

# 'Go Orange' for Anaphylaxis!



**Please support our Anaphylaxis Awareness Week  
from 6th -12th May 2019**

Here are some fundraising and awareness raising ideas to get you started...

## Things to do...

- Bake Off - make and sell some sweet treats, to family and friends. Make them 'free from' or with an orange theme! (See the Allergy Bake-Off Challenge on our website for some easy free-from recipes)
- Come Dine With Me! - Get your friends round, set a menu and price for your delicious plates of food. You could vote and have a prize for the winner.
- Garden Fete - Ask friends, family & neighbours to set up stalls, e.g. guess the weight of the cake, lucky dip, bottle tombola, sell refreshments & raise funds.
- Raffle - on an orange theme, or perhaps with prizes of things money can't buy.
- Bingo Night - Get your orange dabbers at the ready!
- Sponsored Car Wash - Stand out to potential customers by wearing our orange wigs & using orange buckets!
- Treasure Hunt, finding orange treats - By car, on foot, by bike, whichever works for you!
- Cinema Night - Host a night with one of your favourite films, suggest charity donations for entry and refreshments.
- Teddy Bears Picnic - Bring your favourite teddies to a special lunch including orange coloured foods - cheese, crisps, satsumas, cakes, carrots, orange chocolate biscuits.
- Sign up as a family to a fun run such as 'Glow In The Park' or 'inflatable 5K'
- Visit our website and join a challenge or event such as a marathon walk, 10k, bungee jump or Snowdon by night trek. Contact us to find out more and you could take up one of our charity places!



## Go Orange...

Wrist bands, Orange Wigs, T-shirts, Stickers - all available through our website  
<https://www.anaphylaxis.org.uk/shop/> or by calling 01252 893850

## Spread The Word!

We have a wide range of presentations, resources, e-learning courses & literature to help raise awareness of severe allergies.

Visit our website [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) or call us on 01252 546100.

**TOGETHER WE CAN MAKE A REAL DIFFERENCE!**

Request a fundraising pack by emailing  
[fundraising@anaphylaxis.org.uk](mailto:fundraising@anaphylaxis.org.uk)

Or email us with information of an event you are planning