

Your Guide to Fundraising for Carers Trust



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Key facts about Carers Trust and the carers we support:

- There are around seven million carers in the UK – that is one in ten people. This is rising.
- In England and Wales, 4.1 million people care for more than 50 hours per week.
- There are 700,000 young carers in the UK.
- 68% of young carers are bullied in school.
- In England and Wales, over 1,277,600 people over the age of 65 are carers.

Introduction

Welcome to our fundraising guide! It's full of tips to help you raise money to support the UK's seven million **unpaid** carers – and includes some fun ways you can do so too!

Carers save the state

£132bn

worth of care every year but it can lead to poverty for the carers themselves if they need to give up their job to look after the person they care for.

Save your loose change and support carers

Simply contact us for a collection box to place your loose change in and send us the money once it's full!



“I love helping Mum but I used to stay awake at night worrying about her. My young carers service has helped me understand I need to look after myself too.”

Young carer

How your support makes a difference

Your donations help carers gain access to the support they need to live their own lives.

Seven million reasons to care

There are seven million unpaid carers in the UK. That's seven million good reasons to support them.

Reason no 9: A 15-year-old school girl caring for her mother who has mental health issues and helping to look after her younger sister, before and after school. She is a carer, without the usual opportunities available to her classmates.

Reason no 548: A 40-year-old man caring for his partner who has cancer, who will have to give up work to support her as her health deteriorates. He is a carer too.

Reason no 1,002: An 80-year-old woman, caring full time for her husband of 60 years who has dementia and doesn't even know her anymore. She is a carer as well.

Caring knows no boundaries. It is not restricted by age, gender, ethnicity or social circumstances – it can happen to anyone, at any time. In fact three in five of us will become a carer at some point in our lives.

Carers save the economy over £132bn each year. Yet, they are frequently invisible within their communities and their important role is often not well understood or recognised.

Why your support is so important

We want to be there for every single one of the UK's seven million unpaid carers, and your support can help us reach more of them. Thank you!

With your help

£100 could give a carer a vital break by providing a few hours of respite care for the person they care for.

£250 could pay for a crucial piece of equipment such as a dishwasher or washing machine and save an exhausted carer valuable time.

£500 could provide a carer with a series of counselling sessions – helping them address the stress of caring.

£1,000 could make a huge difference to the life of a carer and help pay for practical support, fast, in an emergency situation.

Getting started

Take a look at our A-Z of fun ways to raise money for Carers Trust on page 6, or try the five easy steps below and raise money from the comfort of your own home!

1

Get in touch with the Carers Trust Fundraising team. We can help you with ideas and tips on how to start fundraising for unpaid carers and send you the materials you need to get you started.

Contact the team on 0800 061 4838 or email fundraising@carers.org

2

Set yourself a challenge such as cutting out chocolate or cake for a month. If you're a bit of a chatterbox try staying silent for a day!

3

Create a JustGiving fundraising page by visiting www.justgiving.com

Tip: Add a description of your fundraising goals and photos and be the first to make a £5 donation, this will encourage your friends and family to start donating and to dig deeper.

4

Spread the word and tell as many people as possible – starting with your friends, family, and colleagues – that you're fundraising for the seven million unpaid carers in the UK.

5

Make use of your social networks and share your fundraising page via email and on social media. Don't forget to use **@CarersTrust** and **#carers**. We will do our best to spot your mention and retweet it.

A-Z of fundraising



Here are some quick and easy fundraising ideas to help get you started.

A Abseil, afternoon tea, art exhibition, auction, auction of promises.

B Bric-a-brac sale, Britain's Best Breakfast, brunch party, bag packing in a supermarket, book sale, beauty night, bingo, barbeque, ball, barn dance, balloon race, Burns night, bonfire party, battle of the bands, bake sale.

C Coffee morning, car boot sale, car wash, carol singing, collecting boxes, craft fair, concert, cycle ride, come dine with me, Christmas carol concert.

D Dog walk, dinner dance, disco, dog show, darts competition, dress down/dress up day, dance-a-thon.

E Eurovision party, Easter egg hunt, egg painting competition.

F Fantasy football, fashion show, football tournament, fancy dress party, food hamper raffle, fun run, face painting.

