

TRANSFORMING
THE UK'S
RESPONSE
TO HIV



Fundraising Pack



**National AIDS Trust:
Leading HIV policy
and campaigning**

Message from the Chief Exec



Firstly, thank you so much for choosing to support NAT. We are a small charity (we have just 15 staff members) but we have big ambitions. 84p in every pound we receive goes directly on our policy and campaigning work, meaning your support goes a long way.

Many people in the UK believe HIV is a thing of the past, that we don't need to worry about it or concern ourselves with raising awareness. They couldn't be more wrong. There are now more people living with HIV than ever. One in 17 gay or bisexual men in the UK have HIV and one in 18 black African people. The number of young gay men diagnosed with HIV has doubled over the past ten years, and at the same time public awareness is declining. HIV is an issue that needs urgent attention. That is why it is so important you have chosen to support us. We have a vision of a world where everybody understands how to protect themselves and others from transmission and that people with HIV can live without stigma and discrimination. Together we can make that vision a reality.

Thank you!

Deborah Gold

Whether you're aiming big or small, planning a sponsored silence or sponsored bungee jump, you'll find everything you need here in this pack.

If you're not sure what type of event you'd like to hold, this pack is filled with tips, ideas and stories to inspire you. Or if you already know what you'd like to do then we have lots of practical advice and resources to make sure your event is a hit!

And don't forget, you can always contact our fundraising team for help or support at fundraising@nat.org.uk or call us on 020 7814 6767.

Contents

Why fundraise for NAT?	4
James' story	7
Fundraising at work	8
Fundraising at school	9
Fundraising at university	10
Individual fundraisers	11
NAT's top 10 fundraising ideas	12
Practical tips for successful fundraising	25
Promoting your event	26
Keeping it legal	27

Why fundraise for NAT?

Over the past three decades we have made a huge difference to the lives of tens of thousands of people living with HIV in the UK by influencing the Government and driving positive change. NAT is completely independent, so we can challenge injustice wherever we see it – always led by the issue not where the money is.

Our mission is to:

- ➔ Halt the spread of HIV.
- ➔ Increase HIV testing.
- ➔ Ensure access for all to HIV treatment, care and support.
- ➔ Educate the public about HIV.
- ➔ Eradicate HIV-related stigma and discrimination.

But we can only make these goals a reality with your help.

Why we are needed:

- ➔ The number of people living with HIV is increasing.
- ➔ One in 360 people has HIV - and one in four don't even know they have it.
- ➔ People know less about HIV than 15 years ago.
- ➔ In 2014, 16% of people thought you could get HIV from kissing, compared to only 6% in 2000.
- ➔ Less money is being spent to prevent HIV.
 - ➔ £15 million spent in 2014/15 versus £55 million spent in 2001/02.
- ➔ People living with HIV face unacceptable stigma and discrimination.
 - ➔ Almost half of people living with HIV report feeling guilty and ashamed because of it.

Policy in practice – this is how it works

NAT is a policy and campaigning organisation, but what does that mean? What is Policy?

Policy is the backbone of everything that happens in our country; it is the laws, the regulations and the guidance which affect every aspect of all of our lives. So to change society, we have to change policy.

1 A number of people living with HIV came to NAT and told us they were struggling to find work, as pre-employment health questionnaires meant they had to disclose their HIV status before being offered a job. There was no policy banning this practice, meaning companies could do what they wanted.

NAT knew one way to get this banned was to include it in the new Equality Act. NAT lobbied hard for this to happen. We provided evidence and research and highlighted the effect this was having on people living with HIV to the Government.



After months of campaigning we were successful.



Now the law in the UK bans pre-employment health questionnaires, so people know their HIV status isn't going to stop them getting a job.

How you can help

We believe we make the most lasting and positive impact on the greatest number of lives by changing attitudes, behaviour, decisions and policies. By influencing those people whose actions have the biggest impact on the lives of people affected by HIV in the UK - Government officials, teachers, NHS staff, politicians - we will make the biggest changes. The hard work and dedication of our wonderful fundraisers is crucial if we are going to achieve our goals.

£2 means we can provide a young person at risk of HIV with the information they need to protect themselves through our website HIVAware.org.uk

£3 will provide a teacher with the free resources they need to teach their class about HIV.

£25 will maintain our Press Gang Network, which enables people living with HIV to challenge misleading and stigmatising media coverage for a month.

£50 will mean NAT can challenge a misleading and stigmatising article on HIV, ensuring journalists writes the facts about the condition.

£200 will continue our campaign to protect HIV prevention funding, which is under threat, for a week.

£500 a week is needed to continue leading the movement of people demanding same-sex sex and relationships education.



**Put simply we couldn't
do it without you!**

James' story



“

I was diagnosed with HIV at the age of 18, I remember it like it was yesterday. Being called forward by the doctor, being sat down (already trembling) and then hit with the news.

