

SCOPE



Let's do this!

Your guide to fundraising for Scope

Registered charity in England and Wales (208231), Scotland (SC053490)



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**A future
that's fair for
some of the
people, some of
the time, simply
isn't good
enough."**

James Taylor,
Executive Director of Strategy,
Impact and Social Change,
Scope

Scope is a registered charity in England and Wales (208231), Scotland (SC053490) and operates in Northern Ireland. Scope is a company limited by guarantee, registered in England and Wales company number (00520866).

Registered office: Here East
Press Centre, 14 East Bay Lane,
London, E15 2GW.





**Thank you for
supporting Scope**

1 in 4 of us in the UK are disabled



That's 16 million of us.

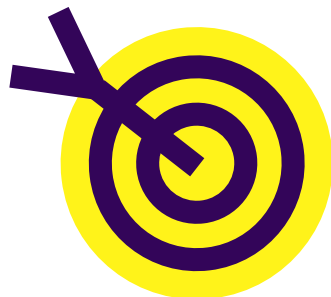
And yet every day many disabled people still face barriers. Barriers like prejudice, extra costs just to live, and difficulties getting into work.

By raising money for Scope, you are helping to create an equal future with disabled people.

We work to transform attitudes, challenge inequality, and provide trusted support when it's needed most.

You might already have a brilliant fundraising idea, or you might be taking your first step.

This guide is here to get you from start to finish with ideas, advice and support every step of the way. We'll give you everything you need to fundraise for Scope with confidence.



**Together, we can
make a real difference.**



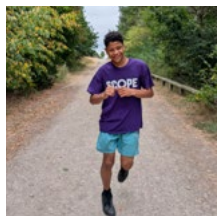
Not sure how to start fundraising?

No problem, we've got lots of ideas to get you started. And if you want to talk to us about your ideas, we're always happy to chat about fundraising on **020 7619 7270** or **fundraise@scope.org.uk**



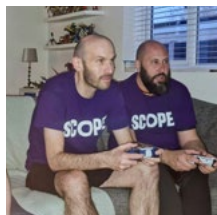
Bake or create sales

Host a sale of homemade bakes, crafts, or art. Prepare everything at your own pace beforehand. Items can be sold online, at a stall, or through friends.



Move your way challenge

Move a total distance over a month. Walk, wheel, scoot, or swim. Every movement counts, so set a distance and pace that suits you.



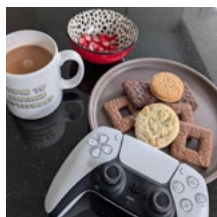
Quiz and games events

A quiz, murder-mystery or games evening can be great fun. Host online or at a venue and charge a small entry fee. If possible, provide captions or written clues for accessibility.



Sign up to a challenge

Take on a challenge and get sponsored for it. Choose from runs, treks, swims, cycles – or even something a bit more daring like a skydive!



Give something up

Get sponsored to go without something (your daily coffee, chocolate, social media, or even talking!). Turn your willpower into real impact!

Accessibility tips



Make your fundraiser as inclusive as possible.



Everyone takes part differently, so build **flexibility** into your plans.



