



24/7

Caring 24/7



The Princess Royal Trust
for Carers

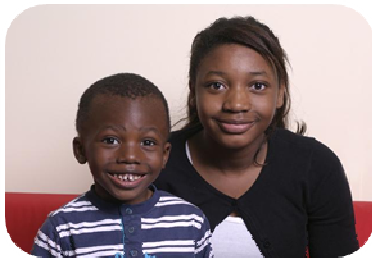
What is Caring 24/7?

24/7 is where we aim to give carers the break they deserve. Show you care by doing something to raise funds for 24/7 – and support the phenomenal work carers do every day.



How The Princess Royal Trust for Carers helps...

We are the largest provider of comprehensive carers support services in the UK, with a unique network of 144 independently managed Carers' Centres – all local charities. Our Carers' Centres:



Find hidden carers who otherwise wouldn't get help



Support carers emotionally and practically throughout their caring journey



Helps carers get the break they deserve



Help carers share experiences and give access to education, training and employment



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The Trust provides **24 hours a day support** to carers through www.carers.org.



How would you manage ?



How would you manage if your mum or dad had a fall or was diagnosed with dementia?

Carers give up life as they know it to care for their families or for the people they love. Sometimes, carers give up their jobs, because of the demands of their caring responsibilities.

Caring for another person isn't a one-off. It is 24 hours a day. Seven days a week. 365 days of the year. No day off. No break.



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Get involved!

Fundraise in any 24 hour period

Fundraise in any 7 day period

Fundraise on the 24th - The choice is yours!

Raise £247. Raise £2,470. Raise £24,700!

Fundraising Hints and Tips

Justgiving.com

- It is easy to set up a Just Giving page, and means people can donate online with the money going directly to The Princess Royal Trust for Carers. Just go to www.justgiving.com to find out more

Matching your Fundraising

- Ask your employer to match any money you raise. Companies often prefer to do this rather than just making a donation as they are supporting your efforts and doubling the results

Gift Aid

- By encouraging your friends and colleagues to donate with Gift Aid, you can make any gifts you receive worth almost one third more, at no extra cost. Simply ask your sponsors to tick that they are eligible for Gift Aid on the Sponsorship form



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Fundraising ideas:

For the energetic

Sponsored walk to work week – ask a minimum of 24 people to walk to work for 7 days

Run as a team for 24 hours - ask non-participating colleagues to sponsor you

Sponsor 24 colleagues to walk 7 miles each

Sponsored bike it to work week

Quick ideas

Ask all staff to donate £2.47

Office raffle / online auction of products and/or services / raffle a day's extra leave

Arts & crafts sale with all proceeds to the 24/7 campaign

Bring in sandwiches and donate your lunch money for 7 days

Social

Set up simple, fun fair-style games such as ball in the bucket, apple bobbing, horseshoes etc

Cake sales - A group of employees bake 24 cakes then sell them at lunch time for £7 a cake

Office picnic – ask everyone to bring in something and donate their usual lunch money

Lunchtime quiz - teams pay to enter



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To find out more ways to help raise money in support of Caring 24/7 visit

www.carers.org





Give carers
the break
they deserve.
Support 24/7.

It's carers like Joan that you could help...

Joan, 75, cares for her daughter Joanne who is 41 and was born with physical and learning disabilities as a result of German measles during pregnancy.

"I have been caring for my daughter Joanna who has been deaf, dumb and partially blind since birth. For the last five years she has been in a wheelchair and everything has to be done for her".



"Our local Princess Royal Trust for Carers' Centre has been wonderful support and I can't praise them enough. They have given both emotional and practical help. You can also meet other parents in a similar situation where you can talk to one another and realise that you're not on your own".



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Your gift, no matter how small, will help The Princess Royal Trust for Carers maintain key projects UK wide and provide a support network for carers.

How your contribution can help...

£14.50

• **Regional Carers' Centres**

- This could pay for a carer to have a counselling session at one of our 144 regional Carers' Centres

£26

• **24hr Support**

- This could help us maintain our on-line discussion forums that give carers 24-hour access to support from others in the carer community

£37

• **Grants for Carers**

- This could pay for a specialist 'transfer board' to prevent a carer hurting their back when helping to move a disabled person between chairs, toilet seats and beds

£55

• **Young Carers' Activities**

- This could give a young carer a one day respite break to have some time off from their caring role

£100

• **Young Carers' Activities**

- This could send a young carer on a weekend respite break to have some time off from their caring role

£400

• **Educational Bursary Fund**

- This could assist carers with the costs of educational courses which will enhance their quality of life, whether for education, personal development, simply for pleasure or return to work skills



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You could be helping a carer today.



Why we need your help...

The Princess Royal Trust for Carers relies entirely on the generosity of people like you to help us continue our work. Without your support thousands of carers face a life of isolation that can be mentally, physically and financially draining. Your support can free carers from having to cope alone, to give them the practical, financial and emotional support that will make their lives just that little bit easier.

Carers care 24 hours of every day of every week. **But just one hour of your time might make a difference.**

Find out more, visit www.carers.org.



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