Nothing could have prepared me for it. I knew very little about HIV at that age. I remember very clearly some awful sex ed lessons at school. I was never taught of the love between two men or two women. I was having feelings I didn't know what to do with and I felt so isolated. Since the teacher never spoke about it, you think maybe it's wrong to feel like that. I didn't feel like there was an adult at school who I could approach.

If I had been better educated, I'm 99 per cent sure I'd have acted differently. HIV and AIDS was not on the radar at all. If it was ever mentioned it was as a joke, 'the gay disease'.

I'm still disturbed there are so many young people going through the system who are not getting the information they need to live their life properly. ”

Fundraising at work

We understand that you're busy people so the workplace is a great place to raise funds and awareness of HIV. We've packed this fundraising guide full of quick and easy ideas for you and your colleagues to try out.

Check out our tips on Bake Sales (pg.12), Challenge Events (pg.14), Dress-Down Days (pg. 16), Quiz Nights (pg.18) and Promise Auctions (pg.23) in particular.

How your employer can support NAT too

Matched Funding

Ask your company if they can match the money you raise for NAT. A number of employers operate matched giving schemes and it is also a great way for them to promote their commitment to corporate social responsibility.

Set up a 'Give As You Earn' Scheme

Give As You Earn (GAYE) allows you to donate a small sum of your monthly pay to NAT and the great news is that it's money that is deducted before tax. So, if you or one of your colleagues choose to donate £10 a month to NAT via GAYE, it will only cost you £8 from your monthly pay if you are a basic rate taxpayer, and even less if you are a higher rate taxpayer.

Ask your HR department if they have a scheme in place. If they do, ask them to include NAT as one of their suggested charities. If they don't have a scheme in place, setting it up is very easy and we're happy to help!

Your company may even have a £ for £ scheme, where they will match (or even double!) the amount you pledge.

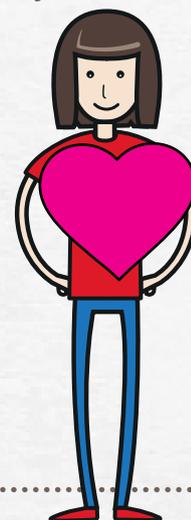
Red Ribbon Collections

Ask your company to display a red ribbon collection box for World AIDS Day on its reception desks or in other busy areas.

Play Cupid like Lloyd's Register

For Valentine's Day, staff at the Lloyd's Register offices made everyone pay £1 to wear red or pink, held a cake sale, sold roses

to send anonymously around the office, had a 'Guess How Many Sweets Are in the Jar' game and made their very own Valentine's Quiz, charging people to take part.



Fundraising at school



Put a Ribbon On It like Abbeywood School

Abbeywood School's wonderful leading ladies put up posters, baked delicious ribbon

themed cakes, spoke in assemblies, crafted 100 #PutARibbonOnIt bracelets and even used a projector to play pin the ribbon on the celebrity.

Fundraising in schools is the perfect opportunity not only to get students involved with raising money for NAT but also to engage them with facts about HIV and the realities of living with HIV.

Download our Schools Pack [nat.org.uk/Publications/Teachers-resources] here for great ideas for lesson plans and assemblies to work in conjunction with your fundraising.

Our tips on holding Bake Sales (pg.12), Dress-Down Days (pg.16), Quizzes (pg.18), Promises Auctions (pg.23) and putting on plays and musicals (pg.19) are very well suited to fundraising in schools.



Get creative like Buckswood School

For two years in a row Buckswood School raised a phenomenal £800 for NAT by holding a Christmas Market at

the school, complete with log cabins and elves! They sold red ribbons, cakes, sweets and festive fayre in order to help NAT continue its vital campaigning work.

Fundraising at university

With such a range of talented people and university societies right on your doorstep, it's no wonder university students generally make the most creative fundraisers!

The abundance of skills and resources at your fingertips mean that you could attempt just about anything on our list of fundraising ideas. But why not check out Quiz Nights (pg.18), Put On a Show (pg.19), Party On (pg.20), Promises Auction (pg.23) and Collections (pg.22) in particular?

Student Unions

Team up with your student union event organisers to host parties, club nights, concerts or comedy nights! Your Student Union might even have a Twitter, Facebook or website you could utilise to help promote your event.

Raising and Giving Societies

RaG societies are fantastic at raising money for charity! Join forces with your RaG society to hold a collection or host a challenge event!

If your university RaG has annual nominated charities, then we'd love for you to nominate NAT! Get in touch with our fundraising team for help with the election process - fundraising@nat.org.uk.

Host an event at your university!



The University of Kent RaG raised an impressive £725 when they held a Take Me Out evening in aid of NAT. Not only was it a great fundraising success, but all four of the main contestants managed to pair up and were sent for romantic meals in different restaurants.

Feel the Love like the University of Kent

Individual fundraisers

You don't need to be in a school, office or university to be a successful fundraiser! Our pack is filled with ideas for you to try out on your own or with friends and family.

