



Animal Welfare.
Worldwide.

**Have fun,
raise money,
help animals**

**Your FOUR PAWS
fundraising pack**

Thank you for choosing Four Paws!

**You're joining an amazing community of people
doing extraordinary things to help animals
across the world.**

From our beautiful sanctuaries for bears and big cats to our Forest School for orphaned baby orangutans, every penny you raise can ensure that we continue protecting animals and keeping them safe.

To help you get started, we've made sure that this fundraising pack is full to the brim with ideas, handy tips, materials and everything you need to ensure that your fundraising is a huge success.

Remember, if you need any help or support along the way, just pop us an email or give us call. Even if you'd just like to tell us how you're getting along. We're a friendly bunch here and we'd love to hear from you.

Ready to get started? Great! Go out there, raise funds, have heaps of fun and be amazing!

**A massive, massive thank you
and good luck!**

Amelia and Meimo's story

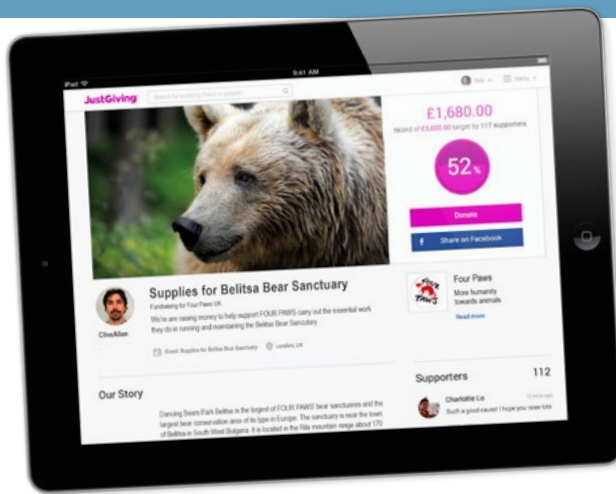
Before their rescue, Amelia and Meimo, had spent their lives in a small cage at a private mini zoo in Albania. After four days and 2,436 kilometres through five countries, the two bears arrived safely at Arosa Bear Sanctuary in Switzerland.

The bears are now enjoying their days in the snow clad Swiss Alps.

£150

could provide
nutritious meals for
a rescued bear for
two weeks





Set a target

Setting yourself a target to aim for is a brilliant way to keep motivated and plan for your event. Creating an online fundraising page is a great way to stay on track and it makes it really easy for people to donate. You can do this using

🔗 justgiving.com/four-paws



Lets get started!

TOPTIP

CONTACT YOUR LOCAL PAPER OR RADIO STATION AND GET SOME GREAT PUBLICITY FOR FOUR PAWS UK AND YOUR EVENT.

Where and when

So you know what you want to do, next, have a think about where you'd like it to take place. It may be something you can do at home or at work and if it's an organised run or challenge event then you're all set. Otherwise, have a look at local venues and give yourself plenty of time to plan and organise your event.



Spread the word

- Facebook and Twitter are a great way to keep everyone updated on your progress. Set up an event page and get sharing your Just Giving link. If you have Instagram, you can show off all your photos.
- Contact local newspapers and radio stations to share your plans with the masses. They love an uplifting story and yours will be just perfect.
- If you have a special story or personal reason for fundraising, share this too as it can be really inspiring for others to read.
- Email friends and colleagues, put posters up at your workplace or in local shops and community centres.

Posters and other materials to help promote your event are available from four-paws.org.uk/get-involved/fundraise

Get active

From your local fun run in fancy dress to the full on challenge of climbing a mountain – every step you take will help animals. We can offer training tips, fundraising materials and tonnes of encouragement along the way. We'll keep you motivated and supported from start to finish.

The sky is the limit

Want to get your adrenaline racing? Then a sky dive or parachute jump is definitely for you. This is one experience you'll never forget. If you raise a certain amount then you get to jump for free!

Lace up those trainers

Join our amazing team of runners by finding and securing your own place in a national or overseas running event of your choice. From the London Marathon to The Royal Parks Half – just let us know when you have your place and we'll make sure you have all the support you need.

Sometimes we might even have charity places in running events. Just visit four-paws.org.uk/get-involved to find out more!

Treks and challenge events

If running isn't your thing then you can swim, cycle or trek your way to raising those all important funds for animals. From trekking through the Sahara to pedalling away in the London to Paris Tour de France – the world is your oyster!

Check out these sites to see what amazing runs and challenges lie ahead. Sign up now and let us know what you're doing. You won't regret it!

