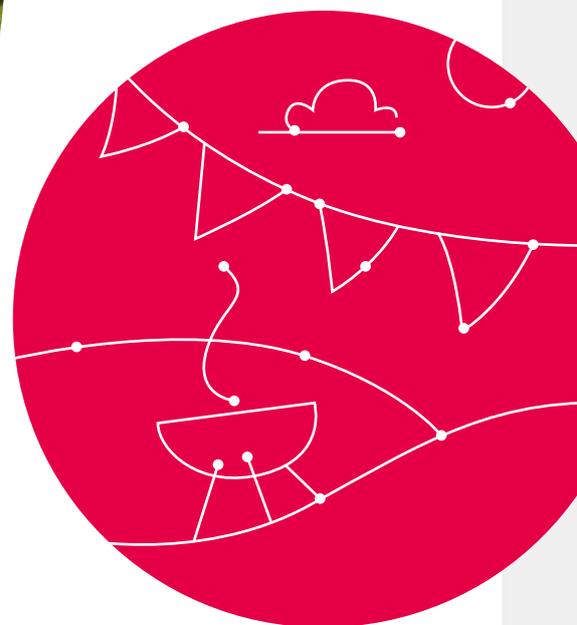




Fundraising Pack



Host an event for Spinal Research as you come **'Together Again'**

This last year has been extremely tough for everyone. For the first time our normal feelings of freedom, spontaneity and certainty were threatened. For many living with paralysis, these are the challenges they face every day.

With the ending of lockdown on the horizon we are even more determined to drive the research needed to beat paralysis and create a new normal for the spinal cord injured (SCI) community - but we need your help.

Over the last few years we have invested over £2.2 million into research. This translates to funding over 20 research projects, all with the aim of developing treatments for spinal cord injuries.

Without government funding, Spinal Research and these projects rely entirely on the generosity and fundraising efforts of our supporters. With all events over the last year being postponed or cancelled, a huge proportion of our income has been affected. That's why we are asking our community to celebrate reuniting with friends and family in aid of Spinal Research.

The event can come in any form you choose, big or small. It can be anything from a tea morning, a games night or a BBQ. Every event counts because every pound you raise you will go towards funding life changing research. The more we raise the more we can invest and that's why every penny matters. With the help of supporters, just like you, we will be able to make a huge difference.

This pack will give you ideas and tips for how to host your own event but if you have any questions, or just want to talk through your event please get in touch by emailing us at community@spinal-research.org or call us on **020 7653 8938**.

#TogetherAgain #TeamSpinal #Reconnect4Research

Best Wishes

Shauna Creamer

Community Fundraising Manager



About us

Spinal Research is the UK's leading charity funding medical research around the world to develop effective treatments for paralysis caused by spinal cord injury. We raise money to fund research into clinical treatments, including vital neuroscience to better understand the injury caused, and for the devastating effects on daily living such as breathing, loss of feeling, hand movement, pain and the need to rely on others for some of the most basic daily living tasks.

Some of this research is now moving into clinical trials, as we edge closer to finally beating paralysis.

The global pandemic has demonstrated the power of community and science to unite under one common goal and achieve what was at first thought to be impossible. Nothing signifies this more than the development and delivery of multiple Covid vaccines in just over one year.

Living with paralysis is more than just "not walking". There are multiple hidden and complex health problems that the SCI community face every day, and have to manage across a lifetime.

When we tell stories of our SCI community, we can create more understanding and inspire others to get Together Again in support of groundbreaking research.



Every 4 hours
1 person



in the UK sustains
a spinal cord injury

60,000



in the UK and Ireland
are paralysed due
to spinal cord injury

More than
3 million



people worldwide live with
paralysis caused by spinal
cord injury



What we are asking you to do

Dance Together Again



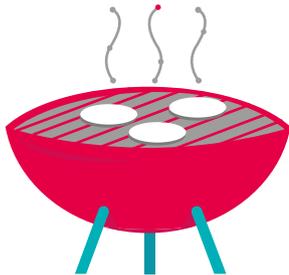
Arrange a dance marathon and ask for sponsorship – it's been over a year since we've been able to boogie, so why not invite your friends around for a dance off and fundraise while you dance.

Pamper Together Again



Invite your friends over for a luxury night in – give a manicure, pedicure and paint their nails for a small fee (maybe ask them to donate what they would have spent on a night out).

BBQ Together Again



Are you looking to make the most of the sun? Why not invite your nearest and dearest over for a BBQ. Ask for donations for the food and maybe make some jugs of Pimms to help wash it down.