Check out our tips on challenge events (pg.12), selling and recycling your old goods (pg.17), holding a bake sale (pg.12) and hosting a party in aid of NAT (pg.20).



Go the distance like Emma Smith

Emma Smith set herself the challenge of swimming from Scarborough Sea Life Centre around

the marine drive to the Spa in aid of NAT. She boosted her sponsorship totals by getting the local press to cover the story and managed to raise over £500.

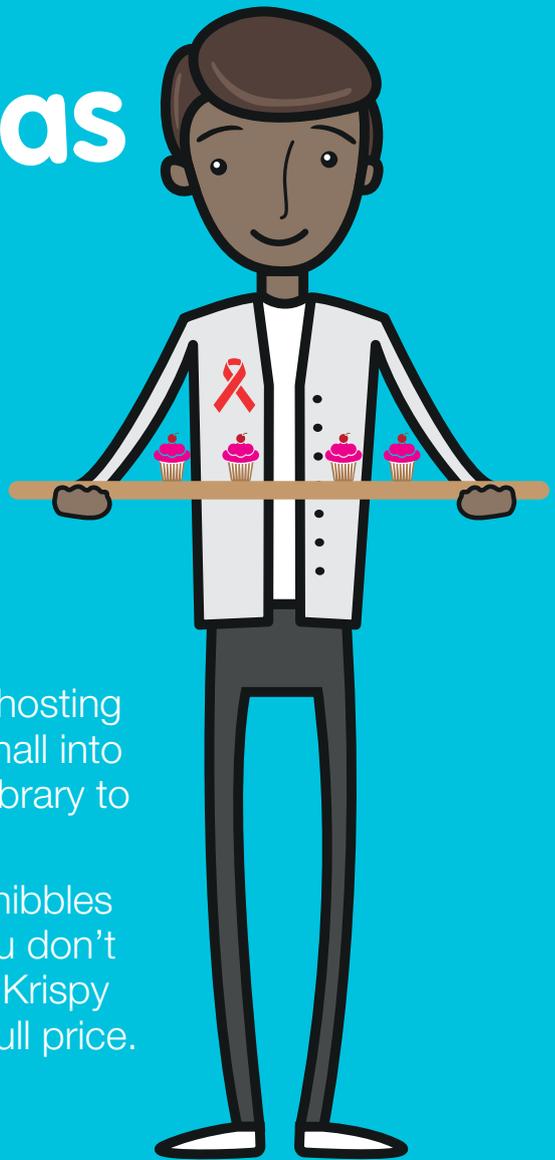


NAT's top 10 fundraising ideas

1. Bake Sale

It's an oldie but a goodie! And you can hold one practically anywhere - start the weekend early by hosting an afternoon bake sale at work, turn your school hall into a picnic room or pitch up outside your university library to provide some much needed study snacks.

Theme your bake sale with red ribbon treats and nibbles with our tried and tested recipe on pg.13. Or if you don't have time to bake your own, why not order some Krispy Kremes at a discounted rate and sell them on at full price. Find out how at their website.



Top tip: Why not turn your bake sale into a Cupcakes and Cocktails night in and charge an entrance fee? You can find a recipe for our very own Long Island Iced NATea on page 21.

Red Ribbon Cookies



Method

1. In a large bowl, beat butter until light and fluffy, then beat in sugar. Beat in egg and vanilla.
2. In a separate bowl, whisk together flour, baking powder and salt. Stir into butter mixture.
3. Refrigerate the dough for one hour. Roll out the dough to $\frac{1}{4}$ inch (5mm) thickness on floured surface.
4. Cut the dough into 11 inch x $\frac{3}{4}$ inch strips (28cm x 2cm) and fold the strips into ribbons. With a spatula, place cookies (1 inch (2.5cm) apart) on parchment paper-lined or greased rimless baking sheets.
5. Bake in the centre of 190C oven until lightly golden on the bottom and edges. Leave to cool on pans or racks.

Icing:

In a bowl, beat the meringue powder with water. Beat in the icing sugar, in three additions, until stiff (takes about 4 minutes). Tint with food colouring to the desired red shade. Divide in half. Thin one half with about 1 tbsp water to make a spreadable consistency; cover with a damp towel.

Spoon the remaining thick icing into a piping bag. Pipe neatly around the edges of the ribbon shape and leave for 30 minutes until dry. Spread the thinned icing to cover the ribbon. Leave for 30 minutes until dry.

