

JUST ASK



“HOW CAN I HELP?”

Ideas to inspire & make a difference

For more information visit www.sepsistrust.org



THE UK
SEPSIS
TRUST

SOME FUN WAYS TO FUNDRAISE

GET ACTIVE

Fun Run
Swimathon
Danceathon
Cycle around the park
or to Paris?

AT WORK

Ban the Buzzwords
Day of Silence
Wear Orange Day
Cake Sale
Quiz

FRIENDS & FAMILY

'Come Dine with Me'
Themed Party
Sweet & Choco Raffle
Big Night In



AT SCHOOL

Sports/Activities Day
Lemonade Stall
Dress Down Day
Assembly
Cake Sale

ULTRA EVENTS

Three Peak Challenge
Open Water Swimming
Mountain Trek
100k Marathon
Skydive

SOMETHING DIFFERENT

Baked Bean Bath
Trek across Cambodia
Shave or Dye your Hair



OTHER WAYS TO GET INVOLVED

Volunteer – dedicate a selected amount of your time to help make a difference. This is a great way of supporting UKST and can help us to further raise awareness and funds. Please get in touch by registering on our website.

Inspire others - spread the word to your friends and family, local businesses and schools. You could even contact your local newspaper or radio station! It can be as simple as sharing our posts on social media. Find us on Facebook, Twitter or Instagram.

Charity of the Year – why not approach your employer about nominating us as Charity of the Year? This is mutually beneficial for the company and the charity.

Recurring Giving – all you need to do is set up a monthly standing order and donate your chosen amount. Please go to www.sepsistrust.org to find out how your regular donation can make a difference.

THE DIFFERENCE YOUR TIME AND MONEY COULD MAKE:

In the last year, we've made two million more people aware of sepsis, and with:

- **£1000** we can provide a hospital with education and awareness resources, and staff with an initial training session.
- **£200** we can facilitate a regional support group session to help those affected by sepsis.
- **£100** we can educate 50 members of the public about sepsis.

SEPSIS



TRUST

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