G Guess the baby photo/number of sweets in the jar, go-karting, greetings card sale, gig, gift wrapping, garage sale.

H Hideous hair day, Halloween night, hook a duck, hoopla, Harry Potter party, head shave.

I It's a knockout, ice cream party, Italian evening, ice skating, Indian evening, ice bucket challenge, ironing, international dinner party, international challenge.

J Jazz night, jumble sale, jewellery making, jeans day at school, junk food challenge (give it up for a week!), jive night.

K Karaoke night, kids colouring competition, knit-a-thon, keep fit class.

L Lunch party, line dancing, limbo competition, leavers' ball.

M Musical recital, May Day celebration, makeover day, medieval banquet.

N New Year's resolution, non-uniform day, name the teddy, no TV for a week.

O One-day fast, orienteering race, outward bound, open garden, obstacle race.

P Plant sale, pantomime, princess/pirates party, pool party, paintballing, parachute jump, plant sale, pamper party.

Q Quiz night, quilt auction, quickstep – learn a new skill, Quidditch challenge on Wii.

R Rock around the clock – disco/jive night, raffle, rock'n'roll night, read-a-thon, rowing event, regatta, record breaking, recipe swap, run, race night.

S Street party, summer ball, strawberry tea, salsa night, sports day, sponsored swim, space hopper race.

T Tribute band night, talent competition, teddy bear's picnic, treasure hunt, tug of war, triathlon, tombola.

U Ultimate frisbee competition, USA party, unwanted gift swap.

V Valentine's day ball, vegetable sale, village fete, variety show, violin recital.

W Welly throwing, wear-a-wig-to-school day, Wii competition, walk to school.

X Xmas fair, X-factor competition, Xmas ball, X-box challenge.

Y Yachting, yo-yo challenge, yes day, young enterprise.

Z Zodiac party, zoo party.

Spreading the word about your fundraising

The more people that know about your fundraising event, the more money you're likely to raise. You can use social media and your local press to get free publicity.

Facebook

Top tips for posting messages on your Facebook timeline:

Tip 1: Ask your friends to share the post so your message can reach more people.

Tip 2: Everyone likes to see images. Posts with photos and videos always attract attention.

Tip 3: Include a Carers Trust website link (www.carers.org) for people who want to learn more before donating.

Tip 4: Write less than six lines. The seventh line onwards will be hidden unless viewers click to 'see more' which most Facebook users don't.

Other tips:

Create a Facebook event page to invite all your friends to participate or donate. Find out how to do this on Facebook.

Not every Facebook post will appear on all friends' newsfeeds and a post is easily lost in a busy newsfeed. Think about posting at key times of the day, such as lunch and tea times when people are having breaks. Don't be afraid to post reminders for those who missed the original message.

Remember to post a thank you message after the fundraising activity. It's good practice to include a photo of the event if possible.

Sample 'please donate' message



I'm walking on hot coals for Carers Trust (www.carers.org). I'm fundraising to help young carers who care for a family member. Many of them may have lost their childhood to their caring role. Please support – every little helps [[donation-payment link](#)] or support us by sharing this post.

Twitter

Top tips for posting tweets on Twitter:

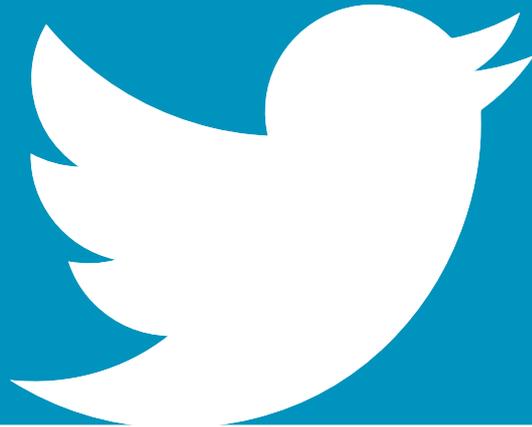
Tip 1: A request to retweet will often gain more attention.

Tip 2: Include trending hash tags in your tweets for wider reach. Learn more about trends/hash tags on Twitter.

Tip 3: Tweets with images tend to be more popular.

Tip 4: Include the Carers Trust Twitter name @CarersTrust for people who want to learn more before donating.

