



Together we can help autistic people
live happier, healthier, longer lives.



Four simple steps
to make your fundraising a success

Thank you for wanting to
fundraise for Autistica.

We are the UK's leading autism
research and campaigning
charity. We fund research, shape
policy and work with autistic
people to make more of a
difference.

We know that every autistic
person is different. And we know
that autism comes with both
strengths and challenges.

But there's lots we don't know.

Research is the best way to
improve understanding, find
new ways to support people and
families, and change lives for the
better.

By 2030, we have six ambitious
goals we want to achieve to
represent the change we want to
see in the world.

**With your support, we can help
all autistic people live happier,
healthier, longer lives.**

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six ambitious goals
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James Cusack
Chief Executive, Autistica

A handwritten signature in black ink, appearing to be 'J Cusack', written on a light background.

STEP 1 - CHOOSE IT

There are so many ways to fundraise for Autistica, and we're here to help you find the right fit.

Whether you're looking for a physical challenge, a fun social activity, or something totally unique, we've got options for every ability and interest. From 5Ks to skydives, our events cover a range of distances, locations and experiences. Take a look at [our latest events](#) and see what inspires you.

But fundraising doesn't have to involve running marathons or climbing mountains. There are plenty of fun and creative ways to raise money from the comfort of your own home. You can [plan your own fundraiser](#) and bring your personal touch to supporting our work.

Here are just a few ideas to get you started:

Put on a quiz – Invite some friends over for a fun night in or take it online so everyone can join in, wherever they are.

Host a workshop to share skills and talents – Whatever your talent, why not host a virtual workshop to share your skills with friends, family, or colleagues? Show them how it's done and encourage them to join in and create something of their own.

A gaming marathon – Are you a keen gamer? Why not do a sponsored 24-hour gaming marathon or live stream?

Have a special occasion coming up? Set up a Facebook fundraiser for well-wishers to donate to instead of buying gifts.

The possibilities are endless, and every penny you raise helps fund life-changing autism research.

STEP 2 - PLAN IT

Whether it's big or small, you'll need to put some thought into planning your fundraising event. It's important to plan ahead to ensure you put on a safe, legal, and successful event.

The best way to collect donations online is through JustGiving, creating your fundraising page is quick and easy:

1. Go to justgiving.com/autistica
2. Click "**Fundraise for us**"
3. Choose "**Sign Up**" to create an account, and fill in your details
4. Choose what activity you are taking part in and your fundraising target
5. Personalise your page and upload a photo – tell people why you're supporting Autistica
6. Hit "**launch my page**" and start sharing your page with friends, family and on social media

Tip: Keep your page updated with progress, photos, and thank-yous. Active pages raise more!

Visit our website for all [fundraising terms and conditions](#).

STEP 3 - PROMOTE IT

Share your fundraising page with friends, family and colleagues.

Social media

- Post regular updates and countdowns to your event
- Share why you're fundraising – personal stories are powerful!
- Tag or collaborate with us @Autistica so we can share your posts
- Use our [social media graphics](#) to make your content stand out

Videos and photos get more engagement. Share behind-the-scenes shots of your training, baking, or planning!

Posters & flyers

- If you would like a printable poster or flyer with a personalised QR code that links to your JustGiving page, let us know and we can make one for you
- Display them in local shops, schools, community centres, and libraries

Local media

Reach out to your local paper, radio station or news site. There is an example press release template below.

[Your town], [Date] – [Your Name] is hosting [Event Name] on [Date] in support of Autistica, the UK's leading autism research and campaigning charity. The event aims to raise [Goal Amount] to fund research that helps autistic people live happier, healthier, longer lives.

[Insert a quote from yourself about why you're fundraising and what the cause means to you.]

You can donate or find out more at [JustGiving/Event Page Link].

STEP 4 - DO IT

Your big day is here – time to put all your hard work into action!

Take photos and videos – we'd love to see what you get up to on the day! Share them on social media and tag us, or send them to events@autistica.org.uk.

Wear it proud – We will send you an Autistica t-shirt, wear it on the day so everyone knows who you're supporting.

Have fun and celebrate – You're doing something amazing, and every effort you make helps build a brighter future for autistic people.

Once your event is over it's time to send your donations to us. If you've used JustGiving, your donations are already on their way to us - thank you!

If you'd prefer to donate by direct debit or cheque, please get in touch with us beforehand so we can guide you through the process.

Need more inspiration or support? We can help! Contact us at [**events@autistica.org.uk**](mailto:events@autistica.org.uk) and our dedicated team will be there to support you every step of the way!



Autistica, Suite B, 6 Honduras Street, London, EC1Y 0TH

Autistica is registered with the Charity Commission. UK Registered Charity number: 1107350
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What your fundraising means

Use these examples to drive your fundraising. They show the real impact donations can make, from supporting mental health tools to funding resources for autistic people.



£5

could help one professional to spot signs of autism in children sooner, giving them the best possible start in life



£10

could give one training session for parents to help their child's social and emotional skills



£20

could pay for one day of a new researcher's PhD, bringing the very best minds together to find answers in autism research



£50

could give 10 people access to Autistica's self-guided anxiety app (Molehill Mountain) for one year



£100

could give one person access to evidence based resources to support anxiety and wellbeing in everyday life



£300

could give five professionals access to evidence based resources to support autistic young people in education



£400

could give one person access to an employment readiness programme to help them gain skills to be better prepared for employment



£500

could create inclusive work environments for 10 neurodivergent people



£1000

could create inclusive work environments for 20 neurodivergent people