



Pregnancy
Sickness
Support



Fundraiser Faye



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FundraiserFaye

Welcome to TEAM PSS FUNDRAISING!

Thank you for choosing to fundraise in aid of
Pregnancy Sickness Support.

Your fundraising will directly help us to provide
our vital HG services. Without the kindness and
dedication of fundraisers like you, our small
charity could not exist. From everyone at
PSS-HQ, **THANK YOU!**

This document will walk you through the next
steps and provide you with all the information
you need to succeed in your fundraising.
If you have any questions or need any help,
please get in touch with me

Fundraiser Faye

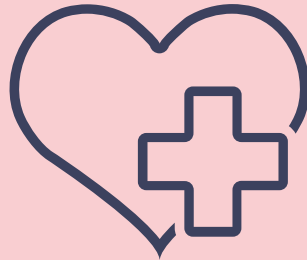


Fundraising for Pregnancy Sickness Support

When you fundraise for Pregnancy Sickness Support you are helping us to provide these vital services to improve the lives of people affected by HG:



Webchat & telephone helplines.



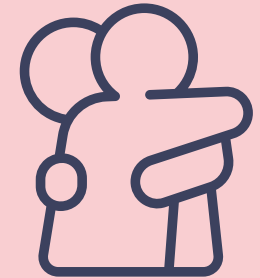
Training for health care professionals.



HG specialist counselling service.



Facilitation & participation in new HG research.



Peer support & partner/ carer support networks.

"HG stops you from living. It takes away everything you enjoy. It isolates you, it deprives you of any pleasure in life. It feels never ending and is also ruins what is meant to be a special time. Your family is put through an awful time having watch you deteriorate and there's nothing they can do. " Service user

Step One

Choose your challenge

There are plenty of ways to raise money for PSS, from high energy marathons, virtual walks, to family activities and social events. No matter where your interests lie, there are so many ways to raise awareness of HG whilst generating funds to help bring hope for HG sufferers of the future

Challenge ideas

Create your own fitness challenge like walking, swimming, horse riding or dancing.

Pick a challenge to do every day for a certain amount of time, eg 24 hours, a month or 365 days.

Sign up to an organised event that inspires you, like a skydive, cycle race or marathon.

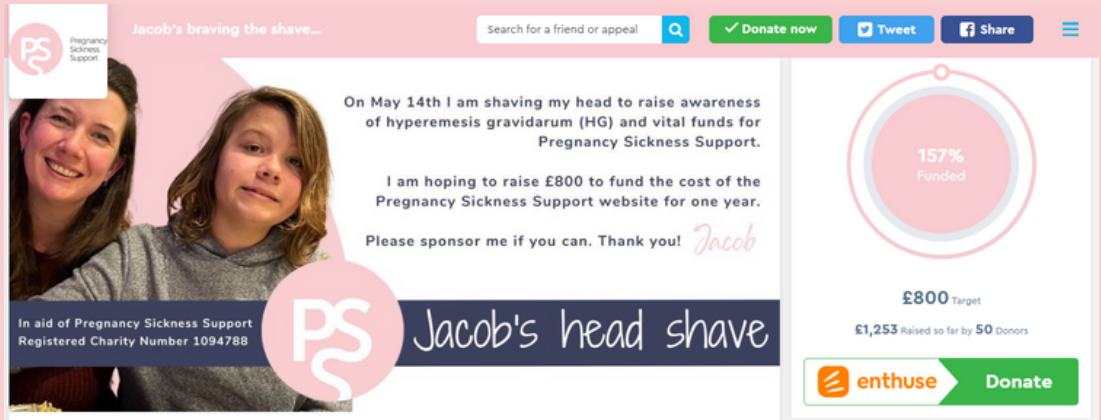
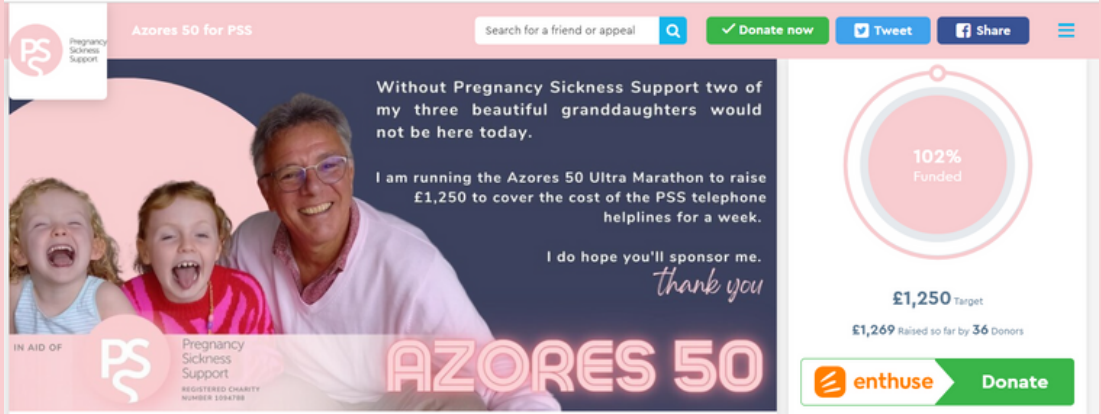


Step Two

Set up your Enthuse page

TOP TIPS

Unsure what fundraising target to aim for? Faye will be happy to help you set your target.