The web is full of advice and best practice on how to make the most of social media, so be sure to have a look online for other tips too.



Sample 'please donate' message

Make the message short and tell people what action you want them to take. Always provide a donation-payment link at the end of the message or tell people how they can donate.

Example 1:

 Fundraising for @CarersTrust. Will #abseil down from 300ft. #Scared of heights! Pls #sponsorme & RT thanks! More info [donation-payment link]

Example 2:

 Hi All, I'm doing #Cardiff 10k #walk on 10 Oct for @CarersTrust Pls #sponsorme if you could & RT thanks [donation-payment link]

Update and reminder – tweet to update your followers about your fundraising activity to gain more support.

Example 2:

 Half way to my #fundraising target for the #Cardiff 10k #walk for @CarersTrust Please #sponsorme & RT 4 #goodcause [donation-payment link]

Remember to thank your supporters after the fundraising activity and include a photo of the event if possible.

Example 3:

 Thank you all for your support! I was #scared but I've done it for @CarersTrust! It was tough going over the edge.

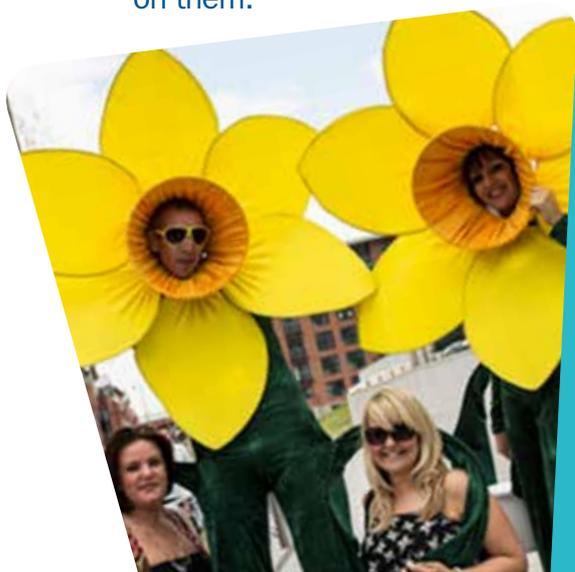


Tell your local press about your fundraising

A story in your local paper is a great way of letting people know that you are raising money for Carers Trust. It's also a good opportunity to help raise awareness of Carers Trust and the work that we do to support unpaid carers.

Top tips to help you get as much publicity as you can in your local press for your fundraising activity:

- Remember that journalists on local newspapers are always on the look-out for local stories so don't be shy in approaching them!
- Before contacting your local newspaper, think about what you would like to say and how you would like to say it. A press release could be the best way to communicate. Carers Trust has developed a template press release for you to use. You can find it on the next page. All you need to do is fill in the gaps.
- Try to make the press release as personal as possible. If you are a carer or know someone who is, please say so. If you can say something about why you are fundraising for Carers Trust that would really help to bring your story to life. But if you don't want to share that information then that's fine. Just tell your story your way.
- Send a photograph if you can. Newspapers love good photos so if you have one of you training or doing something silly to raise money, send it. No head and shoulders shots please! It will have to be a digital image and should be high resolution. Most mobile phones have good quality cameras on them.
- Once you have your press release ready you can contact your local newspaper. You should be able to find the telephone number on the internet. It's always best to call journalists in the morning (around 10am). Ask to speak to the journalist that covers your local area. Ask them if it's a good time and then tell them that you are a local resident raising money for Carers Trust. Ask them for an email address so that you can send your press release to them and give them your contact details in case they have any more questions. Journalists don't like (and won't open) attachments so always copy and paste into the body of the email.
- If you get some coverage on the online edition of the newspaper don't forget to share it with your family, friends and contacts via social media. If you send it to us at fundraising@carers.org we can share it for you too.
- If you need any more information or advice about contacting the local press call the Carers Trust Press team on 0800 061 4838 or email press@carers.org.



Newspapers love good photos

NEWS RELEASE

Date: <date you send the press release out>

Contact: <your name here and telephone number>

<Enter your name here> <Insert catchy description of event here> for
Carers Trust

<Enter your name here>, <enter your age here>, from <enter the area you live in>, is taking part in the <name of the event> to raise funds for Carers Trust, the largest charity for **unpaid** carers on <date of the event>.