- charitychallenge.com
- timeoutdoors.com
- skylineevents.co.uk

TOP TIP

SEND A REMINDER WHEN YOU'VE COMPLETED YOUR EVENT. MANY PEOPLE DONATE ON OR JUST AFTER THE DAY YOU DO YOUR RUN OR CHALLENGE



Ian, from Dorset, raised over £700 completing the Jurassic Coast Challenge (3 marathons in 3 days!)

A close-up photograph of a brown bear's head, showing its eyes, nose, and fur. The bear is looking slightly to the left. The background is blurred, showing some greenery and a rocky area.

£470

could provide a bear
with medication for
six months, including
supplements and
pain relief

Laska's story

Laska, was used for cruel bear baiting where she was tied to a tree and attacked by hunting dogs. Laska was extremely scared and unable to defend herself. Laska was then bought to a zoo where she was left in terrible conditions. Our kind supporters campaigned with us to rescue Laska and she now lives happily at our Bear Sanctuary Domazhyr in Ukraine.

Yummy cakes, things to make and pampering

**Who could possibly resist these delightful ways
to fundraise – sounds SO tempting!**

Cakes

Mixing bowls at the ready, stick the kettle on and invite all your friends round for a yummy afternoon tea. You could even bake an extra fancy cake to raffle off.

Makes

Knit some blankets for people's pets or make some animal themed cards to sell. You don't have to be an expert, it's all about having fun and helping the animals.



Pampering

Oooh we all need a bit of pampering sometimes! Have an evening get together with friends, offer manicures and beauty treatments. You could even make your own cruelty free face masks or lotions to sell. Have a quick scout on the net and you'll find loads of really simple beauty product recipes.

[Click here for a lavender
body butter recipe](#)

TOP TIP

TRY TO GET YOUR
FIRST DONATION TO
BE BIG AS PEOPLE DO
TEND TO COPY WHAT
OTHERS HAVE
GIVEN



Fundraising at work

Your workplace can be a great place to kick off your fundraising efforts. Get all your colleagues involved and send those all staff emails round. Put up some posters to let people know what great things you have planned.



Get your cake on

Calling all Bake Off fans, dust off your apron and lets get baking. May the best cake win! Oh did we mention, you get to sell and eat the cakes after. What a delicious way to raise funds!

[Click here for a choc chip and banana muffin recipe](#)

TOPTIP

ASK COLLEAGUES
TO SPONSOR YOU ON
PAY DAY WHEN THEY
WILL BE MORE
GENEROUS

Bring in the bagels and serve up the sarnies

Peanut butter or vegan cream cheese – what's on your bagel? Bring in a batch for all your colleagues who fancy a bit of brekkie or a mid-morning snack. You could even add sandwiches, crisps and juice for a lunch deal.

Sweepstakes – always a winner!

If there's a major sporting event like the Football or Rugby World Cup, charge a couple pounds a guess and have an office sweepstake. To make it even easier, we can provide you with a ready-made sweepstake form.

TOPTIP

DOES YOUR
WORKPLACE HAVE A
CHARITY OF THE YEAR
SCHEME? BE SURE
TO NOMINATE
FOUR PAWS UK



The Preston
Pantomime Group,
in Dorset raised £250
for FOUR PAWS putting
on Goldilocks and the
Three Bears panto

School and uni fundraising

Getting your school or campus involved in fundraising is a great way to raise awareness and funds. You could organise an event via your RAG group or have a dress down day at school. We'll offer all the support you need to make your fundraising a success.



Schools Fundraising

Get your school to hold a dress down day or your class could do an animal themed spelling contest. For those bear loving under five's, then how about a big bear tea party or a bring your bear to nursery day. You could even have a prize for the best dressed bear.

