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YOUR IDEA. OUR COMMUNITY.

## Fundraising Pack

# Make something good happen.

Small ideas. Shared effort.  
More support for people affected by FND.

Thank you for thinking of us. This pack helps you choose an idea, invite people in and keep the money side simple.

### Start with what works for you

You do not need to run a marathon, spend a lot or have a big audience. Choose something that fits your energy, skills and community.

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**Ready to start?** Register your idea at  
[fndconnect.org.uk/fundraisers/start/](https://fndconnect.org.uk/fundraisers/start/)

## WHY FUNDRAISE

### Help people feel less alone.

FND can change everyday life. Connection and practical support matter.

Functional Neurological Disorder (FND) can affect movement, sensation and everyday activities. Symptoms and support needs vary. People and families can face uncertainty, isolation and practical barriers alongside the condition.

### A community that understands

FND Connect brings together people affected by FND, supporters and volunteers. We share practical information, make space for lived experience and help people find connection.

### Support, at a human pace

Our local and online peer-support spaces help people meet others who understand. Public resources and awareness work help families, workplaces and communities learn about FND.

### Your idea can open a door

Fundraising helps sustain that work. It can also start a conversation with someone who has never heard of FND, or show someone living with it that they are not forgotten.

### A sentence you can share

"I am fundraising in aid of FND Connect to support practical resources and connection for people affected by Functional Neurological Disorder."

FND background: **NHS inform: Functional neurological disorder.**

FND Connect provides community support and information, not a replacement for clinical care. FND CONNECT CIC is a community interest company, not a registered charity.

## WHAT YOUR DONATION SUPPORTS

### **Practical support. Stronger connections.**

Your fundraising contributes to the work of FND Connect.

#### **Connection and peer support**

Helping sustain local and online community spaces, volunteer coordination and the resources that make welcoming peer support possible.

#### **Free information and awareness**

Creating and maintaining public guidance, learning resources and awareness materials that help people understand FND and navigate daily life.

#### **Practical help**

Contributing to practical support for people affected by FND, including funding support where available. Awards depend on eligibility, assessment and available funds.

#### **The work behind the support**

The systems, administration, safeguarding, communications and running costs needed to deliver support responsibly also need funding.

#### **An honest promise**

Unless a specific purpose has been agreed with FND Connect, money raised supports our overall work and is used where it is needed. We do not promise that each pound buys a particular item or that fundraising guarantees an individual grant.

See current activity and how support is developing:

[fndconnect.org.uk/impact/](https://fndconnect.org.uk/impact/)

## FUNDRAISING IDEAS

### **Choose your kind of good.**

Build the activity around the people taking part, not the other way round.

### **At home or online**

A birthday fundraiser, online quiz, gaming stream, craft-along or sponsored reading challenge. Set a short session, or spread it across a few weeks.

### **With friends and neighbours**

A coffee morning, plant sale, book swap with optional donations, craft stall or community music evening.

### **At work or with a club**

A dress-down day, lunchtime quiz or shared challenge. Ask whether your employer offers matched giving.

### **A personal challenge**

Walking, wheeling, swimming, making or learning. Set a flexible goal that works for your health and circumstances; rests and changed plans count too.

### **Skills you already have**

Bake, repair, teach, sing, photograph or make something. Your skills are still valid: the scale of the event is yours to choose.

### **Keep it welcoming**

Offer seats, breaks and a way to join remotely where possible. Share access information in advance. Never pressure someone to donate or take part, and welcome small contributions.

Check food safety, allergens, permissions and insurance where relevant. Raffles, lotteries, street collections and selling alcohol have specific rules: speak to us and check the relevant authority before advertising them.

## YOUR PLANNING SHEET

# One idea. A manageable plan.

Print this page and fill it in with anyone helping you.

My fundraising idea / event name

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Organiser and helpers

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Date, place or online link

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Fundraising target (£) and any planned costs

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My fundraising page link

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Access, seating, rest breaks and a backup plan

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- ☐ Register your event at [fndconnect.org.uk/fundraisers/start/](https://fndconnect.org.uk/fundraisers/start/).
- ☐ Share your live page: direct online donations make record-keeping easier.
- ☐ Confirm venue permission, relevant rules, risks and insurance. Do not assume our cover applies.
- ☐ Plan safe cash handling and agree any costs with FND Connect beforehand.
- ☐ Keep donor details private. Ask permission before sharing names or photos.
- ☐ Afterwards: reconcile money, pay it in promptly and thank everyone.