<Enter name of the event you are doing> is <enter interesting detail such as length of run, trek, parachute drop> starting in <enter location of event> at <time> on <date>.

<Enter your name here> says: "I've been preparing for this for/by <enter how long you have trained for or what training you have been doing>, so I hope it pays off. <Enter here why you are taking part. Is it to get fit? Is it because you know someone who is a carer and you want to help raise money to support others?>"

Carers Trust comments: "We are delighted that <enter your name> is giving her/his time and energy to take on this <name of event> for us. As a charity, we rely on the generosity of individuals like <enter your name> to help us reach and support more and more carers.

"There are currently seven million people in the UK who provide unpaid support to family or friends who could not manage without this help. This could be caring for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

"Please back <enter your name> in their fundraising efforts so that we can continue to provide vital support for carers."

<Your name> is hoping to raise <amount> for Carers Trust. If you would like to help him/her reach his/her target please contact him/her on <enter your telephone number> or visit <enter your website address if you have one on justgiving.com>

Notes to editors:

1. Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.
2. We do this with a UK wide network of quality assured independent partners and through the provision of grants to help carers get the extra help they need to live their own lives. With these locally based Network Partners we are able to support carers in their homes through the provision of replacement care,
- and in the community with information, advice, emotional support, hands on practical help and access to much needed breaks. We offer specialist services for carers of people of all ages and conditions and a range of individually tailored support and group activities.
3. There are seven million carers in the UK – seven million reasons to care and to get involved. For further information about your nearest service, please visit our website www.carers.org/carers-services/find-your-local-service.

Raising support with local companies

Local companies can be a great source of support for your fundraising activities.

What you can offer them

Think about what you can offer the company or what the company could get out of working with you. For example, if you can help them reach an audience of potential new customers they may spend all or some of their advertising budget helping to promote your fundraising activity.

Decide exactly what you would like from local companies

Do you need cash donations or would you accept gifts in kind such as prizes for raffles? Companies are often more willing to provide gifts than cash donations, so think about how you can save money on event/activity costs by asking for gifts instead.

Examples of how local companies could help you

Hosting a fundraising tea party?

Ask local cafes and shops to donate food, tea, and coffee for your event – these are all classed as gifts and could save you a lot of money.

Hosting a fundraising ball?

Ask local venues whether they would provide the space free of charge or at a discounted rate for charity. If you are organising catering could you ask a company to give you a discount? Or you could try approaching a shop for drinks/food donations.

Holding a raffle or tombola?

Ask companies to donate prizes – you could either suggest a prize or take their lead and see what they offer. There will be lots of local companies that can provide highly sought after prizes. For example, a health club might offer a spa day for two people, a local football club might send you a signed team photograph, or a local restaurant might provide a free meal out.

Holding a cake sale?

Could a local bakery donate a cake to sell? Could they donate boxes/bags and napkins so you can package cakes professionally and hygienically? Small touches like this are really appealing and can make a big difference to the quality of your event for those that attend.

Examples of what you might ask for:

Now you've decided what you want, you should have an idea about the type of companies that could help. For example, if you're raising money from a car wash:

You will need

Equipment including sponges/car shampoo/wax/screen wash.

Outdoor space where cars can pull up and wait in line. Preferably it should be easy to spot so you can attract more people to stop off, and raise awareness of Carers Trust.

People to help you wash cars.

You should ask

Local garages and car wash firms to donate as much equipment as they can spare.

A company that has a lot of outdoor space and might be willing to give some of it to you for free for the day. Examples might be a car retailer's forecourt or a supermarket car park.

Local companies' employees could volunteer to help. You might be surprised – lots of companies love to be involved in volunteering.

Research relevant local companies

You can research online using search engines and sites like www.yell.com, or offline using telephone directories and local papers. You should make a list of all the companies you will approach along with their contact details and keep this list updated as you speak to people.

Don't be afraid to ask local branches/offices of large national or international companies. They often have their own budget and can still support local charitable events as well as larger ones.