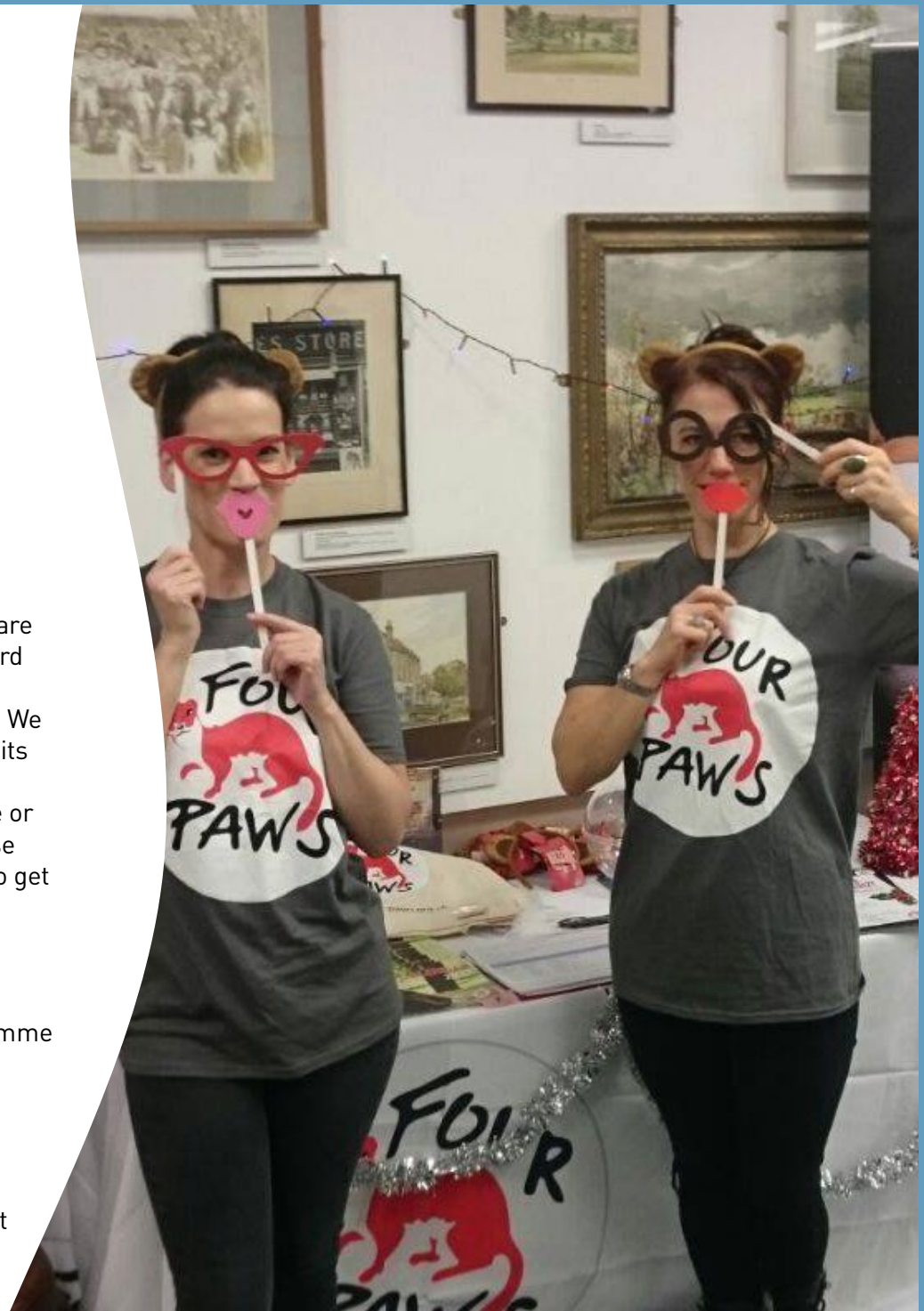
RAG Raids

RAG Raids and street collections are a great way to help spread the word about FOUR PAWS UK and raise money for our work with animals. We can secure street collection permits to make sure there's a raid that suits you. If there's a specific date or location you're interested in please contact us and we'll do our best to get you a permit.

Charity of the year

If your university or RAG group runs a charity of the year programme we'd love you to fundraising for FOUR PAWS UK.

Our fundraising team is always on hand to provide you with all the materials, advice and support you need.



Let's celebrate

Do you have something to celebrate? You can make your special occasion extra special by fundraising for animals. Why not hold an Easter egg hunt or invite family and friends over for a birthday tea. We can even supply you with invites and bunting!



Pancake Day

Invite friends round, charge an admission price and cook up pancakes with some scrumptious toppings. Yum. You better not eat them all before your guests arrive. Oh mine's chocolate and banana!

Easter

Such an egg-citing time! Raffle off an Easter egg and if you have little ones, you could hold an Easter egg hunt in the garden.

Christmas

We all know that Christmas can be a bit hectic with all that rushing around and present buying. So take a break and invite friends or colleagues to a Christmas crafternoon. Make festive wreaths, home made cards and decorations- you supply the materials in return for donations. Throw in some drinks and nibbles and have a good old catch up while you're getting crafty.



TOP TIP

HOLD A PUB QUIZ OR SUMMER BEAR-B-Q TO RAISE EXTRA FUNDS



Sending in your money

It's quick and easy to pay in what you have raised. The sooner you send in your donations, the sooner we can help more animals. From big cat rescues to serving up big dinners for our bears – your donations will make a huge difference.

Online fundraising

If you have raised money through Just Giving or a similar fundraising page then you don't need to do anything. The money will be sent through to us automatically.

