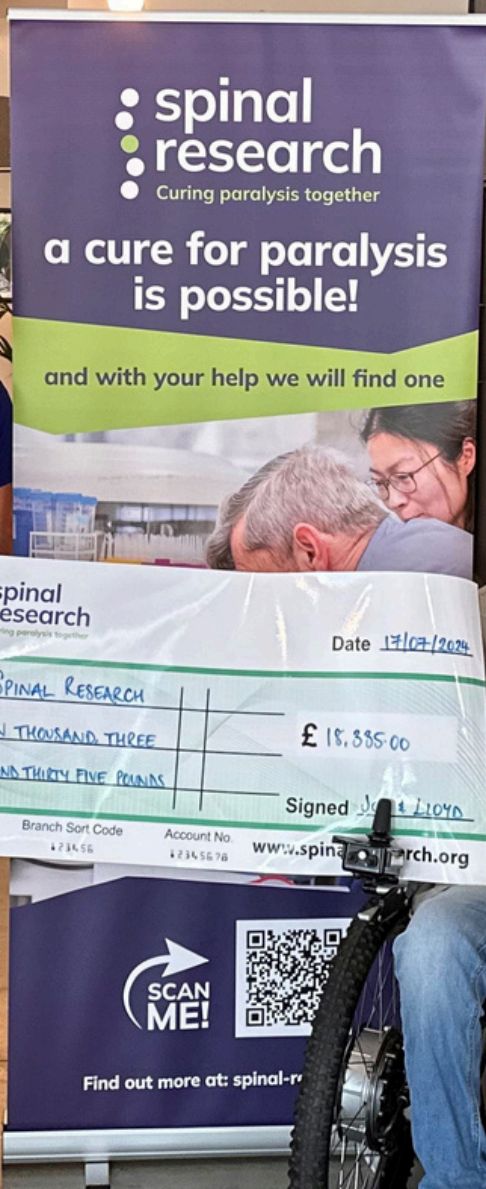


# Requesting a collection tin

: spinal  
: research



your guide

spinal-research.org





# Hi there

You have done something amazing today in choosing to fundraise for Spinal Research.

Leaving a collection tin somewhere, such as a shop, workplace reception, or local venue is a fantastic way to raise funds for Spinal Research. This guide provides information on how to place your collection tin, as well as helpful tips and advice.

My name is Bel. When I was eight years old, I fell from a climbing frame and sustained a C2 spinal cord injury. I first heard about Spinal Research a couple of years after my accident, and learning that they were the leading charity dedicated to finding a cure for paralysis gave me hope that one day I would walk again.

For many years, I supported Spinal Research as an ambassador. Over the past year, I've had the privilege of working with them and looking after our amazing fundraisers. I love being part of a charity that is dedicated to finding a cure for paralysis and making a real difference to the lives of millions of people living with a spinal cord injury, just like me.

**Together, we will cure paralysis.**

## Bel

**Bel Young**

email: [community@spinal-research.org](mailto:community@spinal-research.org)

phone: 0203 824 7400



# About Spinal Research

Every two hours, someone in the UK will become paralysed. Globally, it is estimated that 15.4 million people are living with paralysis. It can happen to anyone at any time, changing lives instantly.

When the spinal cord is injured it affects far more than the ability to walk. Paralysis impacts movement, sensation, continence, breathing, and much more.

At Spinal Research our vision is to create a world where paralysis can be cured, no matter when the injury occurred.

With your support this will be achieved by funding the most innovative and promising research globally, empowering the next generation of Spinal Research scientists, and pushing the boundaries of science to find a cure.

Today, function-restoring treatments are in human trials, offering real hope that curing paralysis could become the medical breakthrough of the 21st century.

The science is here and progressing rapidly, but what is needed now is the funding to accelerate this groundbreaking research for the millions affected by paralysis in the UK and across the globe.





**Every 2 hours** someone is paralysed by a spinal cord injury in the UK.



**105,000**

people currently living with a SCI in the UK.



**15.4m**

people currently living with a SCI globally.



**12**

injuries occur every day in the UK.

## We exist to **cure paralysis**



**50+**

50+ PhD students funded. Many now running research labs.



**120**

120 of the world's leading researchers attended our Network Meeting.