Plan thoroughly what you are going to say beforehand

Try to cover the following:

- Your reasons for fundraising for Carers Trust. Tell companies why raising money for carers is important and talk about some of the ways in which the money could help unpaid carers in the UK.
- Think about what you are asking each company for before you contact them – and what happens if they say no. Have a backup plan, for example a slightly smaller ask – if they can't donate a prize, could they advertise the raffle to their customers/employees?

Think about how a donation could benefit the company

- Could you add the company's logo to advertising posters or flyers?
- Could you say a public thank you on your website/social media pages?
- If the company donates prizes, will this lead to publicity? Remember that prizes can also generate new customers, for example the winner of a spa day might love it so much that they book into the spa again and tell all their friends.
- If you are hosting a ball, perhaps you could invite the company to attend or if they have been really generous maybe invite them to give a short talk about their company.

How else could the company help you?

If your event relies on getting people to attend, perhaps the company could advertise the event on its website/social media pages. Maybe they can display flyers or posters advertising your event to their customers and employees. Perhaps employees could lend a hand free of charge, for example, they could help to run your event, create posters or flyers or help with other skilled tasks.

Making the approach

- Make sure you are speaking to the right person – don't bombard the first person you speak to – it might be a waste of your time and theirs. Ask to speak to the manager or briefly describe why you are calling and ask who the best person to speak to would be.
- Think about any contacts at the company you or your friends/family might have. It's always better if you know someone at the company who could help you speak to the right person or even make the ask on your behalf.
- Don't worry – be confident that you are raising money for a fantastic cause. Companies have a budget for this kind of activity and you're offering them a great opportunity to get involved. The worst that can happen is someone says no. Either way, you lose nothing by asking!



Remember, people are generally happy to help out for a charity without a reward. Reserve the rewards for the most generous donors.

Checklist for your fundraising event

We have put together a checklist of things you might want to think about for your event. This list is a rough guide, and you can add to it if there are more things you want to keep track of. Before you hold an event please read through our Fundraising Agreement on page 21.

Things to think about

Getting started

Have you completed your Fundraising Agreement on page 21 and returned it to Carers Trust?

How much time do you have to plan a fundraiser?

What are you planning to do?

How much do you estimate it will cost?

How many people will you need to help you? Have you recruited your friends, colleagues or members of a club or group to join in?

Have you set a date? Does this clash with any other big events happening at the same time?

Making it happen

Where

If you are holding an event, where are you going to hold it and have you booked this in advance?

Does your venue have access for disabled people?

How many people can your venue accommodate and how many tickets will you need to sell to break even?

Are there any licensing restrictions on your venue? Do the terms and conditions meet the requirements of the event?

When and where are you going to sell tickets/ let people know about your event?

What will you need to buy/bring/prepare for the event?

If you are holding a raffle or lottery you will need to obtain the necessary licenses. To contact the Gambling Commission call 0121 230 6666 or visit www.gamblingcommission.gov.uk.



Why not put a team together for your local Santa fun run?

These DJs used music to raise money and awareness of young adult carers.



Things to do

Spreading the word

Contact Carers Trust to request posters, invitations, balloons and t-shirts with the number you need and sizes. See page 5 for contact details.

Health and safety

Have you carried out a risk assessment? Contact Carers Trust for the template.

Have you obtained the necessary music licenses, and food and hygiene certificates to safely carry out your event?

Checking the legal details

Have your legal documents to hand so you can give people information such as the registered charity number and show you are authorised to fundraise for Carers Trust.

Organising your volunteers

Your friends have kindly offered to help – now what are they going to do? Set clear tasks/roles early on so everyone is clear what they need to prepare beforehand and what they will need to do before, or on, the day of the event.

Looking after the money you have raised

When and how will you receive money from the event? Will you need to set deadlines or allow time to collect your funds?

Think about how you will collect your money and about securely storing it during/after the event.

Is there someone else who can help you count the money raised at the end? There will need to be at least two of you to do this safely.

Have you checked in advance how you can send your money in to Carers Trust?

Paying in your money

When sending in cheques or cash, or when asking others to donate, please ensure that it is made clear with each donation the name of the fundraising event and who it is being held by. If you can use the form on the next page this helps us to make sure we know that all money received is attributed to your generous efforts and allows us to keep track of your total!

