



MANUP? TIPS

FUND? RAISING



WWW.MANUP.HOW

FUND?RAISING

Our currency is awareness; ultimately, that is what we want to raise together.

It is greatly appreciated if you raise money, as it would enable us to keep doing what we're doing, but changing minds is our goal.

On that note, we hope the following tips will boost both awareness and money.

Our preferred platforms are **JustGiving, GoFundme or BACS**

*We can only provide receipts via bank transfers

What do we spend your money on?

- Upkeeping the charity
- Events
- Helping other charities
- Enabling other charties from therapy to rehab

MANUP? TIPS

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1. TAKE PHOTOS

Fundraisers with pictures or videos on their page raise 13% more per photo.

2. IT'S YOUR STORY

Writing a story on your fundraising site or social media helps your supporters understand why you're fundraising. Potentially raising 65% more

3. SET A TARGET

Fundraisers with a target raise 17% more. Aim high!



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4. SPREAD THE WORD

Share your fundraiser widely with coworkers, friends, and family. Clearly communicate its importance to you and how their support can make a difference.

5. POTENTIAL DONORS

Compile a list of potential supporters from family, friends, community groups, and workplaces. Use your social media and contact lists to reach larger groups effectively.

6. ADD A VIDEO

Videos really help tell your story and why your cause is so important.



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7. CONNECT FITNESS APPS

Taking on a physical challenge? You could raise 111% more and have supporters keep track of your progress.

8. SELF DONATE

People who make a donation to their own fundraiser to get them started raise a whopping 84% more!

9. SAY THANKS

20% of donations come in after your event has ended, so make sure you follow up to thank your supporters.

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MANUP? MERCH

As much as we'd like to, we can't give our merchandise away for free as we're a charity.

You'd be amazed how many individuals initiate fundraisers but eventually overlook them. Therefore, we have established a minimum threshold of £250 before dispatching any items. Merch costs money.

If you need clothing for your fundraiser, and you're raising over £250, send us a message on our social channels!



if you believe you can raise a higher amount or **generate significant awareness that leads to impactful mind shifts**. Please reach out to us on our social channels.

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FROM ALL AT MANUP?

We thank you for your time and effort.

Please tag us on social media; we like to share real stories like yours.

**CHANGE
MINDS
ABOUT
MEN'S
MENTAL
HEALTH**

#MANUPSTIGMA



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