations

£6

could pay for an outdoor sign advising people about ticks

£70

Could pay for a pop up banner with information about ticks and Lyme disease

£360

could pay for an awareness raising kit to use at events

£1,000

could support a stand at a major health professional conference

“I was unwell after a tick bite, followed all advice on Lyme Resource Centre website, visited my GP and got the right treatment.”

(Feedback to LRC Team)



To help you with your fundraising we have some **FREE** materials to download:

Poster

Thank you poster

Sponsor Form

Event planning checklist

[Kids Lyme Disease awareness video](#)

[Using a tick removal card](#)



L R C
LYME RESOURCE CENTRE



Thank you so much

for all your hard work raising money for
Lyme Resource Centre.

We hope you had fun and can now enjoy
a well earned rest!

Below are the details for how to bank
the money you have raised:

Go Fund Me – this will come straight to us;
you don't need to do anything.

Money – for BACS, website donations or
PayPal Giving, find the details on our
website.

www.lymeresourcecentre.com/donate



**Please send us any sponsor
forms so we can claim GiftAid.**



L R C

LYME RESOURCE CENTRE

Please get in touch or visit our website if you would like awareness materials or need any further information.



[Email us - admin@lymeresourcecentre.com](mailto:admin@lymeresourcecentre.com)

Registered Charity Number SCIO : SC049151

97 Pettycur Road, Kinghorn, Fife, KY3 9RP