**£2.2m**

Over 2.2 million pounds invested in research over the last few years.



# Your support matters

## A future without paralysis is within reach.

Twenty-one years ago, my life changed in an instant. I was just 14, out biking with friends on a summer evening, when I hit a deep divot in the ground. I was thrown over the handlebars and landed on my neck. I knew straight away this wasn't a normal fall. That night in hospital, doctors gave me only a 15% chance of survival.


I had suffered a C4 spinal cord injury, leaving me with almost complete paralysis from the shoulders down. I can move my arms but not my wrists or fingers. I manage bladder and bowel control every day, and I've lost muscle function that affects my ability to cough and sneeze. When people think about paralysis, they assume it's just about walking - but it's so much more than that.

**For me, even a small gain of function in my wrists and fingers would be life-changing. It would mean holding my wife's hand, stroking my dog, picking up my future child, and placing them on my lap.**

Improvements in bladder and bowel function would give me more freedom, dignity, and spontaneity - not just for me, but for my wife, Alice, and my carers too. I have built a full and fulfilling life despite my injury. I've studied, built a career, and I'm lucky to have an incredible family and friends. But any improvement, no matter how small, would make an enormous difference - not just for me, but for everyone living with paralysis today and in the future.

That's why your fundraising matters. Spinal Research are funding groundbreaking studies that could transform lives. Right now, scientists are making real progress.

Together, we can accelerate this research and move closer to a cure. Join us.



**For me, even a small gain of function in my wrists and fingers would be life-changing. It would mean holding my wife's hand, stroking my dog, picking up my future child, and placing them on my lap.**

Gavin  
sustained a spinal cord injury aged 14

# Your guide to collection tins

## Planning for your collection tin



### Decide on the details:

Placing a collection tin in a high-footfall location such as a local shop, workplace reception, or community venue can be a good way to raise funds. To do this successfully, you'll need to take full responsibility for its placement, upkeep, and the secure collection of any donations. Choose a venue where cash or loose change is commonly used to increase the chances of donations.

### Plan in advance:

If you are placing a collection tin to help meet an event fundraising target then you should place your tin well in advance of the event date.

**Please do not request a collection tin until you have full permissions needed.**



**You will be responsible for returning collection tins at your own expense.**

### Get permission:

You need to obtain written permission from the manager or owner of your chosen venue. Please only request your tin once you have received permission. We can provide you with a certificate of authorisation to last 6 or 12 months. If you would like your tin to remain longer, please ask us for a new certificate of authorisation.

### Request your tin:

Once you have permission from your chosen venue, you can request your collection tin. Before we send any materials, please make sure you know how you plan to pay in the money you raise and who will be counting it with you, as we'll need these details in advance.

# Your guide to collection tins

Maximising the success of your tin



## Check the tin:

If you are re-using the tin, make sure you return to its placement at least every three months to see if the tin is full. Remember to pay in the money each time you empty the tin, and request a new seal to re-use it.

## Increase donations:

Make sure the tin is as visible as possible, ask if you can display a poster or put leaflets nearby. You could also add a QR code option with your tin for those who don't have cash. Create a code from your JustGiving page or ask us for one.

Leave your contact details with the venue so that you can be informed if the tin needs emptying earlier.

You should only use a tin with unbroken seals. If a tin is lost or stolen, contact us and report it to the police.



## After your collection date

### Count the money:

If you are collecting or emptying the tin from a public location, you should take someone with you and count the money with your named witness. You can then pay the money into your online fundraising page, in to our bank account, or through our website.

### Say thank you:

Next, say thank you to your venue! You can tag them in on any social media posts, and shout-out your donors as well. Consider asking for the tin to stay longer, or placing the tin at another venue. If you are re-using the tin, drop us an email to request a new seal.

# Pay in the money you raise



Thank you so much for making a difference to those living with paralysis. It's now time to make sure your fundraising reaches us quickly so we can put it to good use.

## Pay into our website:

Money can be paid online by [clicking here](#)

## Send a cheque by post:

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

## Do a bank transfer:

You can make an online transfer direct to our bank account using the 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

If you aren't re-using it, please send the empty collection tin back to us at the above address.



# Thank you.



**spinal-research.org**  
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(ENGLAND & WALES) SC050578 (SCOTLAND)