

Fundraising Newsletter – June 2024

Dear Friends of CAAS,

Our supporters have achieved some amazing things so far this year, and we want to keep you updated and let you know about new opportunities for fundraising that are coming up soon that you might be interested in taking part in. We have lots of different, fun ways for raising money, so do please look at the ideas at the bottom of this email.

We'd also like to ask for your help! We'd be so grateful if you could spread the word about the work we do with anyone in your network who might be interested in supporting us. Could you post volunteering or fundraising opportunities on your social pages? Do you know anyone that might be able to nominate us as their workplace charity of the year? Do you know any groups that would like to fundraise for us?

Your contacts could really help us to grow our relationships. We would love to work with more Rotary groups, WI's, and Faith groups. If you are part of any groups, schools or workplaces that might be interested in fundraising for us, or you would like to chat through any ideas you have for supporting us, please let me know.

Last year, fundraising from our amazing community helped us to provide over 50 different services to more than 5,000 people.

However, it costs over £2,000 per day to keep these services running. If you can help us to support ADHD/autistic individuals and their families to live their lives well, please get in touch with Gemma at fundraising@adhdandautism.org

Thank you so much for the continued and valued support you have shown us. Please read on for some examples of super fundraising and other ways that you can get involved, some big, some small and some completely free! If in doubt, visit our website: <https://adhdandautism.org/get-involved/fundraise/>

Thank you so much for your support 😊

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Physical Events

Run, Walk, or Cycle for CAAS

Brett Bishop cycled an incredible 200 miles with a staggering 5000-meter climb – equivalent to 56% of the way up Mount Everest in one day – in Mallorca on the 27th of April to raise funds for CAAS. If that inspires you, get in touch and find out more about how you can be part of amazing events like this one. fundraising@adhdandautism.org



Run for Charity

We are now registered with Run4Charity, who have some incredible completely sold-out events that you can still get tickets for if you choose to run for us, including:

- The London Asics 10k,
- London Landmarks Half Marathon,
- Oxford Half,
- Manchester Half,
- The Amsterdam Marathon,
- Run Alton Towers (*Family Friendly range from family race to half marathon*),
- The Great Run Series (Great North 10k, Great South, Great Bristol, Great Birmingham, Great Manchester, Great Scottish),
- Inflatable Series Events (*All across the UK & family friendly*),
- Bungee Jumps (*All across the UK*)

Visit [Run For Charity - Charities](#) to find out more.

Ultra Challenge

Are you a walker, jogger, or runner looking for a different kind of challenge – or know someone who is?

If so, these events are for you – and you don't need to be a budding elite athlete – Ultra Challenges are for everyone – take it on at your pace! Whether along stunning coastlines, or on trails through Britain's countryside, your Ultra Challenge will be unforgettable – with full support all the way, new friends made, fundraising for your favourite charity, and an amazing sense of achievement.



For example, the brilliant Claire Russel took on the Isle of Wight Challenge for CAAS on the 4th and 5th of May.

If you would like to challenge yourself in 2024 and make a difference, find out more here: [Ultra Challenge - Walk, Jog or Run Home](#)

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Discover adventure

Ready to do something incredible? Discover Adventure is for you.

In the UK you can take on Yorkshire's 3 Peaks, or if you've got a long weekend and want to travel further, visit 3 countries in 3 days on the Tour du Mont Blanc.

There's a 10-12 day trek that will take you to the far-flung corners of India, Colombia, Jordan or Costa Rica – all with a huge variety in landscapes ranging from deserts and jungles, mountains and foothills, we can guarantee you'll find somewhere to put on the 'to-do list!'

Do something incredible and raise vital funds for CAAS as you have the adventure of a lifetime.

[Charities \(discoveradventure.com\)](http://Charities.discoveradventure.com)



Skyline Events

Tick something off of the bucket list and raise money for a good cause with Skyline Events. A sponsored skydive is sure to be a thrilling and memorable experience, and you can fundraise for CAAS while you dive! [New Booking - Skyline Events](#)



Fundraising Events

Getting Creative

Stanmore Arts and Crafts Group are raising money for CAAS with their adorable post box toppers in and around the Stanmore area. If you're part of a group that could raise money for us, please get in touch.



Help us win Benefact's £5k prize for a youth charity! Nominate us for free from 17th-21st June – set up a reminder here [Movement for good - Notify me when the Movement for Good Special draws open](#) and help us get as many votes as possible. Thank you!



Did you know that you can fundraise for us every time you shop online at no cost to you? If you register with Easyfundraising, big brands will donate a percentage of the sale to us. It's quick, simple and completely free! <https://www.easyfundraising.org.uk/causes/adhdandautism>

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Support CAAS by playing the local lottery. Harrow Wins was created by Harrow Council in 2019 to support community projects in the local area. 60p out of every £1 goes directly to local projects and if you take part, you can nominate CAAS to benefit. The biggest cash prize is £25,000! [Support Centre for ADHD & Autism Support when you play Harrow Wins - Harrow Wins](#)



We've partnered with FreeWills.co.uk to provide you with the opportunity to make your fully comprehensive, legally binding Will for free. You can make your personalised Will online in three simple steps from the comfort of your own home, and have the added re-assurance that your Will will be checked, vetted and approved by a solicitor.

[Create A Free Will And Help Support Centre For ADHD And Autism \(freewills.co.uk\)](https://freewills.co.uk)



Volunteering



CAAS staff at a brilliant bowling event in April, organised by the lovely people at NatWest to raise funds for us.

We are always looking for volunteers to help with our fundraising events. If you would like to be involved, please get in touch and we can let you know about upcoming events and add you to our list of wonderful supporters who help us to continue to do such good work.

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