

WHAT'S YOUR FUNDRAISING STYLE?

Want to get involved in fundraising for unpaid carers but don't know where to start?
Take our quiz to discover ideas, tips and tricks that suit your fundraising style.

1. I am more likely to spend my weekend...

- A) Hanging out with friends and family
- B) Mountain-climbing or paddle-boarding
- C) Gaming or scrolling socials
- D) Making things or doing jobs
- E) Weekend? I'm answering work emails!

2. Friends would describe me as...

- A) Sociable, Confident, Extroverted
- B) Adventurous, Daring, Brave
- C) Influential, Tech-Savvy, Wizz Kid
- D) Practical, Creative, a "Doer"
- E) Hard-Working, Ambitious, Busy

3. I like interacting with people...

- A) At a party or big event
- B) Taking on a group challenge together
- C) On social media – it's the 21st Century!
- D) Doing something together, like a knitting club or litter-picking
- E) On Teams or chatting on a tea break

4. My dream job would be...

- A) Stand-up comedian or TV host
- B) An athlete or leading expeditions
- C) Influencer or Online Gamer
- D) Gardener, Plumber, Artist – something with my hands
- E) CEO or Entrepreneur

5. A thing I like that other people hate is...

- A) Giving speeches or doing Karaoke
- B) Bungee-jumping or running a marathon
- C) Using technology
- D) Housework, admin, running errands
- E) Giving presentations or schmoozing clients

6. The TV show I would go on is...

- A) Strictly Come Dancing
- B) Survivor
- C) The Circle
- D) The Repair Shop
- E) The Apprentice

7. My biggest fear is...

- A) Being on my own
- B) Being boring
- C) Having to interact in person
- D) Having idle hands or nothing to do
- E) Not achieving anything

8. I would most like to meet...

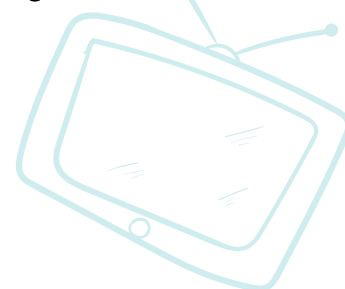
- A) Lorraine Kelly or Graham Norton,
- B) Bear Grylls or Louis Theroux
- C) Mr Beast or Molly Mae
- D) Jay Blades or Mary Berry
- E) Steven Bartlett or Deborah Meaden

9. If I won the lottery, I would...

- A) Throw a big party for everyone I know
- B) Travel the world
- C) Upgrade to a proper gaming computer
- D) Buy everything in Hobby Craft
- E) Finally take some time off work!

10. Life is all about...

- A) People – spending as much time together as possible
- B) Experiences – I want to do it all!
- C) Community – Social media lets me be myself with others who share my passion
- D) The little things – Looking after your world and creating a little life you love
- E) Success – a career you can be proud of



WHAT YOUR ANSWERS SAY ABOUT YOU

Mostly A – Get the Party Started

You're the ultimate people person and the life and soul of any party. The spotlight is your happy place, especially when you're surrounded by the people you love, and you're great at gathering everyone together for a good time. Let's see how you can utilise those social skills for fundraising:



Location, Location, Location: Speak to your local community venue and see if you can hire a space for free or at a discount. A village hall is perfect for hosting a movie night, auction or clothing swap shop, or look at outside spaces for a five-a-side football competition or summer fete. Wherever you set up, everyone loves a charity quiz – it's a classic for a reason, and it's easy to source questions online.

Something more low-key: A fundraising event doesn't have to be all bells and whistles, and there's plenty you can do from the comfort of your own home. Get a few friends round for a fundraising coffee morning, pamper afternoon, dinner party or games night, and charge entry for them to participate.

Get the most from hosting: Whatever event you put on, there are plenty of ways to boost on-the-night fundraising. You could charge for refreshments, have a stall with products to buy or add a raffle at the end of the night with prizes donated by local businesses (but make sure you follow the necessary legal requirements!)