Cheer Together Again



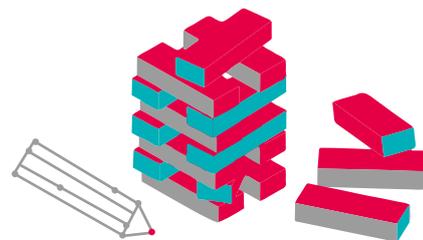
With so many sporting events coming up this summer, why not invite some people over, you provide the screen and some snacks – maybe even hold a sweepstake on the sport to add some competition and ask for donations on the night.

Feast Together Again



Host a dinner party over, go for a two, three or five course meal, keep cost low, quantity high, add some wine and charge a set amount per guest.

Game Together Again



Why not get your friends round for a games night? Host rounds of Jenga, Pictionary and more of your favourites – provide snacks and beverages and ask for a small donation from each player.





You can organise your event in **5 easy steps**

1 Sign Up to get 'Together Again'

2 Make your plan – decide on what, when and where

3 Order your materials – we have lots of resources to make it as easy as possible

4 Host your event

5 Send in your money



1. Sign Up to the event

We are asking all of our community that as you come 'Together Again' do it in aid of Spinal Research. Even ask your friends and family to host a 'Together Again' event. Get 'Together Again' in any form and fund life changing research. Every event counts!



2. Make your plan

What kind of event do you want to host, you know your friends best, have they missed dancing? Gaming? Getting pampered? Or a catch up over tea and cake? It can be simple and small or big and bold.

Then decide on a date that works best for you, people may have less commitments the closer to the weekend you get. Then think about who you want to attend most and pick the most convenient location for them. Friends and family? Host at home. Work colleagues – use the lunch room or a meeting room. Want to go bigger? Try the local church hall or community centre. Remember to check the [coronavirus guidelines](#) when choosing your location and guestlist.

Invite everyone; friends, family, colleagues and neighbours. Anyone you want to reconnect with after lockdown. (We've even designed an invite you can send, simple).

Once you've figured out who to invite, make sure to shout about your event - send out an email, make some phone calls, share it on social media - these events help raise awareness too!



3. Order your event pack

Make sure to request a fundraising pack so we can send you everything you need to make your event look great!

Pick from the list below on our online form or email us and we'll send you out everything you need to make your event the best it can be.

We have a whole host of items to add to your event:
T-shirts • Collection tins • Balloons • Bunting • Bucket • Disposable Banner • Printed sponsorship form

Complete the form [here](#) and [order](#) all your event materials. We also have a lot of resources for you to download as well – you can see them [here](#).



4. Host your event

The day has finally come, you've set it up, it looks amazing so have fun and enjoy your day! But don't forget to ask for money. It's simple, just ask your guests to make a donation for the food or activity you are providing – they can pay in cash on the day or make a donation to your online page. If you want to really step it up, you could run a competition too, like guess how many sweets are in the jar, or even host a raffle! It's completely up to you how you run the event.



5. Send in your donations

By Post Cheques should be made payable to Spinal Research and sent to:

Spinal Research, 80 Coleman Street, London, EC2R 5BJ

Online If you have an online fundraising page set up via our 'Together Again' [campaign page](#) on Just Giving the money will come straight to us after the event, without you having to do anything.

Bank Transfer You can make an online transfer direct to our bank account using our details below – please use your name as the reference:

Account name: International Spinal Research Trust

Account number: 11079867

Sort code: 80-22-60 **Bank:** Bank of Scotland

Cash If you receive cash pay it into your own account. Then you can pay it in online, send us a cheque or if you've set up a fundraising page add it to that.

Raise even more with Gift Aid.

Gift Aid means the charity can claim 25p on every £1 donation at no extra cost to you or your supporters. Online pages enable your supporters to automatically Gift Aid their donation, or people can simply tick the Gift Aid box on your sponsorship form - it can make a huge difference so remind people to check gift aid when they can.

giftaid it

Matched Giving

Does your company offer matched giving?

They match the amount you fundraise £ for £ so you will double your total! Check with your HR department for more information and shout about your event – Inspire others!

Also remember to:



Shout about your event on Social Media



These events are not only a great way to fundraise but they also help raise awareness.

Why not inspire others by taking some photos, with our branding in the background?

Post them all over social media, and don't forget to tag us [@spinalresearch](#)

Then we can see your amazing event and share it too! You'll help give others ideas and inspire people to host a 'Together Again' event themselves.

[#TogetherAgain.](#)
[#TeamSpinal](#)
[#Reconnect4Research](#)

If you don't have social media, send us your photos so we can share them for you. You can email them to community@spinal-research.org



[#TogetherAgain](#)

[#Reconnect4Research](#)

[#TeamSpinal](#)



Say Thank you!!!

