



we can be **FPIES**
HEROES!



The Delayed Food Allergy Awareness Charity

What is FPIES?

FPIES (Food Protein Induced Enterocolitis Syndrome) is a delayed food allergy which causes profuse vomiting. It is the most severe type of delayed food allergy and most commonly affects babies and young children. Infants with FPIES typically vomit profusely 30 minutes – 6 hours after eating the problem food and may become lethargic and or sleepy. Some babies can develop low blood pressure and around 20% become extremely unwell and experience symptoms of shock, requiring hospitalisation.

FPIES UK was founded in 2013.

Our mission is to:

- raise awareness of FPIES within the UK
- provide up to date information to the public, affected families and the medical community
- provide practical and emotional support to families affected by FPIES
- provide a sense of belonging and inclusion to children with FPIES

We need *your* help

We really appreciate your decision to join our mission.

Perhaps you've recently found out your child has FPIES, or you've had support from our Facebook community, or you know a child who has FPIES.

Whatever your reason for wanting to help, we're *so grateful* to have your support.

Maybe you're planning to help us raise funds on your own, or with friends or family, or with your colleagues or business (social distancing allowed, of course!). Well, whether it's a small donation or putting on a larger scale event for us, it all helps. And we can't wait to hear what you're up to!

What would you like to do? Do you know how you want to support us already? If so, that's amazing. If not, take a look at our A-Z of ideas to get some inspiration. When you've decided, this pack can give you guidance and advice so that you can hit your fundraising target.

Enjoy!



Fundraising Ideas & Inspiration

a

Afternoon
Tea Bake

b

Buy a T-Shirt
from TeeFunder*

c

Christmas
Jumper Day

d

Donate via our
Just Giving page**

i

Italian
themed party

j

Jumble
sale

k

Keep quiet
for an hour

l

Loose change
collection

q

Quiz
night

r

Raffle

s

Sponsored
walk

t

Tug of
War

e

Easter Egg
Hunt

f

Fancy dress
party

g

Get
cycling

h

Hold a
book sale

m

Mince pie
fest

n

Name the
teddy bear

o

Office
Olympics

p

Pamper
night

u

Unwanted
presents sale

v

Variety
show

w

Wear a cape
to work day

x

X-Factor
themed show

y

Yogathon

z

Zoom
Karaoke

Tips on what to think about

- Keep it as simple as you can. Is it the first time you've done anything like this? Try not to over-complicate it.
- Know what you're aiming for – set a target, even if you aren't sure you'll reach it.
- Keep note of any spending – it can be costly if you're running an event. If there are any costs, try to raise a minimum of £3 for every £1 spent. Could local businesses support it by sponsoring the event or by donating a prize? It's always worth an ask!

Tell everyone what you're doing!

- You need to tell everyone what you're up to so they can support you. Let them know why you're doing it.
- Shout about it on social media, use plenty of photographs and add a link to your fundraising page too.
- Perhaps you could also write a press release?

* www.fpiesuk.org/fundraise

** www.justgiving.com/fpies

Collecting Donations

Gift Aid

Did you know we can claim an *extra 25p for every £1 an individual donates?*

Whatever your choice of collecting donations, encourage sponsors to tick the box, but make sure everyone is a UK taxpayer in order for us to claim. They will need to complete their home address details (not work address) on the form. The rules on gift aid can get super complicated.

If you are unsure, please see www.gov.uk/claim-gift-aid

Match Funding

Did you know that many employers have a match funding scheme? Yet again, it's always worth asking! Those that do, donate additional funds if employees are fundraising for charity.

Donating Funds Online

If you've set up an online giving page (e.g. Just Giving <https://www.justgiving.com/fpies>) you don't have to do anything more - the donations will be sent to us automatically and eligible Gift Aid will be claimed. It's so simple!

Sponsor Forms

We have a downloadable sponsor form that you can print as much as you like, with an inspiring mission page too. When you've finished, and have collected your funds, please return them to us so we can claim Gift Aid as signed for.

Download
a printable
sponsor
form! *

* www.fpiesuk.org/fundraise

Keeping it Legal

We want you to have fun and enjoy yourselves. And we want you to stay safe and legal too!

Take a peek at these guidelines, just in case:

- Any promotional material must say that the event is **In Aid of FPIES UK** and display our charity number: **1159635**.
- If you are holding a lottery or raffle, there are strict laws relating to these. Full guidelines are available from your local council or the Gambling Commission which must be adhered to. For more information visit: www.gamblingcommission.gov.uk
- Make sure your challenge or event is organised safely (especially when social distancing!). Take any risks into consideration. For further information on event safety, you can refer to The Health and Safety Executive via www.hse.gov.uk
- Contact the Environmental Health Department for advice if you are selling any food, check you have enough help and that there is adequate adult supervision if children are involved.
- If running any event, what insurance you will need? FPIES UK cannot accept any liability for any events, challenges or fundraising activity that is undertaken in aid of the charity.
- Check with your local council for any permissions and licenses required if running an event. Depending on your event, you may also need: Street Collection Licence, Events Licence, Alcohol Licence, PRS Licence, First Aid cover, Entertainment Licence etc.
- Look after any donations you receive and look to reduce any risk. Aim to have 2 people present if you are counting any money raised. Any sealed charity buckets, envelopes or tubs should remain sealed and returned to us to be opened and counted.



Saying Thank You

It's *really* important to say thank you to those who supported you and made a donation.

Keep everyone updated on your social media platforms and gently nudge those who haven't yet donated.

If you sent a post-event press release to the local papers, you could update them to let them know what happened and how much you raised.

Don't forget to keep us in the loop



Tag us into any social media posts, so we can share your stories and successes, and say thank you publicly.

Finally, a *big* thank you from us

Thank you so much for choosing to support us, we can't tell you just how much it means to us.

And we hope this is a useful inspiration for launching your own event.

If you have any queries in the meantime, drop us a message via enquiries@fpiesuk.org and we'll help any way we can.

Good luck!

From the FPIES UK Team 

Charity number: 1159635



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