

pelvic pain

SUPPORT NETWORK

Fundraising Pack

A series of green butterfly silhouettes of various sizes and shades of green, scattered across the right side of the page. One large butterfly is at the bottom, and several smaller ones are positioned higher up, creating a sense of movement and lightness.

Pelvic Pain Support Network, We are...

... A patient lead organisation made up of voluntary members so every penny goes towards helping those with pelvic pain.

We support patients with pelvic pain whether they have a diagnosed condition or not. We attend and represent those with pelvic pain at many local seminars and meetings.

We provide support information to thousands of patients and carers about diagnosis and treatment for pelvic pain. We provide social platforms such as Healthunlocked and Facebook as a way for those who suffer with pelvic pain, their families and carers to communicate about and share experience of how to manage long term pelvic pain.

Fundraising Ideas

Coffee Morning

Get together with a cuppa. Organise a social get together with a warm cuppa and help raise funds and awareness.



Personal challenges and Sporting Events

Try your hand at a 5k or a marathon or bungee jump or a travel challenge. However small or big the challenge



Baking and Crafts

Get those creative juices flowing and get baking and sticking creating scrumptious cakes or groovy crafts. Sell them at fairs in aid of PPSN.

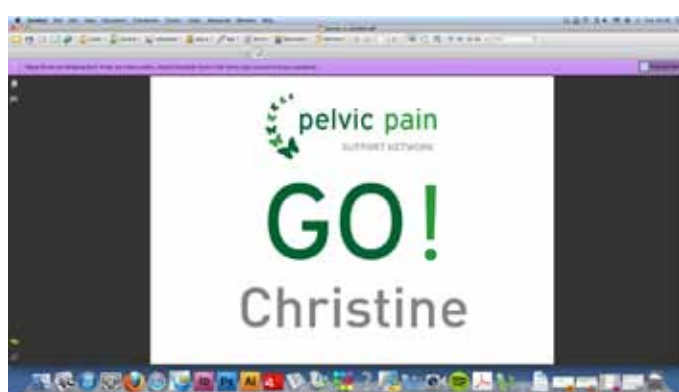


Fundraising Pack

There is a variety of different things within our Fundraising Pack to help you start raising awareness and funds for Pelvic Pain Support Network. Your pack includes:

- **Fundraising Booklet**
- **Sports Runners Number Tags** (2 designs)
- **Sponsorship Form**
- **Donation Form** (in editable format as well)
- **A4 Banners** (9 designs, 3 editable designs)
- **Posters** (3 designs, 3 editable designs)

All fundraising material are in JPEG and PDF format and are A4 in size. Some posters and banners are editable this means you can open PDF's (only) in the editable folders in posters or banners folder. Once opened you can click in the box where says 'Type here' (for posters) and 'Name' (for banners). Then you can type in the details of your event or name for a banner and then print. Or you can print them out and fill in by hand.



The PPSN Team would love to hear how your events went and love to see pictures. To help promote your event we would feature it on our facebook page and would love to upload images of you at your event.

To do so contact us at info@pelvicpain.org.uk

PPSN Speaker

Network with other organisations, health professionals and members of the PPSN Team to help combat the issues behind pelvic pain.

Join us at local, national and international meetings, seminars and conferences to speak, give advice and help raise awareness, understanding and education on pelvic pain.



To become a PPSN speaker or to get involved in or attend local and international events contact us at info@pelvicpain.org.uk

Health professionals and Allied Services

We are always looking to connect with people and learn and discuss pelvic pain in order to help those who suffer from pelvic pain and improve their wellbeing.

We provide workshops, seminars and talks on pelvic pain.

We would love to hear from you so please do get in touch.



Donating Money

To fundraise money for Pelvic Pain Support Network you can do this by creating a BT MyDonate page.

www.mydonate.bt.com/event/startFundraising.html



MyDonate is a not-for-profit, online fundraising service for UK charities from BT. This service provides a secure, easy-to-use way for millions of people to raise money for their favourite charity. To start your fundraising for Pelvic Pain Support Network follow these easy steps.

Create a BT MyDonate page by going to:

<https://mydonate.bt.com/event/startFundraising.html>

Once you have created your account send your page link out to start your fundraising. Send your link to PPSN and we will post it on our social networking sites to raise your fundraising account profile. Instructions on how to create an MyDonate page please refer to the BT MyDonate Instructions folder in your fundraising pack.

For more information please follow the links below:

- **Fundraisers Help**
<http://www.btplc.com/mydonate/Help/Helpguides/Forfundraisers/Fundraiser.aspx>
- **Registration Help Guide**
<http://www.btplc.com/mydonate/Forcharities/Registrationhelpguide/Charity.aspx>
- **Fundraising hints and tips**
<http://www.btplc.com/mydonate/Help/Fundraisinghintsandtips/index.aspx?loggedin=0>

Once you have completed your event and finished fundraising close your My Donate page.

If you have raised money for us not through a BT MyDonate page you can send your donations via cheque payable to **Pelvic Pain Support Network** and post to **PPSN, 21 Stourpaine Road, Poole, Dorset, BH17 9AT.**



Contact us

Email:

info@pelvicpain.org.uk

Website:

www.pelvicpain.org.uk

Facebook:



www.pelvicpain/facebook.com

HeathUnlocked blog:



www.pelvicpain.healthunlocked.com