

A man wearing a dark blue baseball cap and a white t-shirt is smiling and holding two babies. The baby on the left is wearing a pink beanie and a leopard-print jacket, while the baby on the right is wearing a white beanie with bunny ears and a leopard-print jacket. They are standing on a grassy area with other people in the background. A teal circular logo with the text 'twins TRUST' and 'we've got you' is in the top left corner.

twins
TRUST
we've got you

Fundraising Pack

#TeamTwinsTrust

Your Fundraising Pack

Thank you so much for choosing to fundraise for Twins Trust!



By supporting us, you are helping to make a real difference to the lives of twins, triplets and more, and their families across the UK. Whether this is your first time fundraising or you've supported us before, we are incredibly grateful for the time, effort and enthusiasm you're giving to support our community.

We've got you

For 50 years, Twins Trust (formerly TAMBA) has helped families across the UK to feel equipped and confident to meet the challenges that come with having twins or triplets.

How we help:

Our expert **information** has helped thousands of families. We have guides, pregnancy and parenting courses and expert drop-ins to help families during every stage.

We can **connect** families with others who 'get it', both on-line and in-person. If people are facing a specific challenge or just want to offload - our Helpline connects them with trained volunteers, who are also parents of multiples.

If families need more intensive **support**, we offer services, including educational, practical and legal advice. And our In-home practitioners will always be there for families in crisis.

We work with healthcare professionals to develop the best possible care to improve the safety of multiple pregnancies. We also **campaign** for change, helping to shape government policy and improve NHS support for our families.



£100 could mean calls are answered at breaking point when parents with baby twins or triplets feel overwhelmed and don't know who else to turn to



£300 could mean a family doesn't face crisis alone and instead parents are given dedicated one-to-one support in their home, giving them confidence in caring for their babies



£500 could help give babies a fighting chance by sending one of our midwives into a hospital to ensure families get great care and bring their babies safely home

Inspire Me

There are plenty of ways you can make an impact. Find inspiration below plus a poster template, sponsorship form and certificate at the end of the pack.



Sell any unwanted clothes or toys

Sell on Vinted or Ebay and donate the money you made

Ask for donations

Do you have a birthday, anniversary or special multiples' milestone coming up? Celebrate by asking for donations instead of gifts



Sponsored buggy walk or scooter stroll

Set a fun 'double' challenge – double the distance, triple the fundraising target, or take on two challenges in one month



Host your own quiz night

This can be at home, online, or you could organise one at your local pub

Host a playdate at home

Ask your friends to donate what they'd spend at soft play, a local class, or a slice of cake and coffee at a café. You can do this any time of the year, and theme it to a variety of celebrations



Fundraising Ideas



Take a month off caffeine, sugar or social media

Ask friends to sponsor your willpower



Workplace Fundraising

Getting your colleagues involved is a brilliant way to boost your fundraising and bring people together. Whether it's a one-off event or a team challenge it's a chance to connect, collaborate and make a real difference together.

Charity of the Year

If you want to learn more about how your company can choose Twins Trust as your nominated Charity of the Year, please get in touch

Running Challenge

Recruit your team to take on one of our running or challenge events together

Bake Sale

Host a cake sale or bake-off style competition. This is a simple and social way to raise funds in the office

Christmas Jumper Day

Do you have a Christmas Jumper Day already in the diary? You could raise money for us

Sports tournament

Host a football tournament, golf day or padel game for some friendly competition with your colleagues and friends

Donate

If you run your own business, donate a percentage of sales from selling your products

Host a Raffle

A great way to raise funds by selling tickets for donated prizes

Fitness Fundraiser

Do you work in the fitness industry? Why not host a sponsored cross fit, spin or yoga class for us

Payroll Giving

Payroll giving is a tax-effective and easy way for employees to give a regular donation. It's simple to set up and won't cost you a penny

Nursery Fundraiser

Your child's nursery could host a special dress up day, mini bake sale, teddy bears picnic, or a sponsored mini run or scooter ride



Ask if your employer will match what you raise. Many employers provide matched giving schemes, doubling your total instantly

Your Fundraising Checklist

Once you decide what you would like to do for Twins Trust, we have included some simple ways to kick start your fundraising;

✓ SET UP YOUR JUSTGIVING PAGE [HERE](#)

It's quick, secure and your donations come directly to us

✓ PERSONALISE YOUR PAGE

Include your target and personalise your JustGiving page with photos. Include the reason why you're fundraising for Twins Trust

✓ SHARE YOUR PAGE

Share your page link on your social platforms, WhatsApp and email signatures

✓ ADD MILESTONES

Celebrate your success and update your page with any training or fundraising milestones you hit

✓ INCLUDE A FINISHER'S PHOTO

Remember some people will wait until you have completed your run, challenge or event before donating so be sure to include a finisher's photo of yourself to encourage those last donations

✓ SAY THANK YOU

Thank everyone who has donated and let them know how much their support means to you



Hosting an event?

Let's make sure it's fun, safe and legal!
Here's what you need to know before you get started.



✓ PERMISSION

Get consent from the local authority or venue owner before holding an event in public.

✓ PHOTOS

Tell attendees if you plan to take or share photos.

✓ FIRST AID

Always have someone able to help. For larger events (around 500+ people), ensure at least two qualified first aiders. For bigger events, contact our team for advice.

✓ INSURANCE

Check that you or your venue have Public Liability Insurance in place.

✓ FOOD SAFETY

Follow the Food Standards Agency's advice for preparing and storing food.