Cash and cheques

We would advise that you avoid sending cash through the post. Where possible, please encourage people to write cheques payable to 'Carers Trust'.

If you receive cash or cheques made payable to yourself, please bank them and write a cheque for the full amount made payable to 'Carers Trust' and send it to the following address with a brief description of how the money was raised (you can use the form on the next page).

Please send all cheques to:
Freepost Plus RTUU-XRRB-EGZY
Carers Trust
32-36 Loman Street
London
SE1 0EH

Online

If you set up an online giving page with us the money you donate will automatically be transferred to Carers Trust.

You can fundraise online for Carers Trust via www.justgiving.com or www.virginmoneygiving.com.

Credit card donations

Payments can be made quickly and securely by calling the Carers Trust Fundraising team on 0800 061 4838.

Gift Aid

giftaid it

Carers Trust is a registered charity, which means if you pay tax you can Gift Aid your donation at no extra cost to you. This allows us to claim back the tax on your donation from the Inland Revenue. This makes your donation worth up to 25p more for every £1 you give. Please remember to ask sponsors to tick the Gift Aid box when sponsoring you.





First name: _____

Last name: _____

Description of fundraising event: _____

I enclose a donation of: £ _____

Please make your cheque payable to **Carers Trust** or

Please debit my:

MasterCard Visa Maestro/Switch CAF Charity Card with the amount specified

Card number:

Valid from / Expiry date /

Issue No. 3 digit security number
on reverse of card

Name on card: _____

Signature: _____

Card billing address: _____

Postcode: _____

Please make your gift worth 25% more, at no extra cost to you

I am a UK taxpayer, please claim back the tax I have paid against all charitable gifts made in the last four years and any future gifts I may make including those to Carers Trust. I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Signature: _____

Date: _____

Your privacy

We promise to keep your personal details safe. You can change how we contact you at any time by contacting us at dpo@carers.org or 0300 772 9600. To see how we protect and use your personal data read our Privacy Policy at Carers.org/privacy-policy.

Sample sponsorship form

Name: _____

Fundraising event: _____

Contact details: _____

Your privacy

We promise to keep your personal details safe. You can change how we contact you at any time by contacting us at dpo@carers.org or 0300 772 9600. To see how we protect and use your personal data read our Privacy Policy at Carers.org/privacy-policy.

Make your donation worth more!

If you are a UK Taxpayer you can increase your donation at no extra cost to you through Gift Aid. To make your donation worth an extra 25p for every £1 donated, simply tick the box below.

To enable us to claim Gift Aid, sponsors are required to give their full name and full home address including postcode and must have read the declaration below.

If I have ticked the box headed 'Gift Aid', I confirm that I am a UK taxpayer. I have read this statement and want the charity Carers Trust to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax and/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Information for sponsors

- Please ensure you fill in your full name and HOME address including your postcode.
- Tick the Gift Aid box if you are a UK Tax Payer so Gift Aid can be claimed.

Title	Full Name	Full Address	Postcode	Gift Aid	Amount	Date Paid
Ms	Sarah Jones	1 Sample Street, London	EC3N 1LB	<input checked="" type="checkbox"/>	£50.00	✓
				<input type="checkbox"/>		
				<input type="checkbox"/>		
				<input type="checkbox"/>		
				<input type="checkbox"/>		
				<input type="checkbox"/>		
				<input type="checkbox"/>		
				<input type="checkbox"/>		

Event:

Where:

Time:

Contact:



Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32–36 Loman Street, London SE1 0EH.



Carers Trust Fundraising Agreement

In order to legally raise funds in the name of Carers Trust you must have a written agreement with the charity. We also ask that when organising an event in aid of Carers Trust you follow the guidelines set out below. Please indicate that you are happy to comply with these by signing and returning this agreement to Carers Trust.

