

# GARDEN GATHERING

YOUR OWN SUMMER FUNDRAISER



“It's a great excuse for getting together with friends and family.”

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.



# MAKE THIS SUMMER COUNT

**Imagine not being able to move, sleep, or smile. Feeling anxious or depressed, and struggling to think or remember. Your body not feeling like your own. This is what Parkinson's can feel like.**

Garden Gathering is your unique way to bring people together to make a real difference for people affected by Parkinson's. Whatever the weather and wherever you are, celebrate the summer your way with a fun filled fundraiser. Tea and cake or cocktails and a BBQ, help find a cure and support everyone affected by Parkinson's.





"There are many reasons I support Parkinson's UK, but perhaps most importantly it is to raise awareness of Parkinson's in memory of my lovely dad. Our garden festival is really just a big party with family and special friends."

– Amanda

# FUNDRAISING INSPIRATION

Do something your friends and family will be talking about for years! Break the rules, make it fun, and make a real difference to the lives of everyone affected by Parkinson's.

These are just some ideas for how to make your get together special.



## Cocktails and mocktails

Put together a fun drinks menu or bar area, and ask for a donation for each drink.



## Sundae surprise

Design a delicious cold treat, or maybe set up a 'create your own' sundae bar.



## Garden sparkle

Feeling creative? How about getting the kids (and big kids) involved with some face painting or festival glitter?



**Game on** Welly wanging, tug of war, or a game of giant Jenga are just some of the ways to turn up the heat and get competitive.



## Fete frolics

Get nostalgic and set up a coconut shy, hook a duck, or wet sponge throwing booth.



## Raise the stakes

Raffle, tombola, auction or lucky dip – which one will you pick?



## Who's the DJ?

Set up a pay per play system, where your guests can choose songs in exchange for donations.



## Bake off or dance off

Either way the gloves are off.





# ABOUT PARKINSON'S UK

Every hour, 2 people are told they have Parkinson's.

It affects 145,000 people in the UK – which is around 1 in 350 of the population.

Parkinson's is a degenerative neurological condition, for which there currently is no cure. The main symptoms of the condition are tremor, slowness of movement and rigidity.

Parkinson's UK is the UK's leading charity supporting those with the condition. Its mission is to find a cure and improve life for everyone affected by Parkinson's through cutting edge research, information, support and campaigning.



# THE DIFFERENCE YOUR MONEY MAKES

**£25** could pay for someone to take an advanced smell test, to help our researchers test the theory that loss of a sense of smell is a precursor to Parkinson's.

**£40** could pay for a month of nutrients to grow brain cells in the lab for research, helping find new and better treatments for Parkinson's.


**£125** could fund a clinical researcher for a day, allowing new Parkinson's treatments to be tested and better diagnostic techniques to be developed.

**£350** could fund the Parkinson's UK Brain Bank for half a day, supporting researchers in the UK and around the world in their mission to find a cure for Parkinson's.

**£600** could fund a MRI brain scan for an hour, to help our researchers learn more about the Parkinson's brain.



# YOUR GARDEN GATHERING CHECKLIST

- ☐ Set the date
  - ☐ Speak with your regional fundraiser for materials, guidance and support
  - ☐ Invite your friends/family
  - ☐ Plan food and drink for your guests
  - ☐ Prepare your indoor/outdoor space
  - ☐ Create your perfect playlist
  - ☐ Create a Facebook event
  - ☐ Create a JustGiving page for friends who can't attend but might want to donate
  - ☐ Check your home or venue insurance
  - ☐ Lights, camera, action – be sure to send us your photos!
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# SEND US YOUR DONATIONS

## After your Garden Gathering – sending us your donations

### Online

Go to [parkinsons.org.uk/gardengathering](https://parkinsons.org.uk/gardengathering) and donate via our secure online donation form using your credit or debit card. Make sure to include your information so we know where your donation came from.

### Over the phone

Call us on 020 7963 3912 and donate using your credit or debit card.

### JustGiving

Parkinson's UK will automatically receive any money you raise online via your JustGiving page.

### By post

Send us a cheque (made payable to **Parkinson's UK**), along with a covering note with your name, address and to say that the funds were raised by taking part in Garden Gathering.

If you or your guests are UK tax payers, Parkinson's UK can claim back an extra 25p for every £1 donated via Gift Aid – at no extra cost to you. Ask your guests to fill out a Gift Aid form and send this along with your donation.

Contact [gardengathering@parkinsons.org.uk](mailto:gardengathering@parkinsons.org.uk) to order more materials.

Every hour, two people in the UK are told they have Parkinson's – a brain condition that turns lives upside down, leaving a future full of uncertainty.

Parkinson's UK is here to make sure people have whatever they need to take back control – from information to inspiration.

We want everyone to get the best health and social care. So we bring professionals together to drive improvements that enable people to live life to the full.

Ultimately, we want to end Parkinson's. That's why we inspire and support the international research community to develop life-changing treatments, faster. And we won't stop until we find a cure.

**Together we can bring forward the day  
when no one fears Parkinson's.**

Parkinson's UK  
215 Vauxhall Bridge Road  
London SW1V 1EJ

Free confidential helpline **0808 800 0303**  
(Monday to Friday 9am–7pm,  
Saturday 10am–2pm). Interpreting available.  
Text Relay **18001 0808 800 0303**  
(for textphone users only)

**hello@parkinsons.org.uk**  
**parkinsons.org.uk**