Ingredients:

- ✓ $\frac{3}{4}$ cup (175ml) softened butter
- ✓ 1 Cup granulated sugar
- ✓ 1 egg
- ✓ 1sp vanilla essence (5ml)
- ✓ 2 $\frac{1}{2}$ cups plain flour
- ✓ $\frac{1}{2}$ tsp baking powder

- ✓ 1 pinch salt

Icing:

- ✓ 2 tbsp (25ml) meringue powder
- ✓ $\frac{1}{4}$ cup (50ml) water
- ✓ 2 $\frac{1}{3}$ cups icing sugar
- ✓ 1 pack of red paste food colouring

2. Challenge yourself

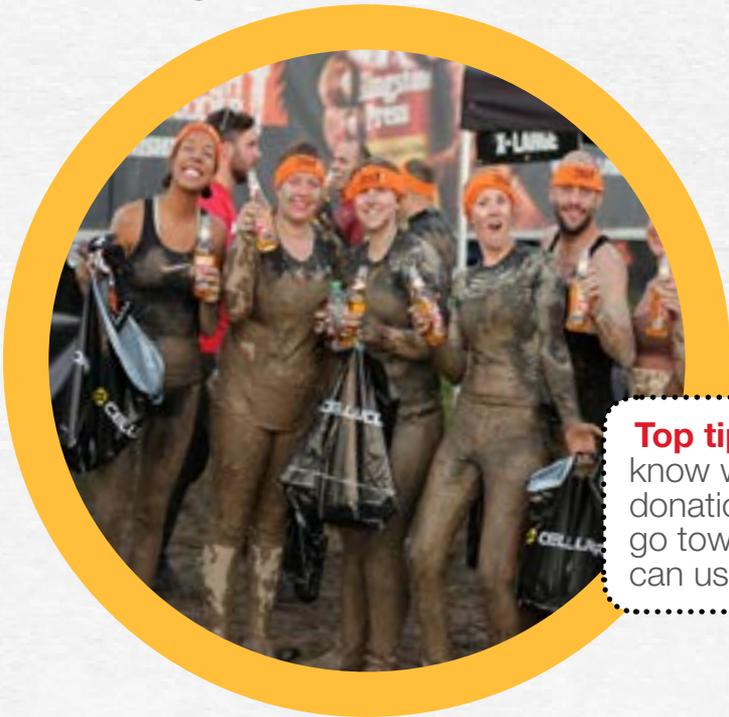
Whether you're a runner, swimmer or skydiver, challenge events are a great way to get fit whilst fundraising to support NAT's vital work.

Tough Mudder

Tough Mudder is a high-calibre, high-octane and (literally) high voltage obstacle course and a NAT favourite! Be prepared for sweat. Be prepared for soggy socks. But most of all be prepared for mud. This gruelling 10 -12 mile assault course is the perfect way to get fit, have fun and make friends. NAT has a limited number of places (worth £140) for Tough Mudder events. All we ask for is a £30 registration fee and that you commit to raising a minimum of £300 in sponsorship. To register your interest or if you have any questions, please email fundraising@nat.org.uk. Or to find an event near you and find out more, visit the Tough Mudder website.

Join an existing event

You can fundraise for NAT by taking part in any event that takes your fancy. If you've secured your own place then we'd love it if you fundraised for us! If you're not sure what challenge you'd like to do yet, then why not check out some more of our [NAT favourites](#) on our HIVAware website? Or if you'd like to think big have a look at [Classic Tours' Open Challenges](#)?



Top tip: Let people know what their donations will go towards. You can use our NAT factsheet to share a different fact each time you post your fundraising page on social media.

Just make sure you get in touch and let us know what you're planning at fundraising@nat.org.uk. That way we can provide you with plenty of help and resources.

Raising the money

The easiest and most effective way to raise sponsorship for your challenge event is to use [Virgin Money Giving](#). You can set up your own personal fundraising page by selecting "start fundraising".

Get the word out

Make sure to share your fundraising page on your Facebook and Twitter. Why not put a link to it in your email signature at work? The more people that see it, the more donations you'll get!

Find out more about how to best utilise social media on page 26.



Create your own Challenge



Why not set yourself a challenge like the Nationwide SOLCATS?

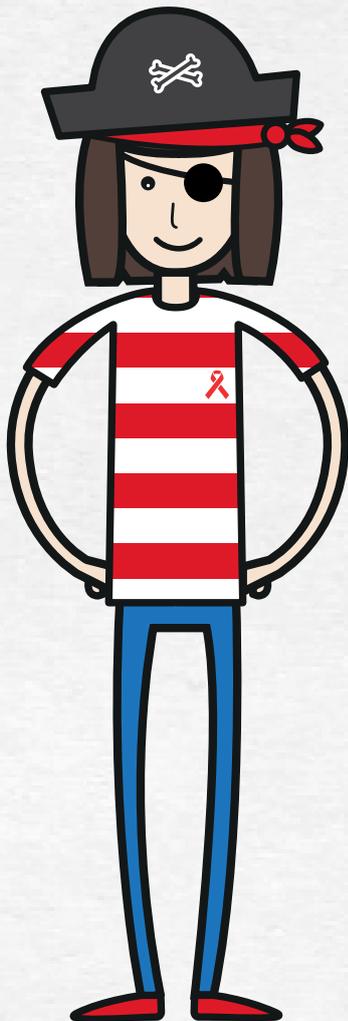
On World AIDS Day 2013 Nationwide's LGBT Network SOLCATS launched a year-long challenge to cover the distance over land and water from their head office in Swindon to South Africa

in order to raise money for NAT. SOLCATS managed to complete their challenge just in time for World AIDS Day 2014, raising a fantastic £555 in sponsorship with an additional £500 matched funding from Nationwide.

