



A Guide to Fundraising

Everything you need to make your fundraising a success!

Thanks for being part of our mission at APS!

Welcome to the Autism Practical Support (APS) fundraising guide!

We are so pleased that you are considering supporting our mission to provide essential services and support to individuals and families affected by autism. Your interest in fundraising for APS is a vital step towards making a significant difference in the lives of those we serve.

At APS, we believe that **every individual with autism deserves the opportunity to thrive and reach their full potential.** However, we cannot achieve our goals without the generous support of people like you.



This guide is designed to help you navigate the exciting journey of fundraising for APS.

Whether you are planning a small community event, a large-scale fundraiser, or simply looking for ways to spread awareness, we have compiled a range of tips, ideas, and resources to assist you every step of the way.

Thank you for joining us - together we can create change!

Let's get started!

What we do at APS

Autism Practical Support (APS) is a charity dedicated to improving the lives of autistic individuals and their families across Cheshire and beyond.

Our work focuses on practical, hands-on support that makes a real difference. We offer a range of services, including:

- **Specialist Advice & Advocacy** – Helping families and individuals navigate the challenges of autism, from diagnosis to daily life.
- **Workshops & Training** – Providing education for parents, professionals, and autistic individuals to promote understanding and confidence.
- **Children's & Adult Activities** – Creating safe, inclusive spaces for autistic individuals to develop social skills, try new experiences, and build friendships.
- **Mental Health & Wellbeing Support** – Offering counselling, mindfulness sessions, and practical coping strategies.
- **Professional Training** - Our professional training team offer education to schools and healthcare professionals, around how best to support autistic individuals.

How Your Fundraising Helps

As a charity, we rely on fundraising and generous community support to continue our vital work.

Your fundraising efforts can directly impact the lives of autistic individuals and their families, providing them with the support they deserve.



£50

£50 could pay for a child to attend 6 weeks of autistic friendly swimming lessons.



£200

£200 could pay for frontline staff to deliver 6 sessions of counselling, giving a safe space for an autistic adult to find practical ways of dealing with their diagnosis.



£500

£500 could pay for half a day of professional training, to help teachers and healthcare staff to support autistic children and young people in their care.

Our Fundraising Tips

Planning a fundraising event should be fun and rewarding!

Here's a step-by-step guide to help you get started...



Donate

Choose Your Fundraising Event

Think about what you enjoy and what will engage your friends, family, or community.

Here are some ideas:

- **Sponsored challenges** – Walks, runs, bike rides, or even a 24-hour silence!
- Bake sales – A classic and tasty way to raise funds.
- **Quiz nights** – Host an online or in-person trivia event.
- **Raffles & tombolas** – Ask local businesses to donate prizes and sell tickets.
- **Dress-up days** – Wear something fun or blue (the colour of autism awareness) and collect donations.
- **Online fundraisers** – Set up a fundraising page and share your story on social media.
- Why not request **donations for your birthday or a special event?**



Get moving!



Host a coffee morning?



Brave the shave?



Themed Party



Gather a team for an active event!



Birthday Collection

What's Next?

You've decided what you're going to do. What's next?



Pick a Date!

Choose a date to do your fundraiser, and give yourself enough time to plan and invite others!



Register With Us

Let us know about your fundraiser, so we can provide you with any further support or merchandise you might need!



Set Your Target!

Setting a target will help you aim high, and will influence your fundraiser. Don't forget, we're here to support you!



Spread the Word

Spread the word about your fundraiser! Share why you're taking part and reach out to as many people as possible through your contacts.



Time to Celebrate!

Every little bit helps! Thank those who supported your fundraising and direct them to APS socials to see the impact their contributions make.

Raise Funds Online Using JustGiving

Raising money for APS is quick and easy with JustGiving! In just a few simple steps, you can create your own fundraising page to collect donations online, which will come straight to APS!

Go to JustGiving – Visit www.justgiving.com and search for Autism Practical Support, or scan the QR code.

Set Up Your Page – Click ‘Fundraise for Us’ and follow the steps to personalise your page with a story, photos, and your fundraising goal.

Share & Fundraise – Spread the word by sharing your page with family, friends, and colleagues via social media, email, or WhatsApp.



Tips for Sharing on Social Media!



Make It Personal

Instead of just asking for donations, share why you care about the cause, and include any personal stories or reasons for supporting APS. A heartfelt message makes people more likely to support you.



Post Regular Updates

Keep your audience engaged by sharing updates about the fundraiser's progress, and include pictures. Let them know how close you are to your goal and highlight any milestones.



Show Gratitude Publicly

Acknowledge donors by thanking them in your posts or comments.



Make It Easy to Donate

Always include a direct link to the fundraiser. The easier it is for people to donate, the more likely they will. Pin the donation link in your profile or bio for easy access.



Go Live or Post Stories

Live videos or Stories create urgency and engagement. Host a Q&A about the fundraiser, share behind-the-scenes content, or celebrate donation milestones as they happen!



In Your School

School fundraisers are a fantastic way to support APS and we really value the support we receive each year from schools.

- Make sure you get everyone involved – Encourage students, teachers, and parents to take part in different ways, from organising events to donating.
- Promote Your Event – Use posters, school newsletters, social media, and assemblies to spread the word.



Fundraising Top Tip

Download and print off the APS sponsorship form from our website, for pupils to raise funds with their own family and friends!





In Your Workplace

Workplaces are the perfect place to run a fundraiser – nothing brings a team together like supporting a good cause! It's a great way to boost morale, encourage teamwork, and make a real difference.

Why not try a swear jar for those potty-mouthed colleagues or host a lunchtime Office Olympics to spark some friendly competition between departments? A classic bake sale is always a winner – everyone loves homemade treats!



Fundraising Top Tip

Lots of organisations will match fund employee fundraising. Check if your company offers matched donations to double your impact!

Getting Your Fundraising To Us



Now that you've done a brilliant job of fundraising for APS, here's how you can get your money to us, so that it'll go directly to our causes:



Online:

You can pay money directly into our bank, using the details below:

Autism Practical Support Ltd

Sort Code- 05-09-67

Account No- 47489517

Pop your full name as the reference, and drop an email to finance@cheshireautism.org.uk to let us know to expect the payment.

If you've received sponsorship from other people, make sure you send us your sponsorship form, with details for gift aid.

Alternatively, you can pay by card to send us money raised by fundraising, by visiting our website, or [clicking here](#).



In Person

Call in to our offices and drop off your cash donation, if you've been collecting cash funds.



By Post

Please don't send cash in the post.

You can however post us a cheque, made payable to Autism Practical Support.



Got a Question?

Got questions about getting your donations to us? Just drop us a line or call us below:

Call us - [0344 850 8607](tel:03448508607)

Email us - info@cheshireautism.org.uk

All that's left to say is...

thanks
for your
support



Autism Practical Support

info@cheshireautism.org.uk

APS, Sension House, Denton Drive, Northwich, CW8 1BE

Thank you for making a difference in the lives of autistic individuals by engaging with APS!