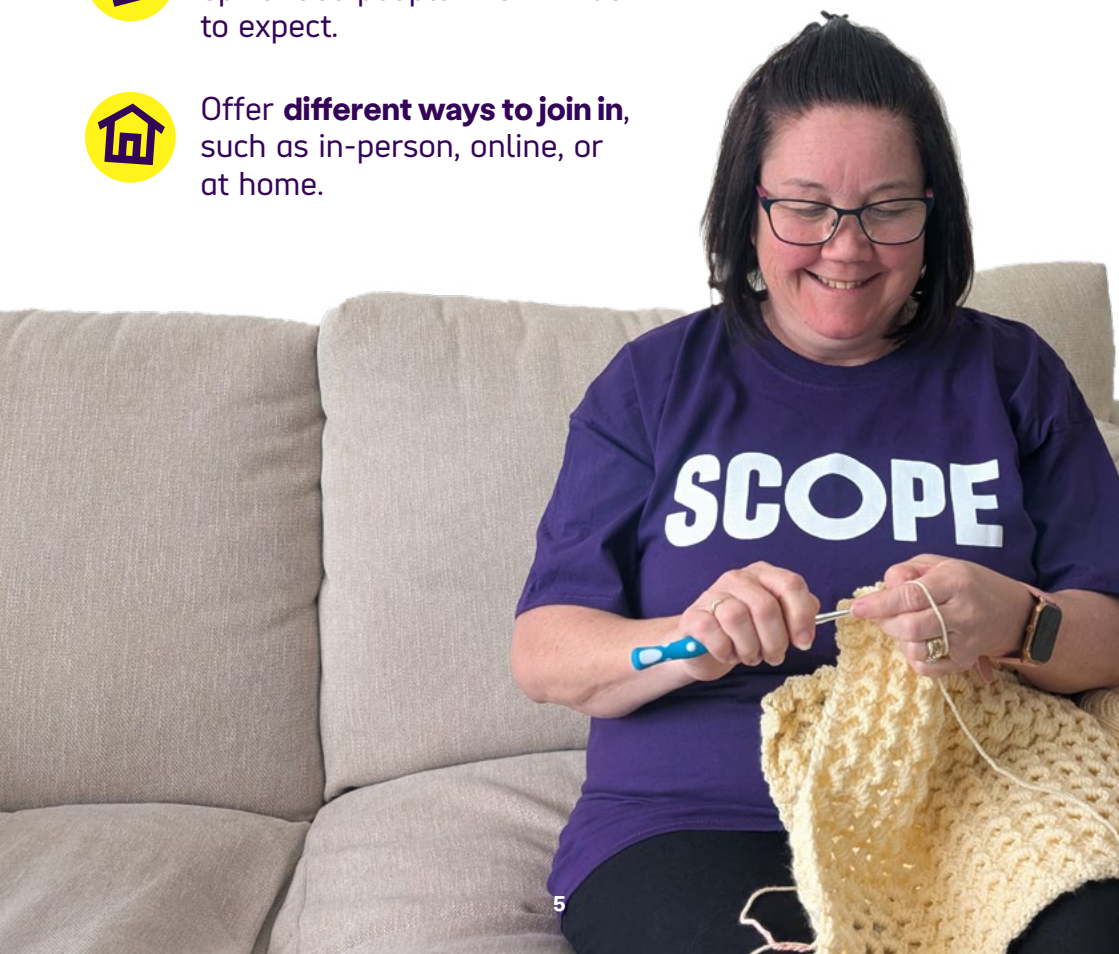
Choose **activities that can be adapted** (for example seated, shorter or low-energy options).



Share **clear, practical details** upfront so people know what to expect.



Offer **different ways to join in**, such as in-person, online, or at home.





Collecting donations

Once you've confirmed your fundraising idea, the next step is to start collecting funds.

An online fundraising page is a great way to make donating easy, through platforms such as **JustGiving**, **Enthuse** or **givestar**.

Please do reach out to the fundraising team if you need help setting your page up.



Accessibility tip

Set up your page in a way that works for you.

Create your page in stages and if needed, make use of any support from people or technology that you have access to.

If you need help setting up your page, get in touch with the team.

Email: fundraise@scope.org.uk
Call: **020 7619 7270**



How to:

Make the most of your fundraising page

Tell your story

A personal story helps inspire donations. Explain why you're fundraising and what Scope means to you.

Set a clear target and aim high

Top tip: choose a meaningful goal, such as £60 for a 60th birthday. Or an amount per mile for a marathon.

Add pictures and videos

Choose a clear photo that shows you or your challenge. For example, a Scope T-shirt, running shoes or baking equipment.

Post updates to your page

Post regular updates on your fundraising or challenge. Thanking donors and sharing progress will usually prompt more people to donate.