3. Dress down day

Dress down days have made it into our Top 10 because not only are they a quick and easy way to raise crucial funds, they are perfect for school and workplace fundraising!

All you need to do is ask your company or school for permission to run the event, then spread the word to everyone that for a donation to NAT they can ditch their school uniforms or suits.



Theme it!

Why not hold a dress down day where everyone dresses in red - this would work perfectly for World AIDS Day or Valentine's Day! Or get people to incorporate our iconic red ribbons into their outfits.

Top tip: If your workplace or school is already casual then hold a dress-up day where everyone wears formal or fancy dress.

4. Recycle and sell

Clear out all your old clothes, CDs, DVDs and books by selling them on eBay. NAT has its own charity eBay page and you can list items on it by following these simple steps:

1. Once you're ready to sell your item, use the 'Advanced Sell' form.
2. As you're filling out the details, look out for the charity box below where you set your price - here you can search for National AIDS Trust and select our page. You can even choose what percentage of your final selling price will be donated to NAT.
3. Three weeks after your item sells, Paypal giving fund will automatically collect the donation from you.

Find out more about how to use [eBay for Charity](#).

You can also donate your old mobile phones and printer cartridges to [Recycling Appeal](#) and they will donate the money to NAT.

Donate to NAT not just when you sell, but when you buy using our Affinity Card.

As our official credit card, the NAT Affinity Card has been designed to promote NAT and provide great value with attractive rates and benefits to members. By choosing to use the NAT Credit Card for your everyday shopping, MBNA, the card issuer, will make contributions to us when you use the card for the first time and also every time you use the card at no extra cost to you. Learn more about the benefits of an [NAT Affinity Card](#) on our NAT.org.uk website.

5. Quiz night

Pub quizzes are a great way to raise awareness as well as funds! Put your HIV knowledge to the test and channel your competitive spirit using our HIV Quiz at the end of this pack. It's pay to play and you can play in teams or as individuals.

Anytime. Anywhere.

You can contact your local pub and ask permission to hold it there - pubs often like to do their bit for charity and chances are they'll make a fair bit at the bar too. But you don't have to restrict yourself. Why not hold it during your lunch break at work? Or at your Student Union?

Prizes

Send your winners away with more than just glory and boasting rights by approaching local businesses to provide prizes. What about a meal at a local restaurant, a £20 bar tab or a box of chocolates and a bottle of something fizzy?

Top tip: If you're able to get multiple prizes then host your quiz in conjunction with a raffle to get the donations rolling in.



6. Put on a show

Putting on a show or a musical is a great way to join people together and raise awareness of HIV, as well as being a fantastic way to fundraise!

What to perform

You can dedicate any play or musical to NAT or choose one of the many shows that directly deal with people's experiences of living with HIV. Rent, The Normal Heart, Before It Hits Home, Angels in America, As Is and Elegies for Angels, Punks and Raging Queens are all examples of renowned shows which highlight the real stories behind the stigma attached to HIV and the diverse ways in which it impacts on the lives of those living with it. Find out more about obtaining most scripts and rights to these plays at dramatists.com and samuelfrench-london.co.uk.

Make it a fundraising success

Have your cast complete fundraising challenges to promote your performance as well as raise those all crucial funds. This can be anything from leg waxing to sponsored runs and bake sales.

Promote your performance on social media and let the local press know about it. Don't forget to tweet and Facebook NAT - we are always happy to spread the word for you!

Make it easy to buy tickets and donate either by setting your own Eventbrite page or using Virgin Money Giving to collect online donations that go straight to NAT - guests can even use their email confirmation as proof of ticket purchase.

Or ask people to donate and buy tickets through Text Giving - all they have to do is text GHIV10 followed by the amount you'd like to donate (e.g. GHIV10 £5) to 70070. Again, they can use the confirmation text as their ticket to the show.

Don't forget to collect on the night! Have red ribbon collection buckets ready for your audience's spare cash. Email fundraising@nat.org. uk to request free ribbons and collection boxes.



7. Party on

Who doesn't love a party? And what better way to fundraise for NAT and have fun at the same time!

Wherever. Whenever.

Throw your party at a local club, pub, back garden, front room or just about anywhere you can think of. Host it for World AIDS Day- 1 December, World Health Day- 7 April, Halloween, your birthday or just because it's Wednesday. It's important to champion HIV awareness all year round!