PRINT EXTRA COPIES AS NEEDED

## Sponsorship & donation form

In aid of FND Connect · FND CONNECT CIC · Company No. 17313147

Organiser / event name

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Event date and online fundraising page

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For offline pledges and cash received. Please use first name + surname initial or a reference; no address, email or health details are needed. Write the actual amount received, not just the pledge.

| Supporter name / reference | Pledged (£) | Received (£) | Date received |
|----------------------------|-------------|--------------|---------------|
|                            |             |              |               |
|                            |             |              |               |
|                            |             |              |               |
|                            |             |              |               |
|                            |             |              |               |
|                            |             |              |               |
|                            |             |              |               |

Total received (£) — only money actually collected

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**Gift Aid:** FND CONNECT CIC cannot claim Gift Aid. This is not a Gift Aid declaration.

**Privacy:** Keep this sheet secure and supervised; cover previous entries when someone adds theirs. Use details only to manage the collection. Do not post it online or use it as a mailing list. Do not send it to us unless requested. Once reconciled and any queries are resolved, securely destroy it.

For an individual cash donation, give a signed, dated receipt unless it goes into a sealed collection box. Record cash once here; do not copy online donations onto this form.

KEEP WITH YOUR PAYMENT RECEIPT

## Cash-count & pay-in record

Count securely with two unrelated people where possible. Exclude any starting float. Bank promptly.

Event / organiser / collection date

| Notes and coins   | Quantity | Total (£) |
|-------------------|----------|-----------|
| £50 notes         |          |           |
| £20 notes         |          |           |
| £10 notes         |          |           |
| £5 notes          |          |           |
| £2 coins          |          |           |
| £1 coins          |          |           |
| Other coins       |          |           |
| <b>TOTAL CASH</b> |          |           |

Counted by / checked by / date

Amount banked (£) / date / bank receipt reference

Amount paid to FND Connect (£) / date / payment reference

Record any difference and contact us to resolve it: \_\_\_\_\_

Keep cash secure and attended. Do not deduct expenses unless agreed with us before fundraising. Do not add online donations to this total. Keep your Stripe receipt with this sheet; the website records the collection when payment is confirmed.

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## FROM COLLECTION TO CONTRIBUTION

### Paying in, made clear.

The easiest route is to invite people to donate directly to your live event page.

#### 1. Register your fundraising event

Visit [fndconnect.org.uk/fundraisers/start/](https://fndconnect.org.uk/fundraisers/start/). Once your page is live, share its donation link. This keeps online donations connected to your event.

#### 2. If you collect cash, keep a record

Count and record it safely, ideally with a second person. Bank it promptly into an appropriate account. If using your own account, check your bank permits this and keep a clear record of the collection.

#### 3. Pay in the collection against your event

Go to [fndconnect.org.uk/fundraisers/pay-in/](https://fndconnect.org.uk/fundraisers/pay-in/), select your event and pay through Stripe. Enter the full amount received. Do not deduct costs unless agreed with FND Connect beforehand.

#### 4. Keep the receipt and thank your supporters

Your payment is labelled "Collected donations" and added to your event total after confirmation. Keep the email receipt with your cash-count record. Stripe processing fees apply to online payments; pay in the gross collection.

#### Count the collection once

Do not pay in pledges you have not received, or donations already made online. If payment confirmation is delayed after a charge, do not pay again: contact us with the reference.

Need another way to pay, have more than £10,000, or fundraising through The FND Challenge or Pass It On? Contact us so we can arrange the right attribution. Do not post cash.

[fndconnect.org.uk/contact/](https://fndconnect.org.uk/contact/)

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## MAKE IT EASY TO INVITE PEOPLE IN

### Words you can make your own.

Replace the brackets, keep it personal and include your fundraising link.

#### An invitation

"I am organising [activity] on [date] in aid of FND Connect, supporting connection and practical resources for people affected by FND. Join me at [place/link], or donate through [fundraising page]. No pressure: sharing the page helps too. [Add access information.]"

#### A short social post

"I am raising funds for FND Connect with [activity]. My goal is [amount], at a pace that works for me. If you can, please donate or share: [fundraising link]. Thank you for helping our community."

#### A thank you

"Together we raised [confirmed total] for FND Connect. Thank you for every donation, share and helping hand. The collected money has now been paid in. You helped turn [idea] into support for people affected by FND."

### Before you press share

Use "in aid of FND Connect". Do not describe an independent event as organised or insured by us. Ask permission before sharing anyone's photo, name or story. Report the confirmed total and distinguish it from money still pledged.

**Questions or a different format?** [fndconnect.org.uk/contact/](https://fndconnect.org.uk/contact/)

Guidance checked September 2026: [Fundraising Regulator: processing donations](#); [GOV.UK: community interest companies](#). For event-specific permissions, check the relevant local authority. Current FND Connect activities: [fndconnect.org.uk/impact/](https://fndconnect.org.uk/impact/).