



# **Fundraising Guide.**

## **Programme of Activities.**

### **2023/24**



## For Happy Days.

Giving everyone the opportunity to be happy.



## For Smiley Faces.

Putting smiles on the faces of our local communities.



## For Goose Bumps.

Supporting local people transforming the lives of others.



## For Great Stuff.

Bringing local people together to create something special.

## For People Who Care.

Caring about those people who care enough to act.



## For Everyone.

Championing local people doing extraordinary things together.



## For Me And You.

Join the movement  
Get involved.



**FOREVER MANCHESTER**

**ForeverManchester.com**  
Registered Charity No.1017504

Forever Manchester is the only charity that raises money to fund and support community activity across Greater Manchester. We believe that connected communities make stronger, happier communities, so we love any activity that brings people together.

In every neighbourhood across Greater Manchester there are thousands of people involved in community activity. In fact, at any given time there are an unbelievable 20,000 local grassroots projects of varying sizes and interests taking place.

These activities are the lifeblood of our neighbourhoods, they are happening right now on our doorsteps, and they are being run by people who give up their precious time to make our communities happier and safer places to be.

Forever Manchester cares about those people who care enough to act. We champion local people doing extraordinary things together. And when advice, encouragement and funding is needed, Forever Manchester is there to provide a hand up to support them.

Since Forever Manchester was established in 1989 we have delivered over £59 million into local communities. All of the money raised for Forever Manchester is used to fund and support over 1,300 community projects each year. This means we will have supported community activity within one mile of your home or business if it's in Greater Manchester.

Forever Manchester is a charity for people round 'ere, supporting community activity year in and year out. But to do all this great stuff we need to raise money. So whether you are a company or individual, your generosity can create something special right across Greater Manchester, keeping it great.

**Join the movement.**

**Get involved.**

**ForeverManchester.com**





## For What's On.

We've put together this helpful programme of events to provide inspiration for your next fundraiser.

Whether that be running, cycling, walking, climbing, swimming, abseiling, skydiving or any other crazy challenge; **Going the Extra Mile** means that you can raise lots of money through sponsorship.

No matter the challenge you want to set yourself, it's truly an amazing feeling to get involved in a local fundraiser and even better knowing that your challenge has raised a chunk of money to support the communities where you live, work and play.

For those who prefer office socials to 10K's, we've got lots of ideas **For the Fun of It**, where you can have some fun with your fundraising by organising office get togethers. Raising money at these activities is really easy too. All you need to do is to charge a fee for taking part.

To take part in any of the events listed in this programme, simply click on the event title to be redirected to the external website, or email: [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

Thank you for doing something extraordinary to help raise money for Forever Manchester.

*\*\*Some event organisers support charities other than Forever Manchester, meaning that registration fees will be donated to that particular charity. In this case Forever Manchester will simply receive any sponsorship money the participant is able to generate.\*\**

# Summer 2023.

## For Going The Extra Mile.

### **Arla Great North Swim**

**Friday 9th - Sunday 11th June**

**Windermere, Lake District**

**£19 - £54**

Choose from six different open water swimming distances to suit all ages, abilities, and experience. Dive into nature and join in at the UK's biggest open water swimming event whilst raising money for Forever Manchester.

So what do you say, see you on the shore?

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### **Great North Swim Run**

**Saturday 10th June**

**Windermere, Lake District**

**£81 - £306**

SwimRun is based on teamwork, passion and a closeness to nature. Teams of two will take on land and water, with short, middle, and endurance distances available.

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### **Oldham 10K**

**Sunday 11th June**

**Alexandra Park, Oldham**

**£16**

Oldham's Toughest 10k - a challenging course starting in Alexandra Park.

### **Wigan Bike Ride**

**Sunday 11th June**

**Wigan Town Centre**

**£24**

Ready to go the extra mile for Forever Manchester? How about the extra 50? This ride covers 50 miles around Wigan with hardcore and highway routes available.

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### **Full Tour of Tameside**

**Thursday 15th - Sunday 18th June**

**Tameside**

**£70**

The Tour of Tameside is a four-day festival of running that explores the best the area of Tameside has to offer. Runners will take part in 4 runs on consecutive days, experiencing a brilliant variety of routes and terrain.