Make it Fancy Dress

Choose a fancy dress theme and decorate your event- anything from a red party to a safer-sex themed party. The sky's the limit. Just be sure to tell your guests the theme well in advance.

Top tip: Instil an element of competition by giving out awards for the best, sexiest or most outrageous outfit.

Fundraising and Promotion

Charge an entrance fee- ask your friends to donate via Text Giving - by simply texting GHIV10 and the donation amount to 70070 (e.g. GHIV10£5) and show their confirmation text as their ticket.

If you're holding your party at a bar or pub, why not ask the management to get involved and ask that a percentage of the takings go to NAT. Ask local businesses to donate prizes and include a raffle to raise extra funds.

Display safe sex and HIV facts to raise awareness by projecting them on the wall of your venue or printing them onto the tickets.

Don't forget that social media is an excellent way to promote your event. Make sure to @NAT_AIDS_Trust so that we can help you to promote it.

Top tip: Sell themed cocktails on the night- how about a tasty Safer Sex on the Beach or a delicious Long Island Iced NATea?

Long Island Iced NATea cocktail recipe



Ingredients:

- ✓ 20ml vodka
- ✓ 20ml gin
- ✓ 20ml white rum
- ✓ 20ml fresh lemon juice
- ✓ 1 tsp sugar syrup
- ✓ 2 handfuls crushed ice
- ✓ Cola to top up.

Place the spirits, sugar syrup and lemon juice in a cocktail shaker. Shake vigorously. Pour the delicious mixture over crushed ice and top up with cola. Add a red ribbon cocktail stick, sip and enjoy!

8. Collections

Bucket collections are a simple but effective way to raise crucial funds for NAT. If you're holding a street collection you'll need to apply for a license from your council at least two months in advance. Check out our tips on keeping it legal on page 27 or email fundraising@nat.org.uk for more information. Or if you'd like to hold a collection on private property, such as a supermarket or shopping centre, you simply need written permission from the owner or manager.

Theme It!

Collecting in fancy dress is a great way to attract attention and engage people! Or simply make sure all collectors are wearing red with plenty of red ribbons.

Resources

To request red ribbons or any help with holding collections, simply contact our fundraising team - fundraising@nat.org.uk, 0207 814 6767.



Top tip: There is strength in numbers! Try to have as many people out collecting as possible - not only will this attract more attention but it will give passers-by more opportunities to donate.

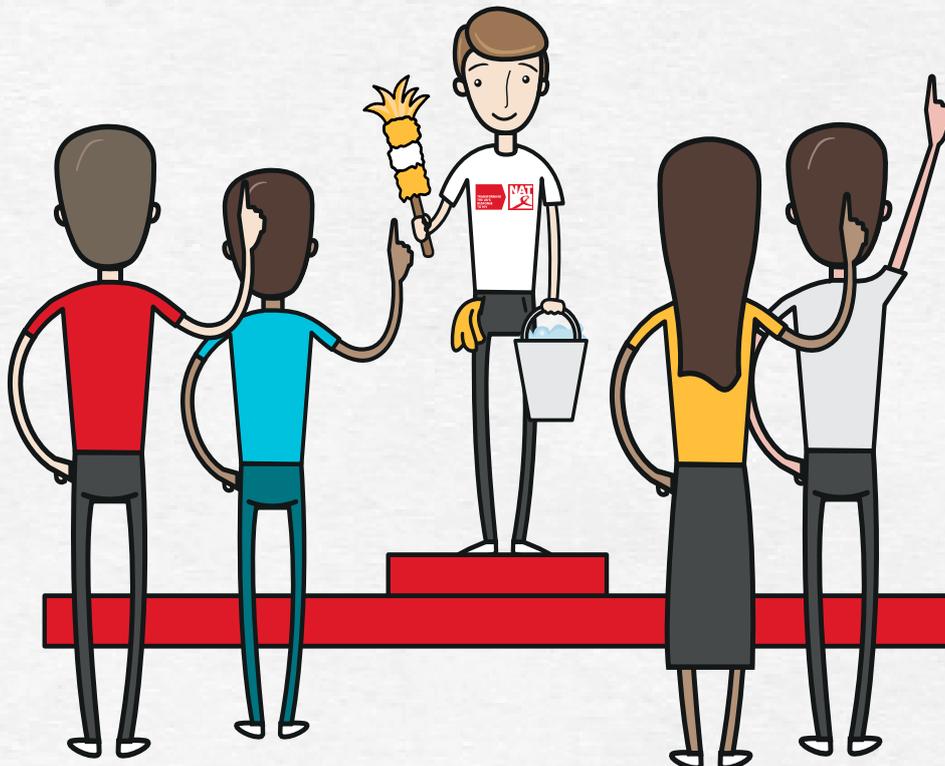
9. Promises auction

Auctions can be a very exciting way to raise money for charity. But instead of having traditional auction lots, why not have promises?