Thank your supporters

Don't forget to thank your supporters for every donation you receive, so they know how much it means to you.

We can also send you impact statements to share with your friends and family so they can see the difference they are making.

Use social media strategically

Use social media to boost donations. Share your fundraising page regularly and keep supporters updated on your progress to help raise more.



See our social media guide on page 9 for more tips.



Need more help?



scope.org.uk/fundraising



fundraise@scope.org.uk



020 7619 7270





How to:

Get your free fundraising materials

Want to maximise your impact?

- Order extra materials to show the world exactly what you're doing and why.
- You're part of the movement now, show everyone around you with a Scope t-shirt.
- Create your own Scope-branded poster, made with plenty of space to write in the details of your event.
- Keep all the cash you raise safe in one of our collection tins or buckets.
- Our branded Scope posters can help you shout about the amazing thing you're doing.

Get in touch fundraise@scope.org.uk or **020 7619 7270** to discuss materials to maximise your fundraising and we will post them out to you for free.





Showcase your fundraising

You're doing something amazing for Scope. Now tell everyone!

Share with your networks

Have you got lots of WhatsApp group chats? Now is the time to make use of them to support your fundraising. You can also use local Facebook groups and any other social media networks you are part of.

Always start with your friends and family. Then share your fundraising across your social media platforms and tell the world!

Rally your workplace for good

Many workplaces offer matched giving. This means they'll match whatever you raise, sometimes doubling or even tripling your impact. It's one of the easiest ways to raise more, and our team is here to help you.

Don't forget to share your story at work. A simple email can inspire support, and if you'd like help writing one, please get in touch.

Make the local headlines

Get in touch with your local press to share your story and raise awareness. We have press release templates we can share, so get in touch on **fundraise@scope.org.uk**.



Top tip: use our templates

Social media

You can use our social media templates to showcase that you're fundraising for Scope. Get in touch with the fundraising team and we'll help get you started.

"I'm fundraising for Scope because [insert a sentence about why you're doing this] you can donate here [insert your online page link]"



Millie's 31-mile challenge

**"I love
fundraising
for Scope and
helping other
people like me!"**

Millie took on a 31-mile challenge in March to raise money for Scope. Inspired by her mum Natalie's London Marathon fundraising, she set out to make a difference for disabled people and families like hers.



Millie

When Millie took on a challenge to walk 31 miles in March, it was no small feat.

Millie has cerebral palsy, which means walking does not come easily to her and she can lose her balance or get tired quickly.

Inspired by her mum, Natalie, who ran the London Marathon for Scope the year before, Millie wanted to do something to help other disabled people and families like hers.

Pictured left: Millie's mum, Natalie ran the London Marathon for Scope in 2025.

We asked Millie to describe her fundraising experience.

Why did you decide to fundraise for Scope?

My mum ran the London Marathon last year for Scope, and I wanted to do something too. Scope helps disabled people like me and makes a real difference.

What challenge did you take on, and why did you choose it?

I walked 31 miles in March. It was a big challenge because walking can be difficult for me, but I took it one step at a time and made sure I did at least a mile a day. I wanted to prove to myself that I could do it and inspire other people too.

How did you find the experience?

I felt really proud. My family and friends supported me, and some of them walked with me too. It was hard at times, especially after school, but I always felt better once I had done it.



My family and friends supported me and some of them walked with me too.”

What would you say to someone thinking about fundraising for Scope?

I would say go for it! It feels really good to know you are helping disabled people and their families.

Millie raised an incredible **£1,763**, while Natalie raised **£1,474**. That's a fantastic combined total of **£3,237** for Scope.

Their fundraising will help support disabled people and families.



Inspired? There's even more online!

Our website is packed full of inspiring stories like Millie's, plus advice, support and materials to get your fundraising off to the best start.

Scan the QR code or visit **scope.org.uk/fundraising**





How your money helps

Every pound you raise helps to fund Scope's work to create an equal future with disabled people.

