



Sarah French, Raising Awareness and Fundraising Manager.

SADS UK relies heavily on fundraising and grants. With the economic climate being tricky and grant makers trying to assist more charities, fundraising is more important than ever to help the charity in their aims to save lives.

The energy and commitment of members and supporters is inspirational as they take on all sorts of fundraising events, from coffee mornings and cheese and wine evenings to cycling from Lands End to John O'Groats and Skydiving. I have a list of fundraising ideas to suit all ages. Your pub or school may also like to take part. Download one of the packs below or I'll be happy to send you packs of appropriate information, just email or give me a call at SADS UK head office. admin@sadsuk@btconnect.com

- [The Gold Challenge Olympic Experience](#)
- [General Fundraising](#)
- [Fundraising in Schools](#)
- [Fundraising in Public Houses](#) □
- [See our newsletter for ideas](#)

Donate Now

Thank you for considering a donation to SADS UK

There are several methods by which we can accept donations - [More details here](#)

Running

SADS UK has places in the following events:-

- 5k Big Fun Runs in different parts of the country [http://www. bigfunrun .com/](http://www.bigfunrun.com/)
- British London 10K Run followed by the Picnic in the Park [http://www.thebritish10k .co. n uk /](http://www.thebritish10k.co.uk/)
- BUPA Manchester 10k [http://www. greatrun .org/events/event. aspx ?id=4](http://www.greatrun.org/events/event.aspx?id=4)
- Liverpool Marathon
- [http://www. runliverpoolmarathon .co. uk /](http://www.runliverpoolmarathon.co.uk/) □



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Skydiving

SADS UK is registered with the professional Skydiving company Skydivezone: [http://www. skydivezone.co.uk/](http://www.skydivezone.co.uk/)

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SADS UK Christmas Cards

Contact the charity to speak with Brenda and Barrie Irons about buying charity Christmas cards.

