

Get inspired and go **virtual**

Raise funds and rebuild lives
with virtual fundraising

We are here to support you with your fundraising.

Call: 0300 3300 740

Email: supportercare@stroke.org.uk

Rebuilding lives after stroke

Stroke
Association



Get inspired by **Donna's story**

A few days before her 51st birthday in May 2016, Donna Mackenzie-Smyth had two strokes. The effects of stroke had a huge impact on Donna's life. "I couldn't go back to work and had to rely a lot on my husband and family.

"One minute you think you're healthy. Then in a moment, everything's changed."

With encouragement from her Stroke Association Support Coordinator, Donna started attending peer support groups. "The first time I went was out of curiosity really. Now I try not to miss any of them. To me, the value of peer support is immense."

Having worked in the beauty industry and keen to give something back, Donna decided to set up beauty workshops to support stroke survivors and carers.

"After my stroke, I felt like I'd lost my identity. I decided I needed to feel better about myself. I spoke to others who also had issues with how they felt. They didn't want to look in the mirror because they had facial drooping, or if they were caring for someone, they felt guilty about spending time on themselves.

"So I set up a session and asked everybody to bring their make-up. I did a demonstration and it was wonderful. Sometimes, something like putting make-up on can make you feel empowered."

Donna is now a Stroke Ambassador and shares her story to raise awareness and help others to rebuild their lives after stroke.

Inspired by Donna's story? Could you hold a virtual beauty demonstration for donations?



Every pound helps

£8

could help us to reach one new user with My Stroke Guide, allowing them continued access, empowering them to manage their recovery and feel less isolated.

£29

could pay for someone to receive emotional support from our Stroke Helpline.

£50

could help fund research to find new ways to help stroke survivors with communication difficulties.

£80

could enable a stroke survivor to attend a six-week computer course to support their recovery.

£217

could fund our Stroke Helpline for one hour, providing support and guidance to survivors, carers and their loved ones as they rebuild their lives.

£300

could support a volunteer to work with a stroke survivor for a year, helping them regain their confidence and independence.



Virtual fundraising ideas

We understand during these uncertain times, that many of your fundraising plans have had to be put on hold. In order to continue your fundraising journey and support us in rebuilding lives after stroke, we have put together some virtual fundraisers you can put on from the comfort of your own home.



Virtual pub quiz

Whatever video calling platform you choose (Skype, FaceTime, Houseparty...), host a virtual pub quiz (BYO!) Set up a **JustGiving** page and ask your guests to make a donation to take part. Stuck on questions to ask? Download our Quiz [here](#).

Virtual auction

Did you have an auction or raffle planned which has now been cancelled? Still have those items to sell? Why not hold your event virtually, either over a platform such as eBay or via video call as a group.

Skill share

Combat feelings of isolation and loneliness and share your skills with family, friends and colleagues. Whether you are a musician, a dab hand in the kitchen or perhaps can speak a foreign language, ask for a donation in exchange for sharing your skills.



Party in the living room

Don't cancel your soiree, host it via video call on a platform such as Zoom. Go all out and make it a grand ball where you wear your swankiest frock or fancy dress. You could even incorporate 'live' music if you know someone who can play a tune! Play charades, Pictionary or 'Guess that tune'. Be creative from the comfort of home.

Virtual book club

Take your book club online and donate the money that you would've spent on entry and refreshments.

Virtual exercise class

It is important to keep fit and healthy, especially at this time. If you are a personal trainer, yoga instructor and are just a keen gym goer, why not stream a live class online? Instead of ticket entry, make a donation on your JustGiving page.



Top tips:

1. Plan the logistics of your event. If you are holding a cooking lesson, do you have all the ingredients and utensils?
2. Set up and personalise your JustGiving page. You can set up your page at: www.justgiving.com/campaign/SAVirtualCollection2020 Make sure you are clearly promoting your event – date, time, link of where to join
3. Get people involved. Share, share, share your page on social media, texts, WhatsApp and build up your events attendee list



Paying in your donations

Once your fundraiser is done it's time to gather your funds.
Any money you raise with JustGiving will be sent directly to us.