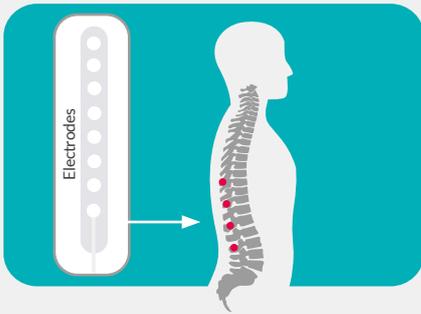
Thank everyone who comes and donates after the event and once all your donations are in we will send you a certificate and a special Spinal Research pin badge as a thank you for reconnecting for research.



How

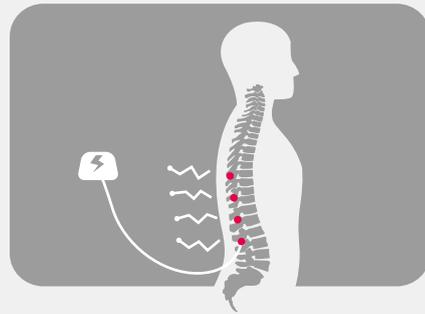
your money helps

£18



£18 could fund 100 electrodes which are an essential part of our clinical research pilots. These provide electrical stimulation which could help improve hand, arm and bladder function

£50



£50 could fund a spinal cord stimulation session in one of our clinical research pilots

£100



£100 could help fund a full day of laboratory-based research

£350



£350 could help fund a whole day of clinical research



Our Research

We currently have 4 key areas of focus for our research projects:



Spasticity and Pain



Plasticity (ability of spinal cord to rewire)



Hand and Arm Function



Below the Belt (bladder, bowel and sexual function)



One of our current research projects focusing on below the belt functions is being led by Professor Liz Bradbury at King's College London: Novel regenerative therapies for restoring sensory function.

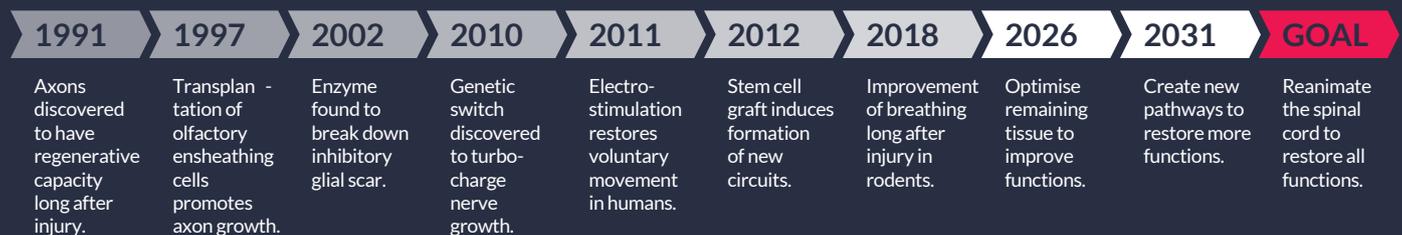
With recent advances in experimental regenerative strategies, we believe that restoration of sensation through axonal regeneration is achievable and will be translatable. To date, these approaches have mostly been applied to upper and lower limb function. This project, however, aims to develop therapeutic strategies for achieving long distance regeneration and reinnervation of sensory pathways of the bladder, bowel and genitalia - with the goal of restoring and improving these functions.



This project will initially determine how the bladder, perineal and genital sensory pathways are disrupted after injury to assess function and map anatomical pathways. Then the project will turn to the application of therapeutics with the aim of restoring function, building on from previous studies that only focussed on restoring sensory function to the upper limb. The initial studies in the lab will later be translated to trial with naturally injured dogs and integrated with our parallel study on electrical stimulation at Leeds University. The aim is to develop integrated regenerative-neuromodulatory therapeutics for restoring bladder, bowel and sexual functions in people living with SCI.

Our Journey

Until recently it was felt that any regeneration and repair of the spinal cord was not possible. However over the last 30 years research has delivered major advances in our understanding of spinal cord biology, creating the possibility of delivering meaningful therapies and ultimately finding a cure.



Thank you

I just wanted to say a **huge** thank you for getting together again all in aid of



if you want to talk anything through, have any questions or need any advice
please do not hesitate to get in touch with us,
we the community team are here to help in any way we can.



Telephone 020 7653 8938



Email community@spinal-research.org



Spinal Research, 80 Coleman Street, London EC2R 5BJ
020 7653 8935 / events@spinal-research.org / www.spinal-research.org
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