



Pregnancy
Sickness
Support

Pregnancy Sickness Support, 25 Arena Business Centre, Barnes Wallis Road, Fareham, Hampshire, PO15 5TT

Charity No. 1094788

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 via Fundraising@PregnancySicknessSupprto.org.uk

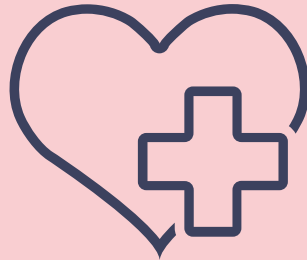


Fundraising in aid of Pregnancy Sickness Support

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:



WhatsApp &
telephone helplines.



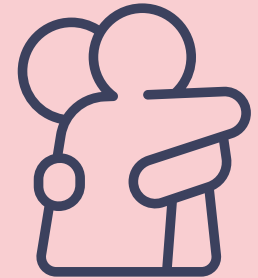
Training for health
care professionals.



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.

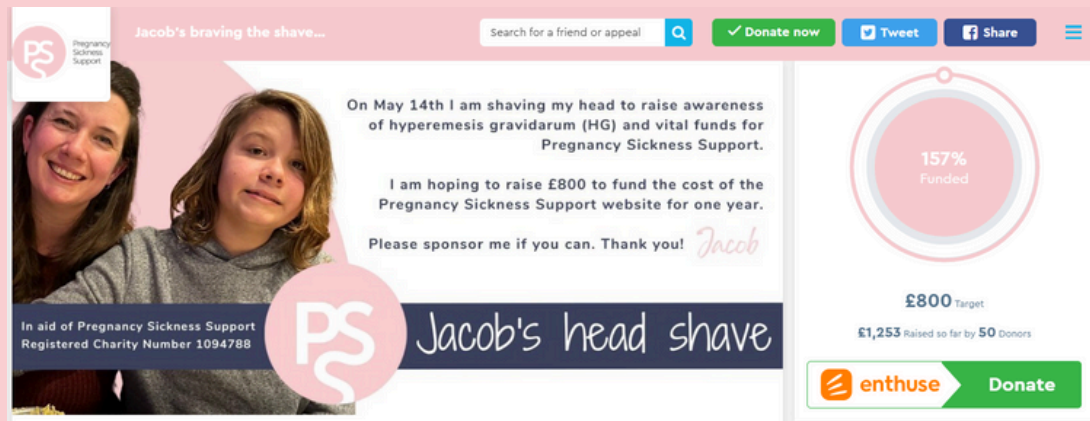
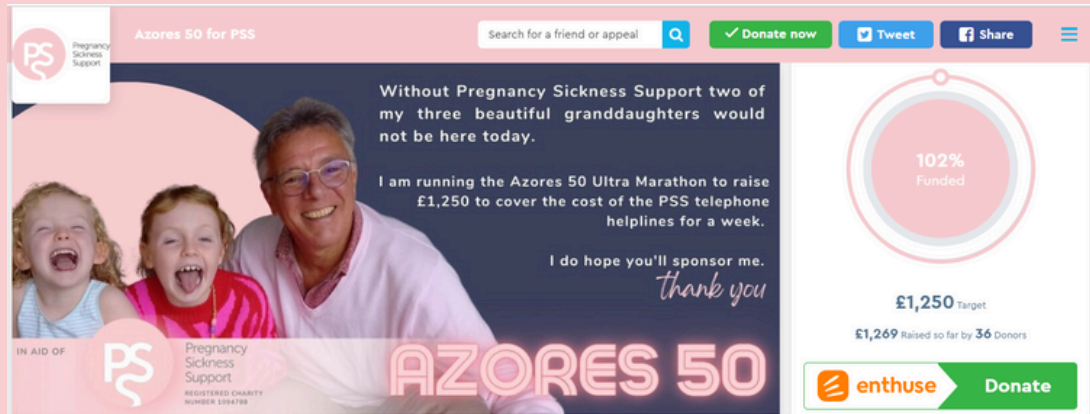


Step Two

Set up your Enthuse page

TOP TIPS

Unsure what fundraising target to aim for? We 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.



Step Two

Order your branded merch

We'd love to see you fundraising in your branded PSS T-Shirt and raising awareness as you go.

Once you've raised £50 we will send you a link so you can order your Team PSS shirt for free!

Adults

Kids

Size	Fits chest	Size	Fits chest
S	35-37	1-2	18-20
M	38-40	2-3	20-22
L	41-43	3-4	22-24
XL	44-46	5-6	26-28
XXL	47-49	7-8	30
3XL	50-52	9-11	32
4XL	53-55	12-13	34

Measurements are in inches

IMPORTANT INFO:

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

Please also let us 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.

TOP TIPS

Does your employer have a charity of the year programme or have they shown an interest in your fundraising? Please let us know and we 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!

TOP TIPS



Useful Facts To Know

Tell the world about your challenge

As a charity we don't receive any government funding, which means we are completely funded by incredible supporters like you!

Each month we provide support, guidance and advice to over 238 new service users. As well as supporting those already working with us.

We have over 180 fully-trained volunteers, offering peer support, mentorship, raising awareness and mapping HG care across the UK.

Supported by a small team at PSS-HQ covering the helplines, volunteers, safeguarding, GDPR, development, training and everything in between.

Don't forget to tell your donors what their donation could do:

£5 - could answer one WhatsApp request for support.

£10 - could answer one call on the telephone helpline.

£25 - could train a healthcare professional.

£50 - could recruit and train a peer support volunteer.

£100 - could support one HG sufferer throughout their entire pregnancy (this includes speaking with the support team on the helpline, peer support, being covered by safeguarding etc)

TOP TIPS





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 on your fundraising page and contact Jasmine, our support & fundraising coordinator, to request a 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