[Set up your personal fundraising page here](#)

Set up your personal fundraising page using Enthuse. Here are some top tips to make the most of your page.



Uploading a profile picture to your page, it can help you to triple* your fundraising total.



Make your page personal by adding your HG story. By simply sharing your connection to HG and PSS you could quadruple* your fundraising.



Be sure to share your fundraising journey by posting regular updates on your Enthuse page and social channels.



Enthuse says 'Fundraisers that self-donate raise 81% more funds than those who don't*'. Why not jumpstart your fundraising by being the first to donate to your page.



PSS will be thanking each person who donates but don't forget to thank your donors in person for their generosity too.

*Statistics provided by Enthuse.



Adults

Size	Fits chest
S	35-37
M	38-40
L	41-43
XL	44-46
XXL	47-49
3XL	50-52
4XL	53-55

Kids

Size	Fits chest
1-2	18-20
2-3	20-22
3-4	22-24
5-6	26-28
7-8	30
9-11	32
12-13	34

Measurements are in inches

Step Two Order your branded merch

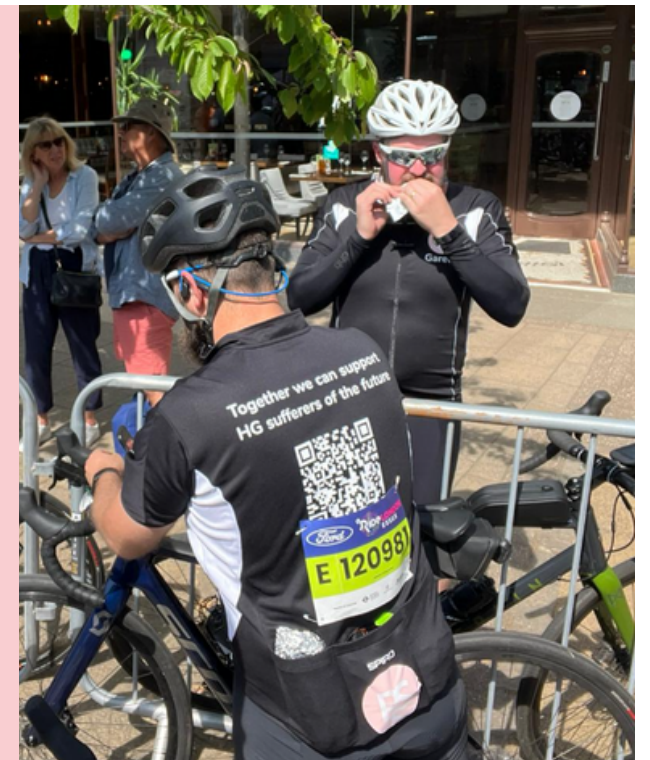
We would love to order you a branded PSS tee. Once your fundraising page has raised a minimum of £50 please contact Fundraiser Faye to order your t-shirt.

Please refer to the size chart (shown left) and select which size and colour t-shirt you would like to order. Please email Faye with your selection.

IMPORTANT INFO:

If you require a different style of t-shirt, such as a running vest or cycling jersey please contact Faye.

Please also let Faye know if you would like to customise your t-shirt with your name, chosen phrase etc.



Step Four

Tell the world about your challenge

The best way to raise awareness of HG and to boost your fundraising is to tell all your friends and family about your challenge. We would love to make you a personalised poster with a QR code to your Enthuse page. The poster can be shared over email and put up at work, the gym, school - WHEREVER YOU SPEND TIME REGULARLY!

Please upload your images/ information please click [HERE](#):

Please note that due to GDPR regulations images/ quotes etc must be submitted via this questionnaire.

We will also use this information to write your fundraising journey up as a press release to share with your local Newsdesks.



Does your employer have a charity of the year programme or have they shown an interest in your fundraising? Please let Faye know and she will prepare a personalised corporate presentation, highlighting the impact that a donation to PSS has on the lives of people affected by HG.



Don't forget to tag Pregnancy Sickness Support in your socials post. We would love to share your pictures and videos of the challenge!





FUNDRAISING CHECKLIST

- Choose your fundraising challenge
- Set up your personal fundraising page on Enthuse
- Update your fundraising page with your challenge preparations
- Order your branded merch (once £50 is raised)
- Complete your fundraising story via questionnaire link to request poster/ press release
- Share your fundraising on your socials and tag Pregnancy Sickness Support
- Know that you have done something amazing for HG sufferers of the future



Thank you so much for your support!

Together we can bring hope for HG sufferers