Mostly B – Take on the Challenge

You're all about seizing the day and doing the unexpected. As you like pushing yourself to the limits, or walking on the wackier side of life, why not challenge yourself to raise money for unpaid carers?

Go hard or go home: Run a marathon, do a bungee-jump, climb Ben Nevis – you know the drill. Make sure you post regular training updates to keep your supporters engaged, and include the link to your JustGiving page so they can support you on your journey to the top. You could let anyone who donates £10 choose a song for your playlist that you have to listen to when you do your challenge. Remember, most people will donate after the challenge is complete, so don't be afraid to show off your medal or photos of your achievement.



Do something daring: Set a fundraising target, and then give yourself a dare to complete once you've reached it. You could go for a classic baked bean bath, shaving off your beloved beard, getting a silly tattoo – something your friends will pay to make you do! If you're feeling brave, you could set little dares to complete with every £50 you raise along the way to the big one, or – if you're really brave – people who donate could suggest the dares themselves!

Little and often: Choose a little challenge to do every day for a set period of time, and ask people to donate once you've completed it. You could challenge yourself to give something you love up for a year, walk 15,000 steps every day for a month or go a whole week without your phone. Not only can you raise money for unpaid carers, but it might help you start a healthy habit.

Mostly C – Exert Your Influence

You embrace technology and love your online tribe of followers. Whether you're all over the socials or consider yourself more of a gamer, for you the digital world is as real as it gets – and the fundraising possibilities are as vast as the internet itself:

Donate your birthday – Instead of asking for presents, posting a Facebook Fundraiser and asking for donations for your birthday or anniversary. Talk about why you're passionate about supporting carers in your Facebook post, and make sure you thank everyone in the comments when they donate.

Go Live – Take on a challenge – like an all-night gameathon or a treadmill marathon – and livestream it on social media. Keep updating your followers with how you're finding it, and get a friend to monitor the comments section if you can't get to your phone to respond.

Put on a virtual event – Hosting doesn't mean you have to leave the house. Put on a Zoom quiz, cookalong or movie watchalong that people can attend from the comfort of their own homes. Give plenty of notice beforehand in case supporters need to save the date and get anything ready in advance, and make sure they have a way to give online, such as JustGiving.



Mostly D – Get Your Hands Dirty

You're the kind of person who likes to get things done. Maybe you're handy around the house, have a special skill or interest you can put to good use, or you just don't mind quietly getting on with things in the background. Lots of little fundraising jobs can quickly add up to big bucks, so let's roll up our sleeves and get to work:

Have a clear out – One person's trash is another's treasure, so turn your clutter into cash for carers! Apps like Vinted are easy to use and great for getting rid of unwanted clothes, books, toys and household items, and you can download and donate your Vinted balance online. Or, if you're more of a people person, head down to your local car boot sale.

Offer your services – Are you the next star of Sewing Bee or a dab hand with a drill? Can you revive houseplants back from the brink or prevent plumbing disasters with your trusty spanner? If you've got the skills to fix and mend, why not offer your services in exchange for a donation? Or host a car wash or ironing-athon to take little jobs off someone else's plate. Not only will you be raising funds for carers; you can save your friends, family and local community the time and effort of doing it themselves.

Start a little shop – If you're a crafty person, monetise your makes and donate a percentage of the proceeds to CSWS. You can sell arts and crafts online, set up a stall at your local community group, or leave potted plants outside your house with a sign and an honesty box to collect donations.



Mostly E – Work It

Your work life keeps you pretty busy, which means fundraising outside of the office is a no-go. Whether you're self-employed or part of a big organisation, there are plenty of ways you can utilise your 9-5 to boost donations:

Chat to your colleagues – Whether in the office or over Zoom, your colleagues are the people you see every day, which makes them the perfect target audience for fundraising. If you're taking on a fundraising challenge, like abseiling or running a marathon, send an email round to colleagues letting them know why you're taking part and include the link to your JustGiving donation page. Ask about doing a "Christmas Jumper" day where everyone pays a pound to participate. Or, if all else fails, no one is ever upset about an office bake sale!

