



Meditate for Tibet Fundraising Pack





We need you to
Meditate for Tibet
to help Tibetans in 2017!



Meditate for Tibet is a great way to fundraise for Tibetans while getting all the benefits of a meditation session!

Why we need you to fundraise

At Tibet Relief Fund we work to help Tibetans at home and in exile have a better life and build a brighter future.

Many Tibetans are **refugees**, having fled their country to escape China's occupation. Others live as nomads or in remote areas of Tibet with little or no access to education or medical facilities.

Tibet Relief Fund works with Tibetans in need to provide **healthcare, education and help to become self-sufficient.**

We have been here for Tibetans since 1959 and we need your support to keep helping Tibetans for years to come.

**4 out of 9 births in Tibet result in the death of mother or baby.
Many of these deaths are preventable**

Mother and child in Tibet, saved by a maternity programme supported by Tibet Relief Fund



© Allan McNally

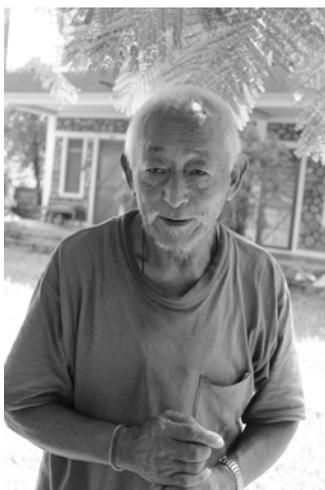
How can I make a difference?

Currently around 130,000 Tibetans live outside Tibet, mainly in India and Nepal.

Many of these Tibetans – as well as those inside Tibet – are in desperate need of education, healthcare and a sustainable future. You can help make this happen.

What your donation can do:

- £15** pays for a month's food for an elderly Tibetan refugee in India or Nepal
- £30** helps support a Tibetan ex-political prisoner to start a new life
- £60** provides life-saving emergency aid for a new mother in a remote area of Tibet
- £200** helps fund a physiotherapist for disabled Tibetan children



Lobsang is 89 and lives in exile in Nepal. Once a freedom fighter for Tibet, he now faces a difficult life in his old age

What is Meditate for Tibet?

To help you make this year a positive one, we're bringing you a fundraising event with a difference.

Whether you're seasoned in practicing meditation or have never meditated before, we're asking you to take some time out of your day to **Meditate for Tibet!**

Meditation has proven health benefits and can make you feel calmer, healthier and happier. Our free guided meditation provided by *Living Mindfully* means it couldn't be simpler to take part – either on your own or as a group.

By taking part in **Meditate for Tibet** you will raise vital funds for our work for Tibetans in India, Nepal and Tibet – providing essential healthcare and education and helping Tibetans to build a brighter future. Thank you!

This pack includes everything you need to get started:

- A 14-minute Body and Breath guided meditation CD (you can also use the link below to download the meditation)
- How to organise your event or take part on your own
- Top tips for fundraising success!
- Sponsorship form
- How to set up your JustGiving page

You can also download the guided meditation at www.tibetrelieffund.co.uk/MeditateForTibet

How do I take part in Meditate for Tibet?

You can do a solo meditation, or organise a group event.

Solo Meditation

- ♥ Set up a fundraising page online, or use the sponsorship form to gather donations from friends, family and colleagues. Explain what you're doing and why with lots of enthusiasm so they want to sponsor you!
- ♥ Set up a clear space in your home or find a suitable space outside where you won't be disturbed.
- ♥ Use the CD to do your half-hour guided meditation at a convenient time for you. You could also pick a day or time that is meaningful to you in some way.
- ♥ Hopefully after you've meditated you are feeling calmer and more positive. Enjoy the feeling and know that you have helped Tibetans in need at the same time!
- ♥ If you've used the sponsorship form, collect your donations and aim to send them in within two weeks to Meditate for Tibet, Tibet Relief Fund, 2 Baltic Place, London N1 5AQ. (Please don't send cash as it can easily get lost. You can also pay donations in online at www.tibetrelieffund.co.uk/MeditateForTibet)

We'll send you a thank-you letter and certificate in the post!

Group Meditation

- ♥ Set the time and date. We hold an annual event which falls on 8th July this year, but you can choose any convenient time and date during the year.
- ♥ Choose a space to hold the event. Try to find somewhere with good natural light where you won't be disturbed.
- ♥ Invite people to participate. Suggest a £5 donation (or an amount of your choosing) on the door. You could also ask a local business to sponsor your event!
- ♥ Make the event fun! You could provide tea and cake afterwards and take photos before and after so you can share your achievement on social media
- ♥ Enjoy the feeling of calm and positivity – and having helped Tibetans in need!
- ♥ Send in the money you've raised within two weeks to Meditate for Tibet, Tibet Relief Fund, 2 Baltic Place, London N1 5AQ. (Please don't send cash as it can easily get lost. You can also pay donations in online at www.tibetrelieffund.co.uk/MeditateForTibet)

We'll send you a thank-you letter and certificate in the post!

**Tweet about your event:
#MeditateForTibet**

Top tips for fundraising success!

- ♥ **Start early!** The sooner you get going, the more time people have to donate. Set up a Justgiving page in minutes, and include a positive-looking photo and message – then email the link round and watch the donations start to roll in.
 - ♥ Get a **friend or family member** to kick off your fundraising page or sponsorship form with a large donation. This will inspire others to donate more.
 - ♥ **Aim high!** Set an ambitious target and you will raise more.
 - ♥ **Tell people** why you're doing this: thousands of Tibetan refugees and citizens live in poverty and need better healthcare and education. Use our leaflet and newsletter to show people what they are supporting and link to our website wherever you can.
 - ♥ **Ask everyone!** Friends, family, colleagues, neighbours – if you take the time to contact people individually you'll be surprised at how many will be willing to support your efforts.
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- ♥ Don't forget about **Gift Aid**, it makes your fundraising worth 25% more! Remind people to tick the Gift Aid box when donating online or on your sponsorship form.
- ♥ **Thank people personally** when they sponsor you and keep them updated afterwards on how the event went.
- ♥ **If you're organising a group event** - make it appealing and you can ask for a larger donation to take part. Offer tea and cake after the event, or screen a film about Tibet and people might be willing to pay £10 or more!
- ♥ **Stay determined!** The more funds you raise, the bigger your sense of achievement will be.



In 2016, with your help, we worked with hundreds of the most vulnerable Tibetans in India, Nepal and Tibet. Elderly people, children, students, mothers and patients all received life-changing help through our projects

How to set up a JustGiving page

Setting up a fundraising page online makes it so quick and easy to fundraise.

- ♥ Go to www.justgiving.com/TibetRelief
- ♥ Click the 'Fundraise for Us' button in the top right hand corner
- ♥ Click the first option: 'Organised event'
- ♥ You will see [Meditate for Tibet 2017](#) in the list of events – click it
- ♥ Fill out the short form and click 'Create' – your page will appear!
- ♥ You can now add photos and your own text by clicking 'Edit your page' in the top right hand corner
- ♥ Add positive-looking photos and your personal reasons for doing the event
- ♥ Publicise! Email the link to everyone you know and put it on Facebook and Twitter.
- ♥ Get a friend or family member to kick off your fundraising with a large donation – this encourages others to give more!

You can get your page up and running in **less than five minutes**, and let everyone know about it almost as quickly. It really is a great way to fundraise.

So don't delay and set up your page now!

Thank you so much for taking part!



Children at Ngoenga School for Tibetan children with special needs, Dehradun, India

