

Giving doesn't have to be boring!

Discover the variety of invaluable ways you can get involved using our handy guide that covers events, volunteering, raising awareness, to even giving back every time you shop without having to spend an extra penny!

Here are some of the ways you could support us:

- **Host an event (or attend one of ours)**
- **Get sponsored to take on a challenge**
- **Do something with friends**
- **Be an ambassador**
- **Advocate**
- **Raise awareness**
- **Add us to your daily good deeds list**

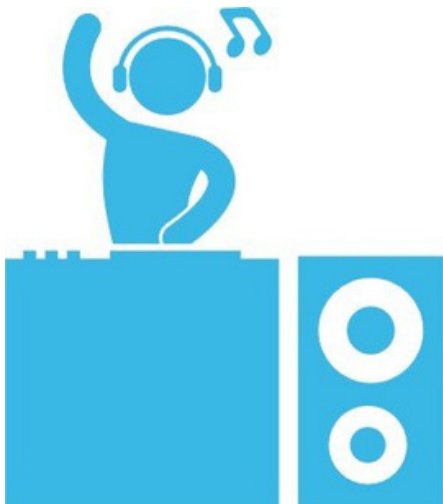
Read on to find out more about these ideas ...



Events

Whether it's joining us at one of our entertaining events, leading the way in a sport or setting up your fundraiser - events are a brilliant way to engage, socialise and give back.

Sign up to our mailing list to be the first to hear about new dates or be inspired by what's been happening so far.



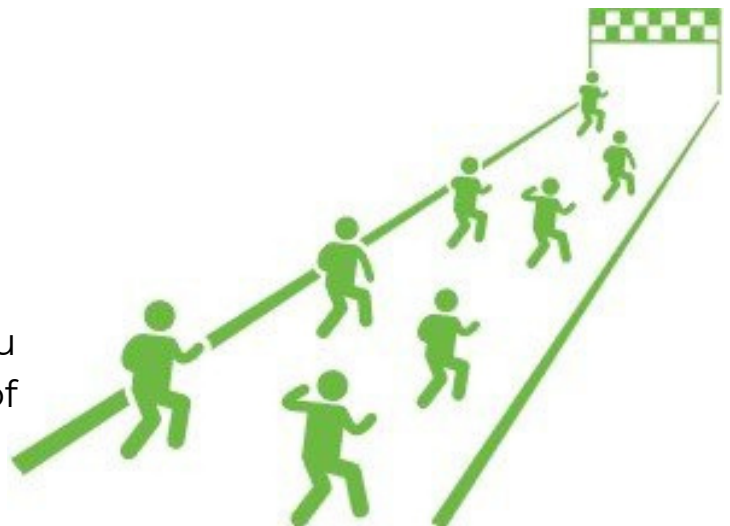
Host your own event

Got a great event idea? There are no limits to what event you can host. Use your imagination and host a fundraising event to raise funds for the Irish Youth Foundation.

Get sponsored

Taking part in a sponsored sporting event is a fun way to support the Irish Youth Foundation and challenge yourself!

If you're not the athletic type you can get sponsored for all kinds of things - slimming, knitting, a readathon ... the list endless, be creative!



... Events

Do something with friends

Doing something with friends makes it even more fun. Get some friends together and do something to raise funds.

Here are a few ideas to get you started:

- Host a sale - a great way to find new homes for items you no longer need
- Recycle all your clothes you don't wear with a clothes swap or sale, or sell them on one of the many online resale sites
- Have a bake sale
- Hold a craft day and sell the finished items
- Organise a 60s, 70s, 80s, 90s disco
- Run a quiz



Be an Ambassador

Raising awareness about the projects we fund or helping out in your spare time is as valuable to us as any financial contribution. Communicating who we are, what we do and how we do it means that we can connect and help more young Irish people and their families across the UK.

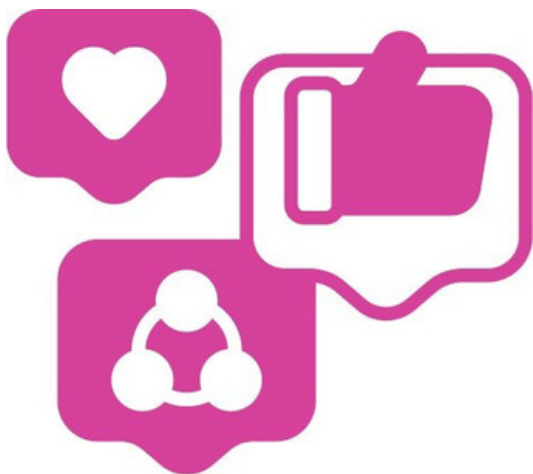
By reaching out and engaging with our communities, we can ensure funds go directly to where they're needed most, empower those who need our support and foster opportunities that secure more funding for these brilliant projects.



