

Ways you can support the ADHD Foundation

As a registered charity we really value the support of our volunteers and our supporters. Many people contact us from all over the country who are appreciative of telephone advice we have given them, resources they have received from us, information from the website, advice via our social media pages and they ask us how they can raise funds to support us.

We are very grateful of any fund you might raise for us and any amount is greatly received whether it be enough for 10 stamps or for 10 counselling sessions for a family in desperate need of support or in some cases PTAs have raised funds for us to deliver training in their child's school to the whole staff about ADHD and other neurodevelopmental conditions.

Here are some ideas and examples of ways people have raised fund in the past for us:

Gill Henderson has been making cards to sell for us.

Your school could hold a non-uniform day.



You could do a sponsored trek along Hadrian's Wall like Neil Rudge and his friends did to raise money for our Tourette's support Group.



Some of our service users have done the Rock 'n' Roll marathon for us, half marathons, the London Marathon and the Santa Dash to raise money for us.



Relatives of one of our volunteers did the Three Peaks Challenge earlier this year in under 48 hours!





You can hold a gala dinner or buy a table at one of our own popular events.



You can have a collection tub in your business just like Nikki Fell did in her nail salon.



You could have a money tree like the British Society of Perfumers did at their annual UK conference recently. Each person pays £5, £10 or £20 to hang the amount on the tree. We raised over £400 doing this and the British Society of Perfumers match funded this and rounded it off to £1000! Special thanks to Kate Williams for her support with this.



We were so delighted that young Daniel climbed Mount Snowdon for us earlier this year raising over £200!



Our own staff and volunteers did a three legged race for Comic Relief on Red Nose day as they are one of our funders.



Pub Quizzes are always very popular and a good night out.



You could donate an item for a raffle or for us to auction or you can hold a raffle or an auction yourself. Thanks to Eddie Douglas from Base communications for donating this autographed boxing glove



Three of our former service users came along on our Trek along the Great wall of Chine to raise funds for us in September 2015.



If you own a business you might like to sponsor tee shirt or pens like Catherine Higgins Law did for our Annual Conference last year.



Several businesses from BNI in Merseyside got together and supported us at a Golf Day.



Friends of the Foundation have done sponsored Bike rides to raise money for specific pieces of equipment.



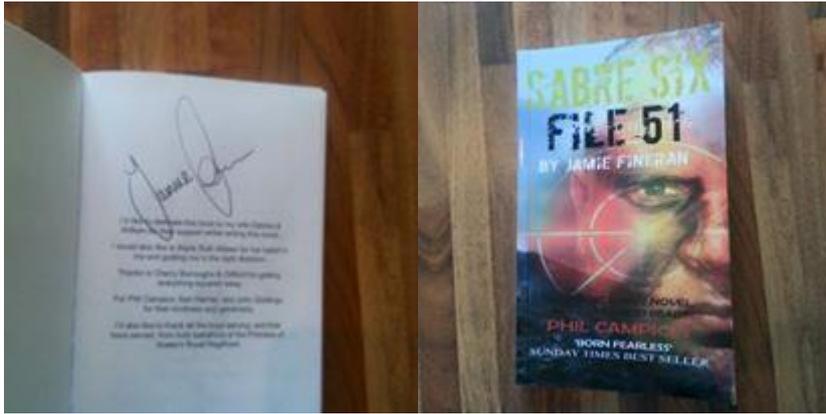
A few brave supporters even did a zip wire challenge for us!



You can get a permit for a bucket collection or ask your local theatre if you can hold a collection after a performance.



You can sell cookie mixes and cupcakes which always go down well.



Jamie Finneran kindly raffled a signed copy of his latest book for us.



Wine tasting
evening at *Segura*

on Wednesday, 29 April 2015 from 6.00pm to 9.00pm
Segura • County Road • Walton • Liverpool

Blind Tasting Competition • Raffle Prizes
Tickets £20.00 • Paella Included

With proceeds donated to



The winning piece of the puzzle
ADHD Foundation
In association with

Thank to Terry May from Segura in Walton we had a fabulous wine tasting event.