It could be that someone in the office makes a killer chocolate cake or has a much sought after space in the car park. Or perhaps you could offer to do someone's filing for a month? Hold a mini lunch break auction and watch the bids come rolling in!

Want to hold a promises auction at university? Why not pledge to proofread someone's essays for a month, clean their halls or cook dinner for them and their housemates for an entire week?

If you're holding a promises auction at school, try to get the teachers involved. Students will pay a premium to be able to boss around their teachers!



10. Use your imagination

By no means restrict yourself to the suggestions on this list! If there's something you enjoy or are particularly keen to try out and you think you can make money out of it, then go for it!

Anything from pie-eating contests to sponsored silences, sponsored bungee jumps and more! Just make sure to let us know what you're planning, so that we can help out in any way we can! Email fundraising@nat.org.uk, or call 020 7814 6767.



Top tip: Become sexual health superheroes for the day!

Practical tips for successful fundraising

Setting up a Virgin Money Giving Page

Setting up your own fundraising page is a great way to collect sponsorship for a challenge event or you can use it to sell tickets to an event as people can then use their confirmation emails as tickets.

To set up your own page go to [NAT's Virgin Money Giving Page](#). If you're joining an event, like Tough Mudder, head to "events" to find the dedicated page. If you'd like to host your own event simply click "start fundraising".



Make sure you tell people a bit about NAT and why you've chosen to support us. You should also try to keep your page updated - tell people about your progress and add new photos- this will keep people interested in your page.

Look [on the website](#) for more tips on making the best of Virgin Money Giving.

Gift Aid

Gift Aid allows charities to claim an extra 25p for every £1 you give or collect in sponsorship. So make sure that everyone who donates ticks the Gift Aid declaration on Virgin Money Giving or on your sponsorship form, so that we can claim an extra 25% at no extra cost to them.

Get in touch

Make sure to let us know what you're planning. Not only might we be able to help, but we also just love hearing stories and seeing pictures from our fundraisers across the country.

Email: fundraising@nat.org.uk. Phone: 020 7814 6767.

Returning the money raised



Online: Pay back the money raised through BT My Donate.

Bank Transfer:

Bank:	CAF Bank Ltd
Account Name:	National AIDS Trust
Account Number:	00005647
Sort Code:	40-52-40
Reference:	[Your postcode] + [Organisation / Individual Name]



Or send a cheque made payable to 'NAT' to NAT, New City Cloisters, 196 Old Street, London EC1V 9FR, with a slip to let us know who the funds are from.

Promoting your event

Posters and other resources

We have plenty of posters, poster templates and other resources on our HIVAware website to help you promote your event. Available to download from our website [here](#).

Social Media

Social media is a great resource for promoting your event. Post your fundraising page on every social media outlet you can think of and get your friends and family to share and retweet. Create a Facebook event and invite your friends- just be sure to update it regularly in order to maintain interest.

We're on Facebook, Twitter and Instagram too - so don't forget to follow us, tweet us, share your photos and let us know what you're doing. We're always happy to share and retweet in order to help get the donations rolling in.

Press

Getting coverage from the local press is a great way to boost your fundraising. Look at the website for the newspaper you are trying to contact for a telephone number or email address. We recommend giving them a call first to talk it through before sending over more information by email. Think about what makes your event or activity interesting or particularly challenging? Why are you doing it? Newspapers love personal stories, so including why you were inspired to fundraise will help get your story in the paper. Newspapers also love photos – think about what the photo opportunities will be, sometimes a story can make it into the paper on a good photo alone.

Have an email ready to go with all the information about your event or activity. Make sure to include the date, time and how much sponsorship you are aiming for, as well as all of the details of how to donate.

Make sure you give a journalist plenty of time to get your story in the press. Contact them at least three weeks beforehand so you can make sure you don't miss their deadline.

Using our logos

The NAT logo is trademarked. Before using it you must contact us for permission. Please contact fundraising@nat.org.uk for more information. Make sure that you state that all activities are 'in aid of NAT'.

Keeping it legal

Collections

Street Collections: In order to hold a street collection you'll need to apply for a permit from the council responsible for the area you plan to hold it in. We recommend applying well in advance of your proposed date as they often get booked up quickly.

Once you receive the permit, make sure you read it thoroughly, as each council may have different rules and restrictions for charitable collections. Some councils may ask for a letter of confirmation from NAT that you're collecting on our behalf, just email fundraising@nat.org.uk and we'd be happy to send one over to you.

Private Property Collections: These are much more straight-forward. You only need permission from the landowner or manager to hold a collection on private property.

The legal minimum age for collecting money for a charity is 16, although in London it is 18. We recommend that any fundraisers under the age of 18 are accompanied by a person 18 years old or over.

Serving Alcohol

In most cases if you're holding a fundraising event at a venue, such as a club, bar, pub or theatre, you'll be covered under the venue's alcohol license. But if you're at all unsure, check out the government guidelines.



