



Hello Team Tommy's

Welcome to the family! We really Can't thank you enough for the difference you are making to saving babies' lives.

Thanks to the generosity and determination of our supporters, we are able to fund research into the causes and prevention of pregnancy complications that lead to miscarriage, prematurity and stillbirth. But we Can't stop there; we know that we've still got a lot to do. Every penny you raise can make a difference, and that's why we need people like you.

Thanks again 😊



Kerry's Story

"My husband and I knew we wanted a family straight after we got married. But it didn't happen that way for us. It took 8 months for me to get pregnant the first time, but that dream had come crashing down. I experienced my first miscarriage and we were completely broken. It was traumatic.

My second pregnancy came 4 months later, but again something wasn't right. Deep down we knew it was happening again – I was going to miscarry. Eight months later I fell pregnant again but didn't want to believe it – I had been left with a complete fear that history will repeat itself. I was right, and miscarried for the third time. We were heartbroken.

I found a Tommy's research trial and could now get the help we needed. Tommy's has been an incredible source of support, knowledge and hope. Tommy's has eased our pain during a turbulent three year journey through miscarriage.

We are now pregnant again and Can't thank Tommy's enough for all of the fantastic support."

Where your money goes

£100

Could pay for a blood pressure monitor to track abnormal heart rhythms, weak pulse, high and low blood pressure, and more.

£500

Helps fund a Tommy's midwife on our Pregnancy Line supporting parents and giving specialist pregnancy advice.

£1k

Could fund an ultrasound scanner for two weeks, helping Tommy's doctors to identify babies who aren't growing properly.

£10k

Could fund a PhD project to help prevent preterm labour. 55,000 babies are born prematurely every year in the UK.



Get inspired!



Don't forget to ask your employer if they offer matched giving. That's £1 for every £1 you raise!

Raffle



Ask friends, family and local businesses to donate prizes. Ask your employer to donate a day of annual leave to create a real buzz in the office.

Party time!



Get your glad rags on, book a venue and dance the night away! Sell tickets and ask for donations on the night. Host a raffle with donated prizes to raise even more.

Summer Lovin''



Take advantage of the summer months. Invite friends and family around for a barbecue. Ask for donations in return for food.

Cut it out!



Smoking, alcohol, chocolate, talking – whatever your vice, get sponsored to give it up for a month.

Bake off!



Put your *Great British Bake Off* skills to the test and sell as many cupcakes as you can – yummy...

Dress down day



Request donations at school or work in return for dressing down. Comfy!

Car booty



Have a spring clean and sell that unwanted clutter – simple but effective!



"Fundraising for Tommy's has enabled me to turn having 3 miscarriages into something incredibly positive. Through sharing my story with friends and family, our event has raised over £1,000 for Tommy's. It has helped me to deal with such a difficult time in such an uplifting way. Thank you so much for your support."

Rachel, Towcester

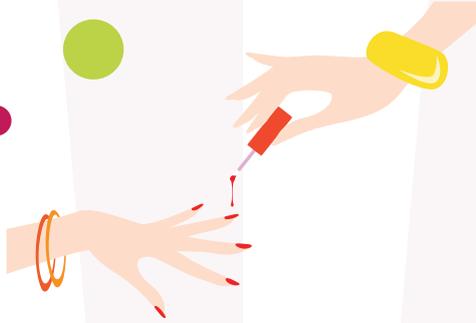
Keep going!

Bag packing



Ask your local supermarket if you can pack shopping bags in return for donations. Do it in fancy dress and you'll get a lot more donations, whilst having a lot of fun!

Girls night in



Invite your close ones over for a girly night in – give a manicure and paint their nails for a small fee (ask them to donate what they would have spent on a night out).

At the Car Wash



Bring your friends together, throw on some old clothes and wash down those cars. Advertise in your community and at work, and hope for some sunshine.

Coffee time



Host a coffee and cake morning at your home and ask for donations to be made on the day.

Come Dine With Me



Gather your friends and organise a fine dining competition. Wine will be flowing and vital funds will be raised.

Leg Wax



Guys, it's time for you to brave the shave! Gather sponsors to have your head shaved or legs waxed.

Sweepstake



Ask people to donate a small fee to guess your finishing time to win a small cash prize. We have given you an example marathon sweepstake on the next page!



"I would go as fast and as far as I could in the hope that the grief couldn't catch up. The Tommy's cheer station was incredible - each and every participant was treated like a celebrity. I am so grateful you gave me the opportunity to be a part of Team Tommy's."

Samantha, Croydon

Running to save babies' lives.

How long will it take me to run ?

Please donate £2 (suggested minimum) to support Tommy's and guess my finish time.

Write your name next to the time you think I will take to complete the race.