✓ LICENSES

Some fundraising activities (such as public collection raffles, or playing recorded music) may require a licence. Check with your local authority.

✓ DATA PROTECTION

Only collect the information you need, keep it secure and don't share it unnecessarily.

✓ UNDER 18s

Anyone under 18 must have permission from a parent or guardian

✓ FOR FURTHER GUIDANCE

See GOV.UK or the Health and Safety Executive (HSE) advice on running voluntary events safely, or contact us for support.

Twins Trust cannot accept liability for any accident, injury, loss or damage arising from your event.

Twins Trust is a registered charity number (England & Wales) 1076478, (Scotland) SC041055, and a registered company number 03688825

Mini Fundraisers

Who said that the grown-ups should have all of the fun? We know a lot of our community have little ones at home who may like to fundraise too. Talk them through the ideas below or let them come up with their own fundraiser.

Bake Sale

Have a bake sale at home, school or nursery

Sponsored silence

Stay silent for a set time. Get sponsored by friends and family and donate the money you raise.

Our mini fundraisers can find a special certificate at the end of the pack to thank them for their amazing fundraising!

Fun events

Could their nursery or pre school host a raffle, teddy bears picnic or mini fun run?

Fundraising events

Are you part of a gymnastics or football club who would be willing to put on a fundraiser for Twins Trust for example a disco or show?



Sponsored challenge

Take on a sponsored walk, run, scooter ride or cycle, they choose the distance. You could double or triple the fundraising target they reach or take on two challenges in one month!

Themed play date

Host a fun themed play date with your friends, you could all dress up as your favourite super hero or princess?

Sell old toys

Choose some old toys that you would be happy to sell on vinted or eBay and donate the money you made

Sell arts and crafts

Do you enjoy arts and crafts? Could you make bracelets or paintings and sell to your family, friends and teachers?



Please ensure adult supervision across any activity your little fundraisers are taking on for Twins Trust.

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Paying in your money



We automatically receive funds raised from your online fundraising page but if you have additional funds you can pay them in [here](#) or pay directly into our bank account.

Here are our bank account details:

Name of Bank: Natwest

Account Name: Twins Trust Ltd

Account Number: 74604457

Sort Code: 600921

IBAN: GB84 NWBK 6009 2174 6044 57

Swift / BIC: NWBKGB2L

Please use your name as the bank reference.



Gift Aid



On JustGiving and Enthuse, supporters will be asked if they want to add Gift Aid when they make a donation. This is a simple tick-box for UK taxpayers and increases their donation by 25% at no extra cost to them. As a fundraiser, there is nothing extra you need to do. Simply encourage donors to select the Gift Aid option if they are eligible, as this can significantly boost the overall total raised for the charity. Please note that if they're getting anything in return for their donation (i.e. you're selling tickets to an event or raffle tickets) they can't tick the Gift Aid box.

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Event:

Date:

Time:

Location:

Price:

Thank you for raising funds for Twins Trust

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Sponsorship and Gift Aid Declaration Form

Please sponsor me (name)

To take part in (event)

I am taking part because

To the sponsor: The person named above has agreed to take part in the above event in aid of Twins Trust, registered Charity No. (England & Wales) 1076478, (Scotland) SC041055. Thank you for your donation to support our charity. You are helping to save babies' lives and supporting families with twins, triplets or more to receive better medical care, and improved health and welfare.

To the participant: Once this form is completed, please add your own address, phone number and email address here. This information will be securely stored on the Twins Trust database and will be used to match you with your funds raised. You will not receive mailings about Twins Trust (aside from those relating to this event) unless you opt-in to do so on our website: www.twinstrust.org. Thank you so much.

Address:

Phone:

Email:

If I have ticked the box headed 'Gift Aid? ', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Remember: Full name + Home address + Postcode + ✓ = Gift Aid

Full Name (First name and surname)	Home address (only needed if you are Gift Aiding your donation), Please don't put your work address here)	Postcode	Amount	Date paid	Gift Aid? ✓

Remember: Full name + Home address + Postcode + ✓ = Gift Aid

Full Name (First name and surname)	Home address (only needed if you are Gift Aiding your donation), Please don't put your work address here)	Postcode	Amount	Date paid	Gift Aid? ✓
Total donations received					
Total Gift Aid donations					
Date donations given to Charity					

Twins Trust is a registered charity number (England & Wales) 1076478, (Scotland) SC041055, Twins Trust, 10-18 Union Street, London, SE1 1SZ, 01252 332 344. Email your sponsorship forms to fundraising@twinstrust.org



This certificate is awarded to

for raising an amazing

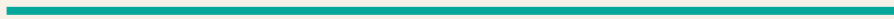
**Thank you for helping us to continue our vital work improving
the lives of families with twins, triplets or higher multiples**



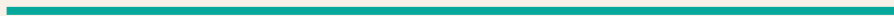
twins TRUST



**This Mini Fundraiser
certificate is awarded to**



for raising an amazing



Thank you!





Thank you

Thank you, good luck and stay connected.

You're amazing. Because of you, parents of twins, triplets and more can find connection, confidence and hope.

We'd love to stay in touch — share your fundraising photos, stories and achievements using #TeamTwinsTrust and tag

us: 📷 Instagram & Facebook: @twinstrust

🐦 X (Twitter): @twinstrust

Fundraising team contact details:

Email: Fundraising@twinstrust.org

Phone: [01252 332344](tel:01252332344) Option 3