Re:(Name of your event)

I confirm that I am holding the above event on (date) in aid of Carers Trust and will:

- Use my best endeavours to raise money for Carers Trust;
- Not do anything to bring Carers Trust into disrepute;
- Obtain prior approval from Carers Trust before approaching any companies, press or celebrities to support my event;
- Ensure that all materials used to fundraise in aid of Carers Trust include the text 'Registered Charity No. 1145181 (England & Wales) / SC042870 (Scotland);
- Ensure that all materials used to fundraise do not suggest that I represent the charity, only that I am fundraising in aid of Carers Trust;
- Show the charity any materials bearing Carers Trust's name or logo, or that mentions the work of the charity, prior to printing and distribution;
- Not carry out house-to-house collections or collect in any public place unless I have obtained my own licence from my local authority;
- Obtain the appropriate licence if holding a raffle, tombola or sweepstake;
- Make sure my event, and any third parties involved, are fully insured;
- Not resell or offer for auction any item donated to the event or any Carers Trust property without Carers Trust's permission;
- Acknowledge that Carers Trust cannot take responsibility for any losses made through my event;
- Pay 100% of all proceeds from my event solely to Carers Trust and within one month of my fundraising activity (unless agreed otherwise);
- Ensure that if children (under 16) are involved in the fundraising event in any way, they have permission from their parent or guardian, and are properly supervised by a responsible adult.

I have read, understood and agree to follow the above guidelines

Name

Signed Date

Please send two signed copies to Carers Trust. This agreement will be signed on behalf of Carers Trust and a copy returned to you for your records.

Britain's Best Breakfast

Why not raise money by joining in with Britain's Best Breakfast, our national fundraising campaign? All over the UK, people are planning what they are going to be cooking up for breakfast to help raise money for the UK's unpaid carers. And anyone can get involved, whether you're making breakfast for one or one hundred.

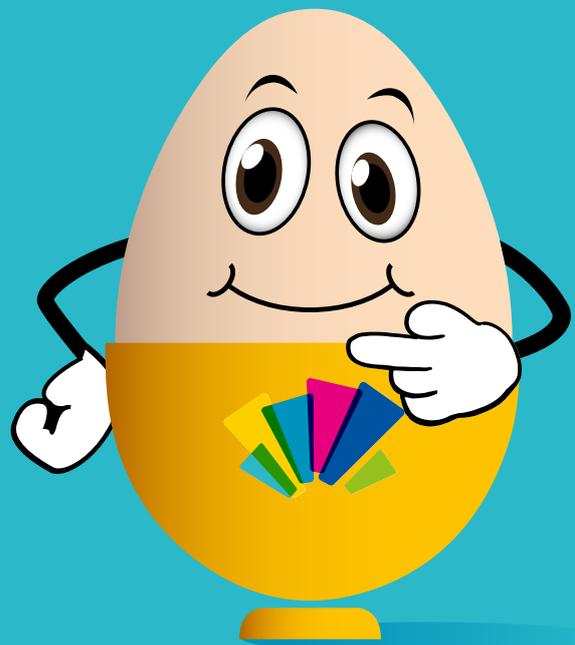
All you have to do is invite your friends, family and colleagues to join us in raising thousands of pounds in Britain's Best Breakfast. The money you raise will enable us to reach even more carers and continue to provide them with our essential services and support.

How can I get involved?

Britain's Best Breakfast runs all year round and it's really easy to get involved. All you have to do is host a breakfast and donate the money raised on the day to Carers Trust.

Arranging a breakfast is quick and simple – anyone can do it! Hold one for your local community group and ask friends and family along. Get your workplace involved or invite all your friends around – everybody loves breakfast!

All you need to do is visit Carers.org/take-part-britains-best-breakfast. You can download your own Britain's Best Breakfast kit which has all the information you need to host a great breakfast, including some delicious recipe ideas, colourful bunting and collecting tins.



Share your breakfast

We would love to see and hear about your preparations for a breakfast and how it goes on the day.

Share your Britain's Best Breakfast news on social media.

Notes

We've left this page of the booklet blank for you, in case you want to use it to write any of your own notes.



“I can talk to other carers there [local carers service]. When I was younger, people never talked about family problems and now they do. It’s so important to get things out in the open.”

Alan



seven million
reasons to care

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Email: info@carers.org

Carers.org
professionals.carers.org

With your help we can support more people like Alan and reach out to the seven million unpaid carers in the UK.

 www.facebook.com/CarersTrust
 www.twitter.com/CarersTrust
 www.youtube.com/user/CarersTrust

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All library photos posed by models. Due to the sensitive nature of our work we have changed the name of the carers and those they care for except on this page. Photos used are representative of caring situations.

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