

Your

Fundraising Kit

Thank you for choosing to raise money for Age Cymru Dyfed, helping us be there!

Every penny you raise will help us be there for older people who need us most, providing friendship, advice and practical support.

That makes you a fundraising superstar-in-waiting. This handy guide is full of ideas and tips to help you get the most out of your fundraising.

How we are helping, thanks to supporters like you in 2022-3:



1,751 had information & advice

636 had befriending support

600+ were supported on tech in their homes



Elizabeth's Story

Dyfed
Age Cymru

Like many older people in our communities, Elizabeth had been struggling to pay energy bills and was feeling isolated since the loss of her husband 15 months earlier and was on a downward spiral. She also recently lost her beloved Labrador and with no family close by, Elizabeth struggled daily, hoping for light at the end of the tunnel.

Elizabeth gained financial advice, to help her claim benefits she was previously unaware of. We supported her to make better use of her smartphone and loaned a tablet to 'video call' family overseas. We supported her with advice on saving energy and put her in touch with local organisations for support. Elizabeth, with our help attended social groups and activities. When she needed us, we were there.

Fundraising ideas

Not sure which fundraising challenge is right for you?

Step right this way!

Dyfed
Cymru

age

Going solo

Give something up

We all abstain from things from time to time - or try to - why not get sponsored for your efforts?

Perhaps you're looking to block out the choc or go alcohol free for a month. Set the right challenge for you and get fundraising.

Sponsored walk or run

It's a great way to keep fit and we're frequently told that walking 10,000 steps a day has many health benefits.

Find a walking route and pick a date that works for you and anyone joining you. Then get training and ask friends and family to sponsor you. What about the Welsh 3 peaks - Snowdon, Cader Idris and Pen y Fan, or the Wales Coast Path, LLanelli Half or Swansea 10k?

Virtual Challenge

Creating your own virtual challenge allows you to exercise in fun way.

If you're a cyclist, you could aim to ride the equivalent of London to Paris (300 miles). A swimmer? Why not cover the distance of Cardigan Bay or replicate the Big Welsh Swim (3km is one length of Llanberis lake)?



You can download a sponsor form on our website agecymrudyfed.org.uk.

Group effort

Bake Sale

Baking cakes and cookies is fun and eating them is even better!

Pick a date for your bake sale that works for everyone and get invites out nice and early. Remember, not everyone is a keen (or skilled) baker...whether bakes are homemade or shop bought, everyone can get involved.

Talent Show

We all have talents that we're keen to share with others, don't we?

If you're going to put on a show, then you're going to need a venue, so make sure to book it nice and early and send out your invites in plenty of time.



Raffle

It's a fundraising classic and can be included as part of most events - such as a talent show.

Firstly, buy a book of raffle tickets. Think about the connections you have and what they might be able to donate as a prize. The more attractive the prizes, the more likely it is people will buy more tickets.



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You can
download a
sponsor form
on our website
agecymrudyfed.org.uk.



**Dyfed
age Cymru**

Help me raise funds for **Dyfed age Cymru**

By completing this form you are helping to raise funds for Dyfed age Cymru. The money raised will go towards the care and support of young people with learning difficulties. Thank you for your support.

Thank you to:

Download and print the
handy poster at:
[agecymrudyfed.org.uk/
fundraisingtoolkit](http://agecymrudyfed.org.uk/fundraisingtoolkit)

in celebration

Birthday or Anniversary

People love to give gifts on special occasions, why not direct goodwill towards a great cause?

Set up a JustGiving page or create a birthday fundraiser on Facebook. If you're celebrating with a party, you could ask people attending to donate when they accept the invitation or collect donations at your event.

Wedding or civil partnership

Make Age Cymru Dyfed part of your special day

Let your guests know that you'll be supporting Age Cymru Dyfed as part of your special day.

Help us be there!



agecymru
Thank YOU



Paying your money in



Once you've completed your fundraising, it's time to pay in the money you've raised and feel good knowing you've made a difference.



Online: agecymrudyfed.org.uk/get-involved/donate/



By telephone: call us on freephone: 03333 447 874



By post: Cheques payable to 'Age Cymru Dyfed' can be sent to: Age Cymru Dyfed, 27 Pier Street, Aberystwyth. SY23 2LN

Thank you!



Facebook: AgeCymruDyfed



LinkedIn: AgeCymruDyfed



Instagram: AgeCymruDyfed

Make sure to tag Age Cymru Dyfed when shouting about your fundraising on social media.

You can also make a donation in person at one of our offices in Aberystwyth or Llanelli.

Contact us

If you have any questions or would like Age Cymru Dyfed branded t shirts, or other materials for your fundraiser please get in touch with us at:

reception@agecymrudyfed.org.uk

We want you to really enjoy fundraising for Age Cymru Dyfed, so always take time to ensure your fundraising is both safe and legal.

Although Age Cymru Dyfed is not ultimately responsible for your fundraising and can't accept any liability, please do get in touch if you have any questions and we'll be glad to help.





Help us be there

We're here for everyone who needs us. If you or someone you know needs support, Age Cymru Dyfed is here for you.

Call our Advice Line on
03333 447 874, see
<https://www.ageuk.org.uk/cymru/dyfed/about-us/contact-us/> for opening times .

