



Putt for Paralysis

Golf fundraising guide



Registered with
**FUNDRAISING
REGULATOR**

[spinal-research/putt](https://spinal-research.com/putt)

 **spinal
research**
Curing paralysis together

Who are Spinal Research?

Spinal Research are the UK's leading charity funding medical research into developing effective treatments for paralysis caused by a spinal cord injury.

Historically, the only treatment for a spinal cord injury is rehabilitation, management of pain, and adapting to life with reduced mobility and a vast number of secondary health conditions. After an injury, many individuals are told that there is no hope of a cure, which is where Spinal Research comes in.

Until recently, it was felt that any regeneration and repair of the spinal cord was not possible. However, over the last 40 years, we have played a leading role in developing the research needed to advance our understanding of spinal cord biology. With new treatments in human trials, we are now witnessing the first generation of therapeutics which will deliver life-changing improvements to those living with paralysis today.

In addition to this, through our PhD studentships, we are creating a network of specialists in the field and funding the experts of the future. This means that the 105,000 people living with a spinal cord injury in the UK have the hope that a cure will be found in their lifetime, thanks to supporters like you.



Our Vision

We believe in a future where
paralysis is no longer a life sentence.

EVERY
2

hours someone is **paralysed** by a spinal cord injury in the UK



4,400

new injuries occur every year in the UK



105,000

people currently living with a SCI in the UK



12

SCI injuries occur every day in the UK

people estimated to live with a SCI globally (WHO)
15.4 million



We exist to cure **paralysis**



50+

phD studentships funded. Many of these specialists are now running world-class research labs



3-5

years until some of our projects become real life treatments



2.2

million pounds invested in research over the last few years

GOLF FUNDRAISING IDEAS

If golf is your thing, it's time to **Putt for Paralysis!** Your fundraiser is an excellent opportunity to come together with others who share your love of the sport, whilst raising funds for a great cause. Gather your golf clubs, invite your friends, and prepare to make a difference for those living with a spinal cord injury.

Host a golf day at your club

Organising a golf day is a great way to raise vital funds, whilst enjoying a great day of golf. We will be here to support your fundraising efforts and help make it a success.

Take on a challenge with your golf buddies

Get together with your mates. You could raise money at one of your regular games, or perhaps you want to go further and take on 36,72 or 100 holes of golf in one day?

Choose us as your Captain's charity

We would love to be chosen as your Captain's charity and will be on hand to support every step of your fundraising.



How to raise money

There are so many ways that you can raise money as part of your golf event. Why not consider?

Host a dinner or evening party

This is a popular option for golf Captains. Host a special evening where you sell tickets or take donations.

Get local businesses involved

Can local businesses donate prizes for raffles or auctions or make a cash donation?

Auction

Host a raffle or auction at an event or online.

Charge an entry fee

Ask for all players to pay an entry fee for the game or day.

Sponsor a hole

Ask local businesses if they will sponsor a hole for a set donation. Label up each hole with their branding.

Bring the drinks

Sell refreshments at the mid-way and finish point, or even better, sell from a travelling golf buggy.

Hire an expert caddy

Could your club provide a caddy for the day to provide tips in exchange for donations?



Bring a friend

Ask your club if you can bring a friend for free in exchange for a minimum donation to the charity total.

Matched funding

Ask your employer if they offer matched funding to increase your total.

Get your club on board

Can your club support in other ways? A donation from drinks sold in the bar or a special burger created for the charity day?

Maximise your total with these game ideas

Mulligans!

You could sell mulligans (an extra shot which doesn't affect your score).

Nearest the mark

For a suggested donation, ask your players to take part in the nearest the mark competition, with the closest shot winning a prize or small trophy.

Longest or Straightest drive

Ask your players to join a longest or straightest drive competition for a small donation. Add a prize in to get your golfers interested.

Lucky hole

Allow your golfers to select their lucky hole in exchange for a donation and at that hole they can remove a point from their score.

Calling all Captains!

If you have been appointed as a Captain or Lady Captain of your golf club please get in touch to find out how we can support you for the whole year.



STEPS TO SUCCESS

Before your event

Tell us about your fundraising!

Once we know we can help you with ideas, provide materials, and help promote your fundraising.

Create your fundraising page

Setting up a JustGiving page is a great way to collate all your donations in one place. You can also add any cash donations here too. Get started [here](#).

Gather support

The more help you get, the bigger your fundraising total can be. Ask friends, family, golf buddies and local businesses to help.

During your event

Share the cause

Begin the event with a reminder of why you are fundraising for Spinal Research and tell people how important the money raised is. You could even share a video or materials from us. Let us know if you'd like help with this.

Get social

We'd love you to take photos of the event. You can send them by email or share them on social media.

Say thank you

Thank everyone for supporting your fundraiser, and if possible, follow up with an email or message the next day asking for last donations to boost the total raised.



STEPS TO SUCCESS

After your event

Let us know how it went, we would love to hear all about it! Try and get your funds paid in as soon as you can so we can put them to good use:

Online fundraising pages

If you have set up an [online fundraising page](#) your fundraising will come to us automatically. There is nothing for you to do except say a big thank you to everyone who has supported your event.

On our website

Money can be paid online [here](#)

By Post

Cheques should be made payable to Spinal Research and sent to Spinal Research, 201 Borough High Street, London, SE1 1JA.



Thank you for helping to cure paralysis



Stay in touch

We are here to help so please reach out if you need any advice or have any questions.

Email us: community@spinal-research.org

Phone us: 0203 824 7400

Our website: spinal-research.org

Write to us: Spinal Research, 201 Borough High Street,
London, SE1 1JA

Stay social:



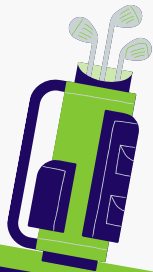
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REGISTERED CHARITY NUMBER: 1151015 (ENGLAND & WALES)
SC050578 (SCOTLAND)