By post

Please send any cheques to:

FOUR PAWS UK
7-14 Great Dover Street
London
SE1 4YR

Remember to include any sponsor forms and details of the amazing things you did to raise the funds.

TOP TIP

ASK LOCAL BUSINESSES
TO DONATE PRIZES FOR
A RAFFLE OR AUCTION.
WE CAN PROVIDE A
LETTER TO CONFIRM YOUR
FUNDRAISING
IS REGISTERED
WITH US

At the bank

To pay by bank transfer give us call on **020 7922 7954** or email supportercare@four-paws.org.uk and we'll give you the details you need.

On the phone

Grab your card, pick up the phone and have a natter! We'd love to hear how things went. Our number is **020 7922 7954**.

£10

helps us buy nesting
chairs to train our
Forest School
orangutans to sleep
in the trees

Tegar's story

Our team found one year old orphan, Tegar crying and alone in the forest. He was very shy and traumatised so took weeks to settle at our Forest School in Borneo. Now, he's an accomplished climber and we hope to release him and his fellow orangutans to a protected area of forest upon graduation.

Useful legal bits

We want to make sure that everything runs smoothly at your event so here are some important things to bear in mind.

- Raffles & lotteries are a great way to boost your fundraising but please make sure that you read up on the latest regulations with the Gambling Commission. Visit [🔗 gamblingcommission.gov.uk](https://www.gamblingcommission.gov.uk)
- If you are organising a collection on private property such as a supermarket or garden centre, you'll need to get permission from the owner. If you're planning a street collection then you'll need permission from your local council.
- If you're planning to sell or serve up some delicious grub at your event, you'll need to have a look at [🔗 food.gov.uk](https://www.food.gov.uk)
- When you're organising your event, it's your responsibility to keep everyone safe. FOUR PAWS UK does not cover insurance for events. Check with the venue to see if insurance is already provided and if not, you will need to get Public Liability cover.
- Your amazing event will be in support of FOUR PAWS UK, this means that it's your responsibility to make sure that it is legal and safe. We cannot accept any liability. If you are unsure about any of the above, please get in touch.
- If you are under 18 then you will need permission from a parent or guardian to fundraise.

£1820
could feed a lion at
one of our big cat
sanctuaries for a
whole year

Ivan-Aspen's story

This lion was rescued from appalling conditions in a zoo in Bulgaria. He slept in a small dark room on a filthy concrete floor. He suffered years of abuse and neglect. With the support we received, we rescued Ivan-Aspen and transferred him to our FELIDA big cat rescue centre in the Netherlands.

Recipe: lavender body butter to sell at your pamper night

INGREDIENTS

1 cup raw, organic cocoa or shea butter

1/2 cup coconut oil

1/2 cup almond oil

10-30 drops lavender or other
essential oil of your choice

METHOD

- 1.** Melt the butter and coconut oil until liquefied. You can do this by placing them in a bowl and then setting that in a bowl of hot water for a few minutes.
- 2.** Mix in the almond oil and add essential oil. Put stirred mixture in the freezer for about 30 minutes.
- 3.** Once the mixture has started to set but is not completely solid, whip to get the consistency you want.
- 4.** Store the butter in jars in a cool place.



Recipe:

Choc chip and banana muffins

prep: 20 mins. cook: 25 mins. quantity: approx 16 muffins

INGREDIENTS

1 cup (230ml) unsweetened almond milk
1/2 tblsp apple cider vinegar
2 medium size ripe bananas
1/2 cup (90g) golden caster sugar
1/4 cup (50ml) oil (your choice which, but we used olive oil)
1/2 tsp vanilla extract
2 cups (300g) plain flour
2 tsp baking powder
1/2 tsp bicarbonate of soda
1/2 cup (100g) chocolate chips

METHOD

1. Preheat your oven to 180 Fan / 200 C / Gas 6.
2. In a small bowl whisk together the milk and vinegar.
3. Mash the bananas and whisk in the caster sugar, oil, vanilla and the milk and vinegar mixture.
4. Sift in the flour, baking powder and bicarbonate of soda then gently but thoroughly mix together then stir in the chocolate chips.
5. Evenly divide between the muffin cups, filling each one approx 2/3 full.
6. Bake for 25 minutes.

Recipe and photo from thecookandhim.com





Animal Welfare.
Worldwide.

**FOUR PAWS is an international animal welfare charity.
Our vision is a world where humans treat animals with
respect, empathy and understanding.**

FOUR PAWS UK

7-14 Great Dover Street
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Email: supportercare@four-paws.org.uk

Online: four-paws.org.uk

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