[Ask about Match Funding](#) – A lot of organisations have giving schemes to help staff fundraise. Your workplace may be able to double what you raise through match funding, enable you to Give As You Earn (GAYE) through your paycheque, or have a scheme where you can nominate a chosen charity to receive a donation. Get in touch with your HR department and find out what's available where you work.

[Don't forget your clients and customers](#) – If you're self-employed or offer a service, sharing your fundraising challenge with clients and customers can help you raise funds and demonstrate your business's social responsibility. If you send invoices or sell products online, you could put a discretionary add-on percentage on the bill (with the ability for customers to opt out, of course). If you work in a store or café, choose an item where 10% of proceeds will go to CSWS, or go the classic route of popping a donation tin at the till.



JEMMA'S STORY*

Jemma* is a Young Carer, helping at home with practical, physical and personal aspects of care for her sibling. There were concerns about Jemma's emotional wellbeing, and she was not having many positive interactions with her peers. Jemma began attending Positive Activity Days for Young Carers in April 2024, and her parents can see the difference already: "I think the support for Jemma has been amazing, it's really helped with her confidence and groups are brilliantly run, [helping her be with] children her own age."

*Name changed

We're grateful to have a contract with West Sussex County Council to provide certain key services, but we rely on fundraising to give unpaid carers the full support they need. Our Positive Activity Days for Young Carers is just one example of vital activities that wouldn't happen without brilliant fundraisers like you.

Find out more and download fundraising resources at
carerssupport.org.uk/donate

JOIN US!



Carers Support West Sussex
for family and friend carers

IN RAISING MONEY FOR CARERS SUPPORT WEST SUSSEX

EVENT TITLE _____

DATE & TIME _____

LOCATION _____

ABOUT
THE EVENT



DONATE HERE



justgiving.com/carerssupportwestsussex

Call **0300 028 8888**

Email **info@carerssupport.org.uk**

Visit **www.carerssupport.org.uk**

Registered Charity No. 1123359

Company No. 6418743

Follow our social media channels to stay up to date with wellbeing information and groups:



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HOW TO SET UP **JustGiving**[®]

Whether you're participating in a pre-existing event, creating your own or just asking for donations, JustGiving is the quick and easy way for your friends and family to support you. No need to worry about handing out sponsorship forms, tracking your total or paying in your final amount – JustGiving will take care of the lot. All you need to do is set up a brilliant fundraising page in four easy steps...

Step 1: Create an Account

Head to justgiving.com and click "sign up" in the top right corner to create an account in seconds, or log in if you have an account already.



DID YOU KNOW?

86% OF FUNDRAISERS WHO SET A GOAL HIT IT,
AND HALF OF THEM EXCEED THEIR INITIAL TARGET!

Step 2: Create a Fundraising Page

From the homepage, click "start fundraising" and search "carers support west sussex" when prompted. Follow the instructions to set up a page that fits your fundraising goal or challenge, and set a fundraising target that's challenging but achievable.

Step 3: Make it Personal

Personalise your page to explain why you're raising money. Talk about your experiences as a carer, seeing carers in action or just why this cause is important to you.

DID YOU KNOW?

PERSONALISED PAGES ON JUST GIVING TYPICALLY RAISE 30% MORE MONEY



Step 4: Tell your Friends

Post your JustGiving page link on social media, whatsapp it to your loved ones, and email it to colleagues to let them know about what you're doing to fundraise and why. If anyone would rather donate cash, you can still add this to your JustGiving total tracker through the donations section of your account.



DID YOU KNOW?

THE AVERAGE PERSON IN THE UK KNOWS 611 PEOPLE, SO EVEN IF EVERYONE YOU KNOW ONLY DONATED £1, YOU COULD RAISE AN AMAZING £611!

