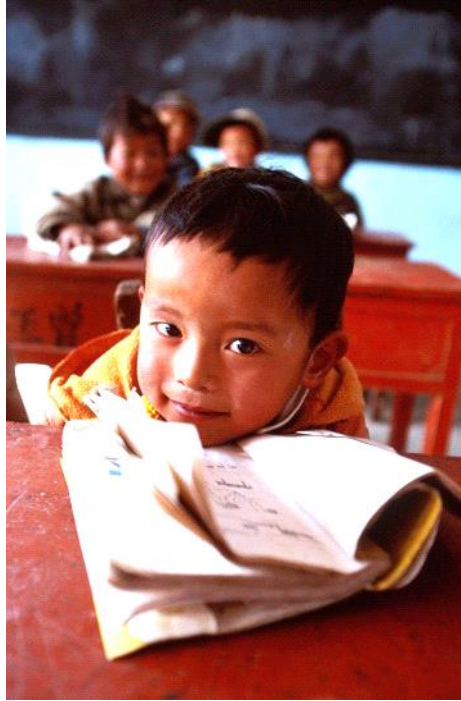


# Fundraise for



# Tibet Relief Fund

Tibet Relief Fund – working to provide sustainability and self-sufficiency in the Tibetan communities of Nepal, India and Tibet since 1959

## WHO is Tibet Relief Fund and WHY do we need your support?!

Since 1959, Tibet Relief Fund has provided essential aid, healthcare, education and practical support to the Tibetan people – both inside Tibet and in exile. The hard work and generosity of our supporters allows us to continue this vital work

## The impact you will make

Through the generosity of people like you, Tibet Relief Fund has financed vital projects since 1980, including:

- Construction of schools, medical centres, old people's homes and libraries
- Child sponsorship programmes and vocational training
- Major youth initiatives for employment, career development and entrepreneurship
- Provision of medicines and medical care
- Water projects, including the provision of water pumps, irrigation and bore wells

## What can your money do?

**£15 can provide an emergency medical grant for a new Mother**

**£30 can provide meals for an ex-political prisoner for fifteen days**

**£60 can furnish a crèche in a Tibetan settlement; giving the gift of self-sufficiency to a working Mother**





## Our fantastic supporters

If you've not yet decided on an event or for that extra dose of inspiration – here are just **some** of the motivating stories from our supporters.



### Tess

Tess (pictured left) and her partner have scaled many of the worlds' mountains through their 'climb for Tibet' group, raising thousands of pounds for Tibet and Tibet Relief Fund projects.

### Sue

Sue decided to open her gardens to the public, serve tea and raise money for Tibet Relief Fund. In doing so she raised a fantastic £433 from one afternoon's fundraising.



### Ruth and Sean



Ruth and Sean (pictured below) kindly encouraged their wedding guests to donate to Tibet Relief Fund as their wedding gift.

## Secured places at events

Tibet Relief Fund often has places for participants at major events, such as the British 10k run and the Virgin London marathon. These are always publicised on our website, social media and in our newsletter – to find out more please get in touch with [georgina@tibetrelieffund.co.uk](mailto:georgina@tibetrelieffund.co.uk)

## Fundraising

## Tip

### Raising Sponsorship online

#### Just Giving

Just Giving is a great way to fundraise for your sponsored event in just three easy steps:

Step 1. Make your page

Step 2. Share it with your friends

Step 3. Raise money for Tibet Relief Fund

Simply visit [www.justgiving.com](http://www.justgiving.com) to get started

#### Virgin money giving

It's easy to create a Virgin Money Giving fundraising page and start getting sponsored online. Once your page is set up you can keep it for life – just add a new event page each time you take up a new fundraising challenge. Simply visit [www.virginmoneygiving.com](http://www.virginmoneygiving.com) to create your page and start fundraising.

### Raising Sponsorship offline

#### Sponsorship form

To collect sponsorship offline contact [georgina@tibetrelieffund.co.uk](mailto:georgina@tibetrelieffund.co.uk) to request a sponsorship form.

#### Match funding

Many company's offer matched funding for employees carrying out sponsorship events – find out whether this is something your employer takes part in for a chance to have your funds raised doubled.

**Persuade the first few sponsors to give you a high amount. Others will follow and you'll soon hit your target!**

## The money stuff

### Gift aid

Gift Aid allows us to claim back the tax on eligible donations, meaning that for every £1 you raise, we'll be able to claim an extra 25p!

### Paying in your funds

Sponsorship raised through virgin money giving or just giving, with Tibet Relief Fund selected as your chosen charity, these funds will come directly to us.

### For money raised offline:

**Email:** Get in touch at [trf@tibetrelieffund.co.uk](mailto:trf@tibetrelieffund.co.uk) and we'll tell you how to transfer your sponsorship straight over to us

**Phone:** Call us on 020 7272 1414

**Post:** the income sponsorship form below to, Tibet Relief Fund, Unit 9, 139 Fonthill Road, Finsbury Park, London, N4 3HF

## How your money helps

**Raising sponsorship of £200  
could provide education for  
a child for one year**

## Tip

Set yourself a fundraising target and make sure everyone knows about it!







## Income Processing Form

Event Organiser: Title and Name.....

Address.....

.....

Telephone Number.....Mobile Number.....

Email Address.....

### To pay by cheque...

Name of Event	Date of Event	Cheque No.	Cheque Amount	For Office Use Only
<b>Total Submitted</b>				

### To pay by card....

Name of Event.....

Cardholder's name (as it appears on the card).....

Card Number.....

Expiry Date...../.....Valid From Date...../.....Issue Number.....ICC Number.....

Type of card (Maestro/VISA/Mastercard, etc.).....

## Finances

Once your event is over and done with, the next step is getting us the money!

All you need to do is complete the form opposite, filling in all your details, write us a lovely cheque (or get an adult to do that part for you) and then send the cheque, form and copy of your sponsorship pages (if any) to us at:

**Tibet Relief Fund**  
**Unit 9, 139 Fonthill Road**  
**Finsbury Park**  
**London**  
**N4 3HF.**

If you don't fancy paying by cheque, then card if fine. Fill in the boxes opposite and send it to the above address!

All amounts over £100 will receive a receipt from us automatically. However, if your amount is below this and you would like one then just ask!



Tibet Relief Fund help to give a sustainable future to Tibetans in Tibet and in exile. We wouldn't be able to do this without your hard work and support.

**Thank you.**