Don't forget you can contact our fundraising team with any question, big or small!

Email: fundraising@nat.org.uk

Phone: 020 7814 6767

Thank you
&
Good luck!



How HIV aware are you?

1. Someone living with HIV, diagnosed on time and on effective treatment can expect to live on average?

- a. ten years from the moment of infection
- b. twenty years from the moment of infection
- c. five to 10 years less than a normal life-span
- d. the same as someone without HIV

Answer:

2. If you are living with HIV, on effective HIV treatment and are having unprotected sex the chances of passing on the virus are?

- a. virtually nil
- b. 1 in 40
- c. 1 in 20
- d. 1 in 130



Answer:

3. Which was the fastest growing group of people living with HIV in 2013?

- a. 15-24
- b. Over 50s
- c. 35-49
- d. under 15

Answer:

4. What percentage of children born to an HIV-positive mother in the UK are HIV-positive?

- a. 10%
- b. 3%
- c. 24%
- d. 0.5%

Answer:

5. Tick the jobs you can't do if you are living with HIV?

- a. nursery school teacher
- b. front line army
- c. surgeon
- d. working with people with mental health problems
- e. chef
- f. dentist

Answer:



6. If you have HIV you need to take how many pills a day on average?

- a. 3
- b. 4-5
- c. over 6
- d. 1-2

Answer:

7. What percentage of people in the UK find out they have HIV after living with the virus for over four years?

- a. 75%
- b. 25%
- c. 10%
- d. 42%



Answer:

8. It is illegal not to disclose your HIV status to?

- a. Your GP
- b. Your dentist
- c. Your employer
- d. Your tattooist
- e. Beauty therapist
- f. Someone you are marrying
- g. None of the above

Answer:

9. What percentage of people in the UK who have HIV, don't know they have it?

- a. 14%
- b. 6%
- c. 24%
- d. 32%

Answer:

10. What percentage of people living with HIV say they have experienced HIV-related discrimination?

- a. 1 in 4
- b. 1 in 3
- c. 1 in 9
- d. 1 in 2



Answer:

Quiz: Answers

1. Someone living with HIV, diagnosed on time and on effective treatment can expect to live on average?

d. the same as someone without HIV

People with HIV who are taking HIV medication and have an undetectable viral load and a normal CD4 count (this is most people on treatment in the UK) have the same lifespan as the general population.

2. If you are living with HIV, on effective HIV treatment and are having unprotected sex the chances of passing on the virus are:

a. virtually nil

When a person is taking daily HIV treatment, and it is working their viral load is extremely low, also known as undetectable. This means it is extremely unlikely the virus can be passed on. However it is important that people are diagnosed on time for treatment to be this effective.

3. Which was the fastest growing group of people living with HIV in 2012?

b. Over 50s

One in four people living with a diagnosed HIV is now aged 50 years and over. This is due to improved survival rates but also increasing transmission amongst this group.

4. What percentage of children born to an HIV-positive mother in the UK are HIV-positive?

d. 0.5%

In the UK, there are no barriers to people living with HIV becoming parents. They can conceive and give birth without passing on HIV to their partner or child. With the right medical care during the pregnancy and birth and by avoiding breastfeeding, only 1 in 200 babies born to HIV positive mothers will contract HIV.

5. Tick the jobs you can't do if you are living with HIV?

b. front line army

No-one with any long-term medical condition requiring daily medication can work in the front-line armed forces, this is in case they are trapped somewhere they can access their medication. In 2013 the Government reversed a ban on people living with HIV practicing as dentists, surgeons and midwives.

6. If you have HIV you need to take how many pills a day on average?

d. 1-2

HIV treatment is now so advanced that most people with HIV only have to take 1 or 2 pills a day. There can be side effects but these are generally less severe than they were in the early days of treatment in early the 90s.

7. What percentage of people in the UK find out they have HIV after living with the virus for over four years?

d. 42%

Almost half of all people living with HIV in the UK are diagnosed late, meaning they have usually been living with the virus for four years. This can have devastating consequences for their health as well as meaning they may be unwittingly passing on the virus to others.

8. It is illegal not to disclose your HIV status to:

g. None of the above

You don't need to tell anyone your HIV status and in fact in many cases the right to not tell anyone is protected by the law. For example no potential employer can ask about your HIV status before they offer you a job.

9. What percentage of people in the UK who have HIV, don't know they have it?

c. 24%

Recent statistics show that one in four people living with HIV in the UK are unaware of their infection. It is important that anyone who thinks they might have put themselves at risk have a HIV test.

10. What percentage of people living with HIV say they have experienced HIV discrimination?

b. 1 in 3

Unfortunately discrimination and stigma are part of many people living with HIV's lives. This can be from friends and family when they tell them they HIV status, from people at work. We found people often report stigma in healthcare settings.