Phone:

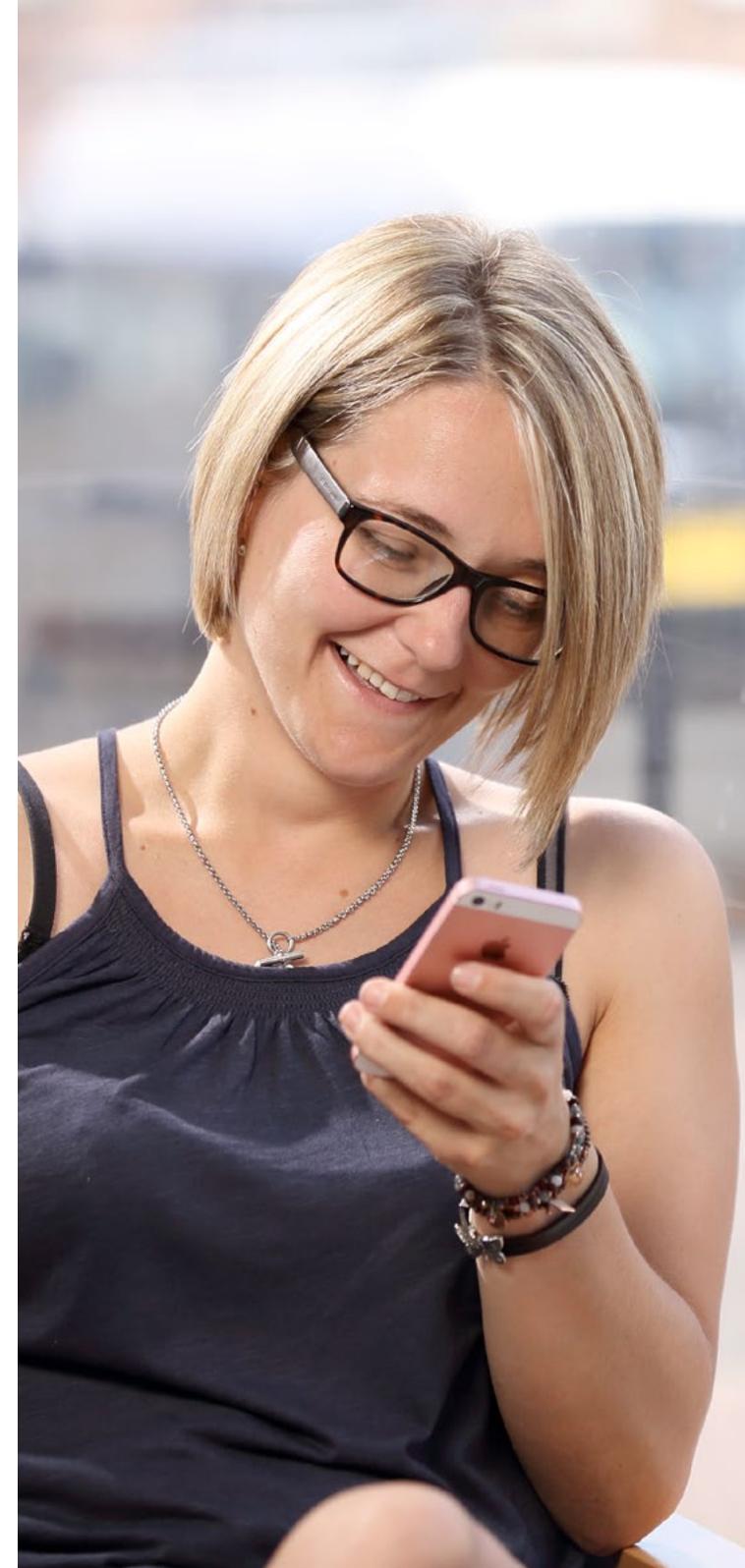
Call **0300 330 0740** to make your donation by debit or credit card.



Bank:

If you'd like to pay in your sponsorship by bank transfer, please call us on **0300 3300 740** or email **supportercare@stroke.org.uk** so we can provide you with our bank details and your unique reference.

Please note: Due to Covid-19, our offices are closed, therefore we will not be banking any postal donations (cheques, sponsorship forms with Gift Aid etc.). The best way to donate and claim Gift Aid is via JustGiving.



Contact us

When stroke strikes, part of your brain shuts down.

And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

Donate or find out more at stroke.org.uk

If you have any questions about the Stroke Association or virtual fundraising please get in touch:

Call: **0300 330 0740**

Email: **supportercare@stroke.org.uk**



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