Step 5: Update your Supporters

In the lead up to your event or fundraising deadline, keep posting about your progress. Are you doing training runs for a marathon or buying supplies for your event? Post photos to include your supporters in the build-up excitement. Or you could share when you've reached 25%, 50%, and 75% of your fundraising goal, and take the opportunity to thank those who have donated so far. Chances are, some of your friends keep meaning to donate but forgetting, so these reminders can give them the nudge they need – especially when you reach the end of the challenge.

Bonus step: Do it as a team

Fundraising as a group? From your page, select 'Create a Team' to make a Team page with your group's photo and target. Share with your team so they can link their own fundraising page, and the Team page will track everyone's progress towards your Team's total target.



SUPPORT US ON EASYFUNDRAISING

Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for Carers Support West Sussex with easyfundraising?

There are over 8,000 retailers on board ready to make a donation – including eBay, Argos, John Lewis & Partners, ASOS, Booking.com and M&S – and **it won't cost you a penny extra** to help us raise funds. Here's how it works...

- 1** Head to our Easy Fundraising page [here](#) and sign up for free, or download the app on your phone or tablet, and search “Carers Support West Sussex” to choose us as your cause. Easyfundraising has quick and easy instructions to help you set up your account.
- 2** Every time you shop online, go through the EasyFundraising website or app first to find the site you want and start shopping.
- 3** Shop as usual and, after you've checked out, the retailer will make a donation to Carers Support West Sussex at no extra cost to you whatsoever!

DONATION REMINDERS

Worried you won't remember to use EasyFundraising with every shop? You can completely skip Step 2 above by enabling donation reminders in the EasyFundraising app or website, and a pop up will nudge you if your online shop is eligible for a donation. EasyFundraising will prompt you to do this once you sign up, but you can also find it in your profile settings on the app, or by choosing “Browser Extension” on the top menu of the website. Follow the instructions and your easy, free donations just got even easier!

Every little helps and we're grateful for any donations. Thank you for your support.
easyfundraising.org.uk/causes/carers-support-west-sussex

5 TIPS & TRICKS TO BOOST YOUR FUNDRAISING SUCCESS



Carers Support West Sussex
for family and friend carers

1. TELL YOUR STORY

Sharing your personal connection to the cause keeps you motivated and helps supporters rally behind you. Personalise your Just Giving page with your story, and regularly post updates and reminders on social media.

2. SET A TARGET

Research shows 86% of fundraisers who set a goal hit it, and you're more than twice as likely to raise over £500 than those who don't. Set the bar somewhere challenging but achievable - you can always raise it later if you reach your goal earlier than expected.

3. FOLLOW UP

Thank your sponsors and keep them updated so they feel they're on the journey with you. Some people forget to donate or wait until a challenge is complete, so don't be shy about following up - they'll appreciate the reminder!

4. USE YOUR NETWORK

Social media is great, but don't be afraid to email, text or speak to friends, family and colleagues directly. Ask your local community group if you can put on an event, hit up local businesses for raffle prizes, or speak to your workplace about match funding opportunities.

5. KEEP IT ABOVE BOARD

Do you need permits, licenses or insurance for your activity? Are you handling money or donor data? Make sure your fundraising complies with all legal guidelines at fundraisingregulator.org.uk, so supporters know they can trust you with their donation.

Carers Support
West Sussex

[illegible]

Account name: Carers Support W Sussex | Account No: 10112399 | Sort code: 16-17-25

Carers Support West Sussex (CSWS), company limited by guarantee registered number company No. 06418743 (England and Wales) and registered charity No.1123359 (in England and Wales), at Carers Support West Sussex c/o Messrs Carpenter Box, Amelia House, Crescent Road, Worthing, West Sussex BN11 1RL. All your data is handled in strict compliance with EU data protection laws. For additional information on how we handled your data, please refer to our Privacy Policy.