

PMRGCAuk

WEEK 16-22 JUNE 2020

We would be delighted if you could join in with PMRGCAuk week by organising a small fundraising activity with your friends and family. Thank you very much for your support!

Our work is funded by donations, membership subscriptions and proceeds from events – your contribution will help us to reach more people with PMR and GCA. Each year about 50,000 people are diagnosed and with our current capacity we are only able to reach a small proportion of these. We want to be there for every person who needs us.

Once you have looked through this pack, please also visit www.pmrzca.co.uk/content/pmrzcauk-week where we will post lots more ideas and resources as 16 June approaches.

Here are three simple fundraising ideas to get you started.



Afternoon tea

Invite three or four of your family, friends or neighbours to join you for afternoon tea. Tell them about PMR and GCA and ask them to make a donation to the charity. That's it! Simple, enjoyable and very effective. Turn to page 2 for recipes and free samples.



Sponsored walk

The beauty of a sponsored walk is that you can adapt it to suit you. Get together with friends and family and choose a picturesque or historically interesting route. Then collect sponsorship using our paper forms or online. If you prefer, adapt the sponsored walk into a sponsored cycle or swim. You can sign up for a sponsorship web page at uk.virginmoneygiving.com and collect donations online, or turn to page 6 for a paper form you can print.



Quiz night and raffles

Quiz nights can take place with a few people at home or with more people in a local hall or pub. It's not always about getting the questions right, but having fun with friends and family while raising a bit of money. You can charge an entrance fee (it doesn't have to be much), have a donations box, have a raffle. The Quiz Night prize could be a box of chocolates, or a nice bottle of wine. You can find links to Quiz night questions at www.pmrzca.co.uk/content/pmrzca-week

Contact us to order free fundraising resources

Please email fundraising@pmrgca.org.uk to enquire.

General materials

- Leaflets
- Copies of NewsWire

Afternoon tea

- Free samples of Green's cake mix (while stocks last)

Sponsored walk

- PMRGCAuk tabards
- Printed sponsor forms if you're unable to print your own

Quiz night

- Links to questions at www.pmrzca.co.uk/content/pmrzca-week

Invite three or four of your family, friends or neighbours to join you for tea.

Tell them about PMR and GCA and ask them to make a donation to the charity. Then if you would like to take the fundraising one step further, why not ask your guests if they will invite three or four of their friends and follow your example. If even one of your guests is able to do so, you have doubled your contribution to the cause.

If you have a bit more time, you could invite your guests to bring any unwanted gifts they have around the house. Set out a table for the items with a box for donations – and if you don't want to be left with unsold items make sure your friends take home what they brought if it is still there at the end of the afternoon!

What you serve at your afternoon tea is up to you. Perhaps a classic combination of sandwiches, scones and cake... or you might prefer to dish up soup and sandwiches. The possibilities are endless! Here are some tried and tested recipes from our members.



Simple but Delicious Scones

225g self-raising flour

Pinch of salt

55g butter or margarine

25g caster sugar

150ml milk

Milk to glaze

Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.

Mix flour and salt, and rub in the butter/marg.

Stir in the sugar and then the milk to get a soft dough.

Turn on to a floured work surface and knead very lightly.

Pat out to 2cm thick and then cut out rounds about 5cm across using a cutter or a glass.

Brush the tops of the scones with milk.

Bake for 12-15 minutes until well risen and golden.

Cool on a wire rack and serve warm with jam and cream.

Margaret from Maidstone's Sandwiches

1 medium grated carrot

¼ red onion finely chopped

¼ iceberg lettuce

2 tbsp grated cheese

1 tbsp mayonnaise

2 tsp salad cream

Put carrot, onion, lettuce and cheese in a bowl; mix mayonnaise and salad cream together and then combine.

Makes enough for at least 4 rounds of sandwiches.

Easy Chocolate Cake

200g caster sugar

200g unsalted butter

200 g self raising flour

2 tbsp cocoa powder

1 tsp baking powder

½ tsp vanilla extract

2 tbsp milk

4 medium eggs

Heat oven to 190C/170 fan/Gas 5 and butter two sandwich tins.

In a bowl beat all ingredients together and then divide between the two prepared tins

Bake for 20 mins or until a skewer comes out clean and then cool for 20 minutes

Optional chocolate frosting:

100g milk chocolate, melted

400g icing sugar

200g softened butter

5 tbsp cocoa powder

2 tbsp milk

Mix together and spread on the cake!

You might like to let your local newspaper or radio station know about your efforts for PMRGCAuk week – here's a simple template to help you write a media release.

HEADLINE:

CAPTURE THE MAIN POINT OF YOUR STORY

For example: Local women walk YourTown city walls to help tackle diseases causing disability and blindness

FIRST PARAGRAPH:

SUM UP YOUR STORY BRIEFLY

For example: Charity fundraisers Jo Brown and Sarah Smith will be walking the city walls in YourTown as a sponsored event as part of PMRGCAuk week, to support people with two debilitating auto-immune illnesses Polymyalgia Rheumatica and Giant Cell Arteritis. Jo and Sarah, from xxxxx, will be taking part in the xxxx mile walk on 21st June.

SECOND PARAGRAPH:

MORE INFORMATION ABOUT YOU, WHAT YOU ARE DOING AND WHY

For example: 60 year old Jo, who has PMR and 65 year old Sarah, who has GCA, will begin their walk at the East Gate at 10am. Jo said: "When I was first diagnosed with PMR it was a struggle to even put my shoes on, so feeling well enough to walk the city's perimeter is a real landmark for me. I called the PMRGCAuk helpline when I was first ill – I needed to speak to someone who would understand how I felt and I found the lady on the helpline so reassuring. I am raising money so that they can help even more people like me."

