



Beat

Eating disorders

WORKPLACE FUNDRAISING GUIDE

**Is your business
or organisation
looking to
support people
suffering from
eating disorders?**

Do you work for a
company that might
like to choose Beat
as their **Charity of
the Year?**



HOW IT WORKS

We'd love to support your workplace to raise awareness of eating disorders and fundraise for Beat.

You'll have a dedicated contact at Beat with one of our community fundraising officers who will be there every step of the way to help you with your fundraising plans.

We'll be here to help you decide on an idea or event, give you tips and tricks and advise you on ways to make the most of your fundraising.



WHAT TO EXPECT

We will help you decide on a fundraising idea whether you want to host a coffee morning or bake sale or join our **Big Jump Annual skydiving event** as a team.

We have an activity for every workplace. Once you have decided your fundraising activity, we will support you with your fundraising every step of the way.

We can help you create a **Just Giving page** and send you content to share online or around your organisation. We can also send you free fundraising materials such as literature, brochures, posters, flags and balloons to make your fundraising event stand out.

Order your **free Beat materials** and before you get started, be sure to read our **fundraising guidelines**.



STUCK FOR IDEAS?

Check out top workplace fundraisers below:

HOST A QUIZ OR RAFFLE

Get in teams and host a quiz. Or why not host a raffle?

COFFEE MORNING

A tried and true classic fundraiser. Hand out leaflets about Beat to raise awareness and collect donations.

WALKATHON

Get outside and make the most of the sunshine and organise a sponsored walk round your local area.

BAKE SALE

Is there someone in your team who makes the best bakes? Hold a bake sale in your reception or staff room.

CHALLENGE YOURSELF

Take to the skies with The Big Jump... or challenge yourself to climb the Three Peaks!

FUNDRAISE TOGETHER

Fundraise two together for our annual Eating Disorders Awareness Week.

NOT SURE WHAT TO DO?

[Check out our A-Z of fundraising ideas here](#)

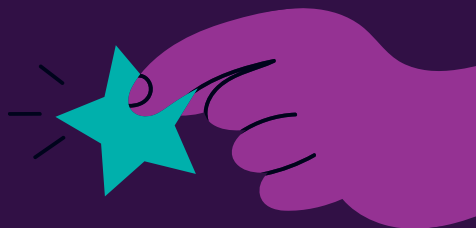
CHARITY OF THE YEAR

Nominating Beat as your company's **charity of the year** is a great way to raise awareness and help us be there for more people affected by eating disorders.

We'll be on hand to provide information for nominations and if successful, can provide materials, ideas and support with your fundraising plans!

Want to nominate Beat to receive a donation from your workplace? Get in touch and we'd be happy to provide you with information for this!

Contact us to chat through ideas on **01603 753308** or email **fundraising@beateatingdisorders.org.uk**.



SUPPORTING YOUR COLLEAGUES

If you're worried about someone at work, take a look at our information about **supporting an employee with an eating disorder**.

TAKING ON AN INDIVIDUAL CHALLENGE?

Why not ask your workplace or employer for support? Ask if they'd be willing to help you reach your fundraising target with matched giving.

They'll usually have a set process to donate £1 for every £1 raised or they might have a set amount they can donate.

LET US KNOW YOUR PLANS

Get in touch with our Fundraising Team by calling **01603 753308** or emailing us at **fundraising@beateatingdisorders.org.uk**



LIVED EXPERIENCE AWARENESS TALKS

If you'd like to apply for a Lived Experience Volunteer to visit your workplace, you can find out more and **request a visit**.

If you're interested in giving an awareness talk to your colleagues or would like to discuss a presentation from the Fundraising Team, please pop us an **email** to let us know.



GET IN TOUCH

Have a question?

We'd love to hear from you and chat about your plans.

fundraising@beateatingdisorders.org.uk
01603 753308

Beat
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