- **£16** could fund a vital call to our helpline, helping a disabled family when they need it most.
- **£45** could help a disabled person access tailored one-to-one sessions through our Support to Work service.
- **£130** could help create digital learning content through Learn at Scope, supporting disabled people to build skills and move into work.
- **£481** could fund a helpline adviser for a day.
- **£1,170** could provide 26 weeks of specialist support to a disabled person once they move into work.



TIP:
Sharing facts and figures with supporters can help boost donations!



Did you know?

giftaid it

UK taxpayers can make their donation go **25% further with Gift Aid**, at no extra cost. Call the fundraising team to find out more on **020 7619 7270**

Shellie and Adonis:

support for families



Scope has made a huge difference to our lives,” she says. “Having someone who understands and explains things clearly lifted such a weight.”

Shellie



**Shellie
and
Adonis**

Every day, Scope supports disabled people and their families with practical advice and real help. From benefits and financial support to energy bills and cost of living guidance. Plus, our helpline and online community, created to help people feel understood and less alone.

For Shellie, support came at a time when life felt relentless. At 27, she cares full-time for her little boy, Adonis, who has Down’s syndrome and a rare bowel condition.

“There are days when it feels like you’re constantly fighting,” Shellie says. “But you keep going for your child.”

When she turned to Scope, she found clear, trusted advice that eased some of the pressure and reminded her she was not facing it alone.

Support from Scope can help families to feel less overwhelmed, more informed, and hopeful about the future.

By fundraising for Scope you can enable families like Shellie’s to access trusted advice, and vital support.



Facts about disability to share

Talk about disability with your network

By talking about your fundraising, you can shine a light on disability inequality. You can make an impact and help raise awareness both in your community, and nationwide.

What you can say

- Disabled people face extra costs of **£1,095 every month** just to have the same standard of living as non-disabled people
- **4 in 10** disabled people are struggling financially right now
- **3 in 4** food bank users live in a disabled household
- Many disabled people can't afford the basics. **52%** can't afford everything they need for their condition

Life costs more when you're disabled

Too many people are being left behind, but Scope supports millions of disabled people every year with advice, services and community.

By speaking up, sharing and fundraising, you're helping create an equal future with disabled people.



The legal bit

We can provide fundraising logos and templates and can offer advice on any questions about legalities around fundraising so please keep in touch!

Key things to know before fundraising in aid of Scope:

- All fundraising should be legal, open, honest and respectful.
- Be clear: say you are fundraising in aid of Scope and be honest about where the money is going.
- Respect people: never pressure anyone to donate.
- Get permission: check with the venue, workplace, school or local authority if approval or a licence is needed.
- Keep it safe: make sure everyone is supervised, included and supported, especially children and young people.
- Handle money properly: keep cash secure, count it with another person and pay it in promptly.
- Check the rules for your activity: food, alcohol, raffles, insurance, first aid and personal data may need extra care or formal guidance.



Good to know

Full guidance can be found on the Fundraising Regulator website. Scan the QR code or visit **fundraisingregulator.org.uk/code**



Our fundraising team are always happy to answer questions if you are unsure. Call **020 7619 7270** or send an email to **fundraise@scope.org.uk**

How to

pay in your funds

Ready to pay in your funds and celebrate your amazing achievement?



Fundraising platforms

Platforms such as JustGiving will send your funds to us automatically, so you don't need to do anything.



Online

Deposit any cash you have collected into your bank account and then transfer it to us online via **scope.org.uk/donate**



By phone

You can pay by card over the phone by calling us on **020 7619 7270**



By post

Send a cheque payable to Scope and include your name, address and fundraising details. Post your cheque to:

Fundraising for Scope,
Here East Press Centre,
14 East Bay Lane,
London E15 2GW

**Before
you go to the
bank**

Please contact us
to get your unique
paying-in
reference.

Thank you so much!



Need help paying in your funds?

Contact the fundraising team on **020 7619 7270**.
Or you can find more information on our website.
Scan the QR code or visit **scope.org.uk/fundraising**

