

# Thank you

## Community Fundraising

Fundraising is a great way to involve schools, Rotary clubs and other organisations in our worthwhile causes. The BioMed Centre could not achieve such wonderful results without the support of volunteers who give up their time to help us. If you would like to know more about volunteering please contact our Fundraising & Marketing Manager.

## Want to get fit?

Get involved in any of our running events, from 5 km to the London Marathon. We also welcome people with their own places in runs.

Get in touch with our Fundraising & Marketing Manager for information on marathons and our guaranteed places.

## Feeling brave?

Feeling brave, fancy an exhilarating 10,000ft parachute jump? If you raise the minimum sponsorship you jump for FREE!



## Can you make us your Charity of the Year?

Whether you are an employer or an employee wanting to fundraise for our **Control your bladder, enjoy your life** campaign, there are many ways companies and their employees can work together by:

- Simple dress down days
- Getting involved with a charity challenge
- Signing up a team to a marathon/run
- Holding an Annual Ball

Cause-related marketing has huge benefits too, sponsor a conference and promote your business at the same time. Contact our Fundraising & Marketing Manager for ideas that will suit your company's needs.

**"I went to bed with my overcoat on and I was frightened to sit down in someone's house in case I left a wet patch"**

James, older person with unstable bladder



## Up for a challenge?

Challenge events are a hugely successful and highly efficient way of raising vital funds for our charity. This is an excellent way to see the most breathtaking and inspired places in the world. Why not do a:



Here's Karen our Administration Manager, who successfully climbed Kilimanjaro

## Kilimanjaro Charity Trek

Located on the North Eastern tip of Tanzania Mount Kilimanjaro is one of the world's highest peaks and the setting for a truly amazing charity trek!

Or maybe an Icelandic Lava or a Peru Trek? There are many wonderful trips to choose from.

## A gift of a lifetime

By leaving a legacy to the BioMed's **Control your bladder, enjoy your life** campaign, your gift will continue long after you have gone. Making a will isn't complicated and needn't be expensive and ensures your family and loved ones are cared for in the way you intended. It also means that if you want to leave some money for a special purpose – such as helping the BioMed's **Control your bladder, enjoy your life** campaign or any other registered charity, you can.

An added bonus, in the UK any legacy you may wish to leave to charity is free of tax, with no inheritance tax. If you are planning to leave a gift in your will or you would like more information please contact our Fundraising & Marketing Manager on **0117 323 6328**.



# Control your bladder Enjoy your life

**BioMed Centre**  
Bristol Urological Institute  
Southmead Hospital  
Bristol BS10 5NB

Tel: **0117 323 6328**  
Email: **biomed@bui.ac.uk**



The BioMed Centre was established in 1998 within the Bristol Urological Institute. It is dedicated to researching and developing new treatments, devices and products that will improve bladder management and give people back their independence, freedom and dignity.

**We do this through our involvement in:**

- High quality research
- The development and testing of user friendly effective products
- The training of professionals involved in continence care
- Improving continence services

By working closely with patients, health professionals, university researchers, other charities, the NHS and industry we can bring these benefits to more people, more quickly.

Examples of our work include the development of a sensor that will alert urinary catheter users if their catheter is going to block and the development of underpants that will warn continence pad wearers if they are about to leak.

We need **your** help to make products like these more relevant and accessible to patients and carers.

The BioMed is a research organisation with charitable status. If you want to find out more about our projects please go to our website [www.biomedhtc.org.uk](http://www.biomedhtc.org.uk)

**Support from individuals, trusts and companies make it possible for us to continue our ground-breaking work.**

***“The close proximity of public toilets was of the utmost importance and my social life was curbed considerably...”***

Jackie, incontinent from birth



# Control your bladder, enjoy your life

**Most of us take it for granted that we can control our bladder. Imagine what it would be like to no longer have that control, to be afraid to go out, to be embarrassed if you leak, to be constantly looking for a toilet or to have the indignity of using a catheter and bag.**

At least 3 million people in the UK have problems with their bladder. This may be as a result of spinal injury, or a neurological condition such as multiple sclerosis, or as a result of childbirth, cancer or prostate disease. As many as one in four older people will experience difficulties with controlling their bladder. Whatever the cause, the symptoms can be devastating.

***“The inability to walk is secondary, bladder problems are the most irritating and difficult thing to cope with...”***

Anne, became incontinent after an accident



***“I got bullied at school because... I wear pads, the other kids would call me a baby and say I wear nappies”***

Paul, incontinent from birth

**We rely on voluntary contributions to continue our vital work. There are many ways you can help us**

**Send a donation by:**

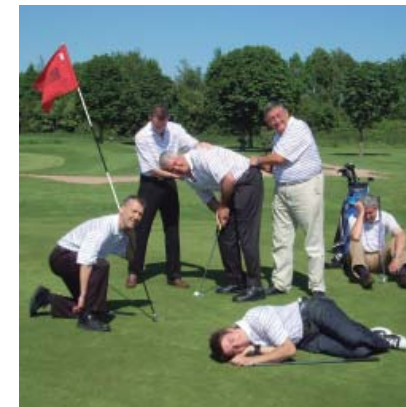
- filling in the donation form in this leaflet
- phoning us on 0117 323 6328
- setting up a standing order to give a little each month
- donating via our website <http://www.justgiving.com/BioMed>

**For more information please contact our Fundraising & Marketing Manager on 0117 323 6328**

**Organise an event**

An event can be as big or small as you want, what about...

- A golf event
- A coffee morning
- A pub quiz
- A 5 a-side football team
- ‘Come dine with me’ dinner parties
- A car wash event



Thornbury Golf Club hosting a 24hr golf marathon

We have many fundraising ideas and whatever you arrange our Fundraising & Marketing Manager is on hand to help.

## Please support our work by making a donation

I would like to give a donation of £

- I enclose a cheque made payable to **BioMed Centre**
- Please debit my Mastercard/Visa/Maestro/Solo (please circle)

Card holder's name: \_\_\_\_\_

Card number: \_\_\_\_\_ (Maestro only)

Start date: \_\_\_\_\_ Expiry date: \_\_\_\_\_ Security no. \_\_\_\_\_ Issue no. \_\_\_\_\_  
(last 3 digits found on reverse of your card)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (Maestro only)

### YOUR DETAILS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

### GIFT AID DECLARATION

*giftaid it* I would like to Gift Aid all donations that I have made to BioMed Centre within the last 6 years and all future gifts, until further notice. I confirm that I pay sufficient UK income/capital gains tax to cover any tax that BioMed will reclaim from any donations that I make. Please let us know if your tax status or personal details change.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please complete this form and return to:

**BIOMED CENTRE  
 BRISTOL UROLOGICAL INSTITUTE  
 SOUTHMEAD HOSPITAL  
 BRISTOL BS10 5NB**

