

**Beat**  
Eating disorders

**TWO**GETHER

**RAISE MONEY  
TWOGETHER.  
HELP <sub>us</sub>  
SUPPORT  
OTHERS.**

**Eating Disorders Awareness Week**  
26th February – 3rd March 2024

#TwogetherWithBeat

Whether you're battling an eating disorder yourself, or you're supporting someone who's struggling, here at Beat, we'll help you find a way through.

This Eating Disorders Awareness Week, we're asking you to come Twogether and team up to fundraise for Beat. Pair up with a pal, buddy up with a colleague or gather in a group!

From our Helpline to our online workshops and chatrooms, we are on a mission to end the pain caused by eating disorders by providing support and bringing people together to ensure that recovery is possible. So we're asking you to pair up with a pal and fundraise with someone by your side.

All the money you raise will help us to make a huge difference to the lives of people affected by eating disorders.



## HOW YOUR MONEY MAKES A DIFFERENCE

Every penny you raise together will be used to improve the lives of people suffering from eating disorders and those who support them. Because everything's better Twogether.

**£28**

pays for us to answer a helpline call from someone who is feeling alone and has nowhere to turn

**£100**

means we can support four young people to make the important first steps and get help with their eating disorder via webchat

**£150**

pays for us to support ten people, each with an eating disorder, guiding them on their recovery journey

**£483**

funds the running of online peer support groups every day for a week, for people to share their experiences and feel understood

# NOTHING BEATS TACKLING IT TWOGETHER



## HOW TO GET STARTED

**1**

### BAG YOURSELF A BUDDY

This could be your bestie, your partner, a family member, a work colleague, someone from school, a neighbour or anyone else you work well with!

**2**

### CHOOSE YOUR ACTIVITY TWOGETHER

Whether you come up with a unique fundraiser yourselves or go with one of our suggestions, feel free to get creative.

**3**

### SET UP A JUSTGIVING PAGE

Follow our instructions to create a donation page that's personal to you.

**4**

### TELL EVERYONE WHAT YOU'RE UP TO

Share your JustGiving page on social media using #TwogetherWithBeat. Message it to friends. Email it to colleagues. Shout about it from the rooftops. Make sure everyone in your network knows what you're doing - and why - and encourage them to donate what they can.





## PLAN YOUR FUNDRAISER

Once you've joined forces with a friend or group, you'll need to choose your fundraising activity and decide how you're going to raise money Together.

Come up with your own wild and wonderful ideas or, if you're after some inspiration, feel free to use one of our suggestions:



SCAN THE QR CODE OR CLICK HERE FOR MORE IDEAS



### WALK TWOGETHER

Find a friend and plan a sponsored walk. Choose a route, set your distance, and collect donations.



### CRAFT-A-THON

Get creative with your pals and choose your favourite crafts, set your challenge, and ask for sponsorship.



### STYLE SWAP

Buddy up at work or school. Choose your matching outfits, set a date, and ask everyone who takes part to donate.



### PERSONALISE IT BY ADDING A PHOTO

But remember to avoid 'before and after' photos or any images that may be triggering.

### SET A FUNDRAISING TARGET

Target setters raise almost 50% more than those who don't specify the amount they're aiming for!

### ADD A SUMMARY

Make sure others know what you're doing, for who and why.

### SHARE YOUR STORY

You have the power to raise awareness about eating disorders and let others know they're not alone.

### SHARE IT FAR AND WIDE

Post a link to your JustGiving page on social media to let everyone know what you're up to. Boost your fundraiser by sharing updates and photos and using #TogetherWithBeat.

## SET UP YOUR JUSTGIVING PAGE

It's super simple to set up a JustGiving page and it's a great way to share your story and collect donations.

Here are our top tips for creating your page.



SCAN THE QR CODE OR CLICK HERE TO CREATE YOUR JUSTGIVING PAGE



# THANK YOU

Every year, we support hundreds of thousands of people and their loved ones on their journeys towards recovery from an eating disorder. Your fundraising makes this possible - we simply couldn't do it without you.

**THANK YOU FOR COMING  
TOGETHER AND BEING  
FANTASTIC.**



## GET IN TOUCH

### Have a question?

We'd love to hear from you  
(and your teammate, of course)  
and chat about your plans.

[fundraising@beateatingdisorders.org.uk](mailto:fundraising@beateatingdisorders.org.uk)  
01603 753 308

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