The guess closest to my actual finishing time will win: £

2 hours 30 mins	2 hours 34 mins	2 hours 38 mins	2 hours 42 mins	2 hours 46 mins	2 hours 50 mins
2 hours 54 mins	2 hours 58 mins	3 hours 2 mins	3 hours 6 mins	3 hours 10 mins	3 hours 14 mins
3 hours 18 mins	3 hours 22 mins	3 hours 26 mins	3 hours 30 mins	3 hours 34 mins	3 hours 38 mins
3 hours 42 mins	3 hours 46 mins	3 hours 50 mins	3 hours 54 mins	3 hours 58 mins	4 hours 2 mins
4 hours 6 mins	4 hours 10 mins	4 hours 14 mins	4 hours 18 mins	4 hours 22 mins	4 hours 26 mins
4 hours 30 mins	4 hours 34 mins	4 hours 38 mins	4 hours 42 mins	4 hours 46 mins	4 hours 50 mins
4 hours 54 mins	4 hours 58 mins	5 hours 2 mins	5 hours 6 mins	5 hours 10 mins	5 hours 14 mins
5 hours 18 mins	5 hours 22 mins	5 hours 26 mins	5 hours 30 mins	5 hours 34 mins	5 hours 38 mins
5 hours 42 mins	5 hours 46 mins	5 hours 50 mins	5 hours 54 mins	5 hours 58 mins	6 hours 2 mins
6 hours 6 mins	6 hours 10 mins	6 hours 14 mins	6 hours 18 mins	6 hours 22 mins	6 hours 26 mins
6 hours 30 mins	6 hours 34 mins	6 hours 38 mins	6 hours 42 mins	6 hours 46 mins	6 hours 50 mins
6 hours 54 mins	6 hours 58 mins	7 hours 2 mins	7 hours 6 mins	7 hours 10 mins	7 hours 14 mins

Get online!

Set up a Virgin Money Giving Page

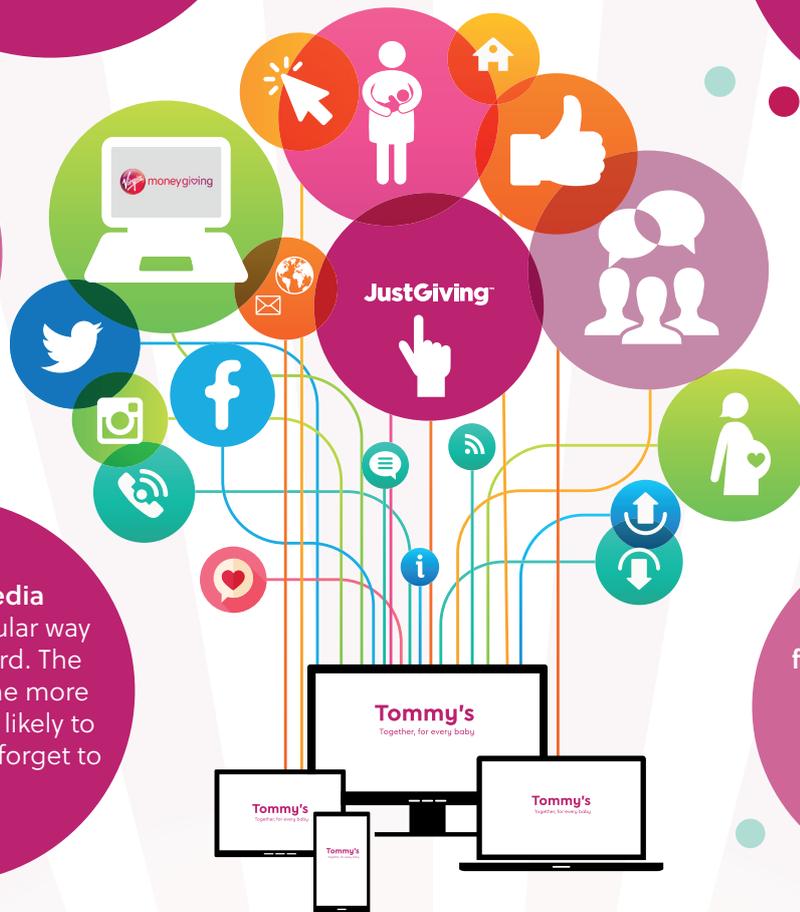
uk.virginmoneygiving.com/charities/Tommy's and click 'start Fundraising' to set up your safe and secure online fundraising page.

Money raised offline can be paid directly onto your fundraising page.

Personalise your page

make it stand out by including a picture and telling everyone why saving babies' lives means so much to you.

People can then donate quickly and easily, and the money will be transferred straight to Tommy's.



Don't forget to include a high target people are likely to give more. Raise it once you reach it!

Use social media

it's the most popular way to spread the word. The more you post, the more donations you are likely to receive, and don't forget to tag us!

Ask your generous family and friends first people tend to match previous donations. It also helps to ask around payday!

 /tommys

 @Tommys_baby

 /tommys_thebabycharity

Remember, let people know how grateful you are for their support and keep them updated with how your fundraising goes!

Visit gov.uk/guidance/fundraising-legally-and-responsibly and make sure your raffles, competitions and prize draws are following regulations!

People love seeing what you're up to – take a selfie and share it with your supporters. This could help you raise 14% more!



Fundraising the old fashioned way? Fine with us!

We have included a sponsorship form on the next page. Please don't count on this until you've got the cash!

giftaid it

Remember to ask your supporters to Gift Aid it if they are UK Taxpayers!



Please make cheques made payable to Tommy's and send to:

Tommy's, Nicholas House
3 Laurence Pountney Hill
London EC4R 0BB



Why not pay by phone?

Put the funds into your bank account and call us on 020 7398 3481 to pay by credit or debit card

Last, but not least

Thank you so much for your time, efforts and excitement.

We are so thrilled to have you on board raising crucial funds to save babies' lives. Your support and dedication will ensure more pregnancies have a happy ending.



Alex, Derby

"it was a real privilege to raise money for such a worthy cause."

Remember we are here to help.

We couldn't squeeze all of our tips and ideas in here, so please get in touch if you would like any more support.

fundraising@tommys.org

020 7398 3400

Tommy's

Together, for every baby



Registered with
**FUNDRAISING
REGULATOR**

Find out more at
tommys.org

Tommy's is registered charity no 1060508 and SC039280