

**Thank you for your interest in running a marathon, taking part in a race, climbing a mountain or doing a different sort of sponsored challenge for MRDF. We're really grateful for your support. All the money you raise will make a huge difference to the lives of people working their way out of poverty.**

## Choosing your event

You may already have a fundraising event in mind – but if you're looking for ideas, here are a few suggestions:

- **British London 10k Run.** MRDF has a limited number of places in this run each July. Let us know if you are interested in joining our team. More information: [www.thebritish10klondon.co.uk](http://www.thebritish10klondon.co.uk)
- **London Marathon.** Unfortunately, MRDF doesn't have any guaranteed 'golden bond' places for the marathon. However, thousands of runners get places each year through entering the ballot. If you do secure a place, we'd be delighted if you chose to run for MRDF. More information: [www.london-marathon.co.uk](http://www.london-marathon.co.uk)
- **Other running events.** Hundreds of other running events of various distances take place all over the UK – and the world – each year. There is usually much less competition for places. More information: [www.runnersweb.co.uk](http://www.runnersweb.co.uk) / [www.runnersworld.co.uk](http://www.runnersworld.co.uk)
- **Sponsored personal challenge.** Set yourself a challenge which will capture the interest of friends, family and colleagues. Could you keep silent for a day, lose some weight, shave off your beard, memorise a chapter of the Bible or climb a mountain – and get sponsored for it?
- **An organised challenge event.** Many companies offer you the chance to do bungee jumps, treks, parachute jumps and cycle rides for a charity of your choice. For more information, search online for local opportunities to do the kind of challenge you're interested in.



72-year-old Jim Parrish has run six marathons for MRDF, raising over £8000 in the process. He says 'It's all about relief - MRDF uses the sponsorship money to relieve poverty - and I am relieved to get to the finish!'

## About MRDF

MRDF, the Methodist Relief and Development Fund, is an independent charity which grew out of the Methodist Church.

MRDF makes **small miracles** possible for people living in the world's poorest communities through:

- long-term development
- emergency relief
- campaigning against the root causes of poverty

MRDF supports more than 40 local, community-based organisations in 21 of the poorest countries in Africa, Asia and Latin America, helping individuals and communities to transform their lives and become more self-sufficient.



## MOZAMBIQUE

The UN rate Mozambique as the fifth least-developed country in the world. Over 50% of the population live on less than \$1 a day, a reality that is compounded by rising inflation, corruption and HIV/AIDS. The country appears locked in a desperate situation. However MRDF's partner is giving renewed hope to the people of Josina Machel Island through workshops on sustainable agriculture techniques, ensuring communities have enough to eat and can make a living from what they grow.

*'Now I don't have to ask my kids to go to sleep hungry and in fact I can eat with them too!'*  
Geraldina Semoy (pictured above)

## Getting sponsorship

MRDF can provide you with **sponsor forms** *giftaid it* for your event. Using one means your sponsors, if they are taxpayers, can make their pledges worth 28% more with Gift Aid – they just need to tick the box on the form.

Circulate the form among friends and family, and if you're a part of a church, put a notice in the news sheet and leave a copy of your sponsorship form out for people to sign.

You might also like to set up an **online sponsorship page** – it's quick and easy and means anyone can give to you by credit or debit card. As well as collecting donations for you, the website claims Gift Aid if appropriate, and sends the money direct to MRDF. Visit [www.justgiving.com/mrdf](http://www.justgiving.com/mrdf) to set up your page.



Share the web address for your page – email your contacts, add it to your email signature, and add a link on any social networking sites you use. Keep it updated with your progress.

## Extra tips for fundraising success

- **Set a target.** This will motivate you and encourage others to be generous in their support.
- **Recruit a team.** Can you get someone else – or a group of people – to join you in your challenge? Not only will you raise more money, but training and fundraising will be much more fun.
- **Be shameless.** Solicit support from your family, church, workplace, school or any other group you are part of. Make sure the first donation on your sponsor form is a big one, and others may follow suit!
- **Sell your story.** Local papers and radio stations are always looking for good stories. Let them know about your sponsored event in advance, and send the papers a photo afterwards. Make sure you include details of how you can be contacted, and how people can sponsor you.
- **MRDF open evening.** Invite people round or have an open evening at church. We can send you an MRDF video or PowerPoint presentation to show. You could use this opportunity to encourage people to give before the event, or to say thank you to your sponsors afterwards.
- **Get companies on board.** Ask your employer or local businesses if they will match the money that you raise, in exchange for giving them publicity as a sponsor.

## BANGLADESH

An estimated 445,000 children currently live on the streets of Bangladesh's cities. 75% are in Dhaka, a bustling, overcrowded place, home to 12 million people. It is in this context that MRDF's partner works to provide essential shelter, healthcare and education to thousands of street children each year. In the huge Gabtoli bus station, the organisation runs informal schools, known as 'classrooms under the sky'. Over 40,000 children have now directly benefitted from this work.



A street child learns at a 'classroom under the sky'.

## We can offer you:

- An MRDF t-shirt to do your event in
- Sponsorship forms
- Leaflets to give to your sponsors
- Support and advice
- Publicity on [www.mrdf.org.uk](http://www.mrdf.org.uk)

## If you decide to hold an event for MRDF, please contact us with:

- Your name and contact details
- The date of your event
- Your fundraising target
- T-shirt size (if relevant)

**Thank you for your support and good luck for the event!**

**MRDF, 25 Marylebone Road, London NW1 5JR**

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Registered charity no. 291691



**Methodist Relief & Development Fund**