THIRD PARAGRAPH:

MORE ABOUT PMR AND GCA

For example: Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA) are linked rheumatic conditions that cause pain, tenderness and stiffness and, in the case of GCA, can lead to blindness if left untreated. An estimated 250,000 people have the conditions, although there may be many undiagnosed sufferers as awareness amongst doctors and the public is so low. Each year, around 3,000 people are thought to lose sight as a result of late diagnosis.

FOURTH PARAGRAPH:

HOW TO SUPPORT

For example: Jo and Sarah have a fundraising page at XXXXXX where you can donate to their cause.

PHOTOGRAPH:

IF YOU HAVE A RELEVANT PHOTOGRAPH THE NEWSPAPER MIGHT PRINT IT

Photograph of Jo and Sarah by the East Gate where they will begin their walk

CONTACT DETAILS:

For more information please contact Sarah Smith on XXXXX

NOTES TO EDITOR:

[please include these notes]

About PMR and GCA

Polymyalgia Rheumatica (PMR) is an inflammatory condition that is recognised to be an autoimmune illness. It generally affects older people (it is rare in people under 50) and about three quarters of sufferers are women. While some people recover after about two years of treatment, more recent estimates put the average length of the condition at about three and a half years.

Giant Cell Arteritis (GCA) is known as 'giant cell' because abnormal large cells develop in the wall of the inflamed arteries. GCA mainly affects people over the age of 60 and women are more commonly affected than men. The cause is unknown. Early diagnosis and urgent treatment with steroids is vital for people with GCA. Untreated, it can lead to blindness (in one or both eyes), inflamed artery and blocked blood supply or in very rare cases, deafness or stroke. Up to 50% of people with GCA develop PMR.

About PMRGCAuk

PMRGCAuk is a registered charity established to meet the needs of people with the conditions, by offering support, raising awareness and promoting research. The charity gives information and support at all stages – from diagnosis through to recovery and it offers information packs, a helpline, newsletters, support groups around the country and a web forum where patients can share experiences and learn from others with PMR and GCA. Find out more from www.pmrzca.org.uk

About PMRGCAuk Week

PMRGCAuk week is a local fundraising week which takes place this year between 16 to 22 June. More information is available from www.pmrzcauk.com/content/pmrzcauk-week

ABOUT THE CHARITY

PMRGCAuk is the national charity supporting those affected by the two diseases Polymyalgia Rheumatica (PMR) and Giant Cell Arteritis (GCA) in the UK. PMR and GCA are linked rheumatic conditions which cause severe pain and discomfort and the standard treatment is long-term use of corticosteroids. Undiagnosed and untreated GCA can lead to sight loss, although this is easily prevented if caught in time.

HOW WE USE YOUR DONATIONS TO HELP PEOPLE WITH PMR AND GCA

Information and Support

- Our telephone helpline is run by volunteers with personal experience of the conditions: 0300 111 5090/helpline@pmrgca.org.uk (Mon-Fri 9am – 4pm)
- Online forum: <http://healthunlocked.com/pmrgcauk>
- Network of UK support groups and meet ups which offer those affected by PMR/GCA an opportunity to share experiences and support each other.
- Free information pack to people newly diagnosed with PMR and GCA.
- Website and NewsWire magazine containing the latest developments and news.

Awareness

- Raising public awareness of the conditions, through national media work - for example our collaboration with the *BBC's Trust Me, I'm a Doctor*.
- Promoting understanding of the illnesses in the medical professions and government, in meetings with Health Ministers, members of the House of Lords and NHS England.

Research

- Supporting and participating in research into PMR and GCA, including our Rheuma Research Roadshow organised at venues around the UK throughout 2017 and supported by the Wellcome Trust.
- Advocating for fast and effective diagnosis and treatment to prevent sight loss resulting from undiagnosed GCA.
- Providing patient representation on international working groups, such as those to develop new guidelines for the management of PMR and GCA.



HOW TO SEND US THE MONEY YOU RAISE

By cheque: Please make your cheque payable to PMRGCAuk and send it to BM PMRGCAuk, London WC1N 3XX. Please write 'PMRGCAuk week' on the reverse and include your name and address so that we can thank you!

By bank transfer: Our bank account details are as follows. Account name: PMRGCAuk, Account number: 24221400, Sort code: 404731. Please email fundraising@pmrgca.org.uk to let us know that you have paid into our account and use reference 'week', so that we know that your contribution has been raised in PMRGCAuk week.

PLEASE LET US KNOW HOW YOU GET ON!

We would love to receive news and photographs of your fundraising, to put in NewsWire or on our website. Email these to fundraising@pmrgca.org.uk or post to BM PMRGCAuk, London WC1N 3XX.

Please sponsor me (name of participant) _____

To (name of event) _____ in aid of PMRGCAuk

If I have ticked the box labelled 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want PMRGCAuk to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given. Remember: You must provide your full name, home address, post code and tick Gift Aid for PMRGCAuk to claim tax back on your donation.

Full name	Home address (essential for Gift Aid)	Postcode	Amount	Date	Gift Aid
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick
					<input type="checkbox"/> Please tick

Please return this to PMRGCAuk with the sponsorship money raised. Please post to BM PMRGCAuk, London WC1N 3XX or scan and email to fundraising@pmrgca.org.uk