Advocate

Advocating for an organisation you believe in is a powerful way to engage and give back. Any support is incredibly welcome and here are just some of the ways you can forward our aims;

- Learn more about supported projects and connect with those in your area.
- Encourage friends, family and colleagues to engage with us online or join us at one of our many events.
- Introduce us to your employer if they operate charity schemes or are interested in giving back as a corporate sponsor.
- Share our information with an organisation that may benefit from our grants - more information can be found here.



Raise awareness

In simply sharing our content, you are helping to amplify the voices of those in need, ensuring that they are heard.

It allows us to reach and welcome new audiences, which makes them more aware of local support services to connect with or how they can support further.

You can do this through:

- Signing up below to our mailing list to stay in the know.
- Please read, comment, share or subscribe via an RSS feed to our blogs.
- Follow, like or comment across our various social channels.

Daily Good Deeds

Finding the little moments to give back in this busy modern world has been made easier thanks to new digital aids and support programmes.

Life's occasions are moments to celebrate and reflect with loved ones - giving back can be one of the ways to share and remember such moments.

Through the wonders of modern technology and corporate social responsibility, the IYF (UK)'s charitable work can go that bit further, whether you want to show someone your gratitude, give back as part of your routine (without costing you a penny!) or team up with us. We can help cheerlead you from the sidelines serve as a great motivator, especially when it comes to goal setting or when you need that added incentive!



Digital donations



Discover the new ways to give back as you shop, without spending an extra penny!

By shopping via the following platforms links or adding the IYF (UK) as your preferred charity the next time you are at the online checkout, these companies will contribute to us on your behalf - now that's a win-win!



New habits



In need of some extra motivation to kick or even kick start a new habit?

Share your journey with us or take a look at our suggestions below:

Simple Switch & Saves

In 2020 a jaw-dropping £3.93 billion was spent on takeaway beverages and £29.4 billion on takeaways here in the UK. If you are looking at ways to save, why not reduce or ditch the takeaway coffee or meals see how much you could save and raise!



... New habits

Helpful Health Kicks

Thinking about that couch to 5K or trying to curb a craving?

Whether you're cutting out chocolate or trying something new, ask loved ones to keep you on track with contributions each time you meet a new milestone or when you reach your ultimate goal.

Try Something New

Why not try something good for you, good for others and good for the environment too?

Reducing your impact on the planet can come from going vegetarian, vegan or shopping with local suppliers are great ways to help out. Sponsored beach cleans, litter picking to even starting a seed/bulb fundraiser exchange between friends and family.



Celebrations

The gift of giving to a cause dear to you or to someone you know, whether for a birthday, wedding, Christmas or as a memorial, is something that will always be treasured.

Giving back builds towards lasting positive change, and through the IYF (UK), your support directly helps young Irish people, their families and their communities to thrive in otherwise challenging times. Here are some of the ways life's occasions can create treasured memories for all.



Birthday Fundraisers

Coming soon, you can create your fundraiser and encourage friends to give back through Facebook and Instagram.

Gift Registry and Wedding Favours

Consider adding us to your gift registry as part of your big day or as a way to show your gratitude to guests by gifting a donation in their name.

Christmas Appeals

The holiday season is a time when many of us think about how we can give something back. If you're having a celebration you could use it raise funds to help the Irish youth community - and that spirit of good will can make a real difference.



Legacy and In Memoriam

Gifts in memory of a loved one or as a legacy in your will are a very personal and special way to support us, making a difference for generations to come.

We are registered with Memory Giving, which makes the process straightforward. <https://www.memorygiving.com/>



A Celebration of Life

Choosing to give donations instead of flowers is a beautiful way to remember and celebrate the life of a loved one.

Your Funeral Director will assist you with this and help manage it on your behalf.

Leaving a Legacy

After you have taken care of your nearest & dearests' welfare, if you wish to make a gift to charity when making or amending your will, your solicitor can advise on what best suits your circumstances.

No inheritance tax is payable on gifts to charity made during your lifetime or through your will. In addition, should you choose to leave 10% or more of your estate to charity, you may benefit from a reduced inheritance tax rate.





www.iyf.org.uk

info@iyf.org.uk

020 8563 8232

**5 Blacks Road
London, W6 9DT**

Irish Youth Foundation (UK) is a registered charity in
England & Wales 328265. Company No: 2397878