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### **Bungee Jump**

**Saturday 17th - Sunday 18th June,**

**Saturday 5th - Sunday 6th August**

**Tatton Park, Knutsford**

**£120**

At 300ft this is the highest bungee jump in the UK. Whether you've bungeed before and want a bigger kick, or you just want to challenge yourself to do something completely wild, this experience is for you.



## **Swim Challenge**

**Saturday 8th July**

**Media City, Salford**

**£40 - £65**

Perfect for people wanting to experience the brilliant sport of open water marathon swimming. The great Dock 9 venue, friendly atmosphere and keen competition will provide the opportunity to push yourself - mentally and physically - to your swim limits. All this is set within the safe confines of Dock 9 supported by an expert water safety team.

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## **Tough Mudder**

**Saturday 15th - Sunday 16th July**

**Heaton Park, Manchester**

**£95**

Shake up your boring 5 or 10K run with Tough Mudder's world-class obstacles, in this fast-paced, team-orientated race. Get your friends together and make a Tough Mudder your next team challenge.

## **Salford Triathlon**

**Sunday 30th July**

**Media City, Salford**

**£80 (solo) £135 (relay)**

The Morson Salford Triathlon & Aquabike offers athletes of all abilities top class racing on fast, flat courses around the bustling MediaCityUK in Salford Quays. The triathlon consists of a swim, bike and run in that order. Whether you are an experienced athlete or a first timer making your debut in these fantastic sports, this is the race for you

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## **National Three Peaks Challenge**

**Thursday 22nd August -**

**Saturday 14th October**

**£399**

The National Three Peaks Challenge involves climbing the three highest peaks of Scotland, England and Wales, often within 24 hours. The total walking distance is 23 miles (37km) and the total ascent is 3064 metres (10,052ft). Looking for a real challenge? You just found it. Or you could always organise your own fundraising ramble to Snowdon, Helvellyn or Ben Nevis.





## Summer Spotlight.

### The Forever Manchester Abseil Challenge

**Sunday 25th June (1 - 5pm)**

**Trafford Palazzo, Trafford Centre**

**£100 for a team of 4**

Take a leap of faith for Forever Manchester in our charity abseil, providing the perfect challenge for thrill-seekers or fear conquerors.

You'll feel an adrenaline rush as you and 60 others abseil 170ft down the Trafford Palazzo Tower, cheered on by friends, colleagues and shoppers. The Abseil is hosted by Big Bang Promotions and is exclusive to Forever Manchester on the Sunday afternoon.

Businesses can enter teams of four for just £100 per team (usually £40 per person), with a minimum fundraising target of £1,000 per team.

The abseil provides businesses with the opportunity for staff to come together as a team as well as meeting other local businesses. A prize will be given to the team that raises the most money for Forever Manchester.

For more information, click [here](#) or email: [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)



## For The Fun of it.

### **Matt & Phred's Night Out**

**Friday 21st July (from 8pm)**

**£7**

Enjoy a staff night out at Manchester's famous Matt and Phred's Jazz Club, including reserved stage side seats to see the amazing Loud Noises.

To book your tickets, contact [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

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### **Win £1,000**

**The Forever Manchester Prize Draw**

**Friday 14th July**

Entering the draw is a great way to raise money for Forever Manchester while giving you the chance to win some fabulous prizes in return.

Tickets are priced at £5 each per draw. All proceeds from the sale of tickets go to Forever Manchester to fund and support community activity across Greater Manchester.

To purchase tickets for the office, simply email [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

### **Summer Social**

Make the most of the light evenings and arrange a team night out or an office get together. Why not organise a summer drinks, BBQ or Glastonbury social? Props and costumes optional! Simply charge for attendance and donate the money to Forever Manchester.

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### **The Forever Manchester Shop**

**Father's Day**

**Sunday 18th June**

Discussing what to get for Father's Day? Encourage staff to shop at the Forever Manchester Online Shop.

With a fantastic selection of locally made gifts, proceeds from the sale of items go straight to Forever Manchester, making your gift-giving feel twice as nice.

Visit: [www.ForeverManchesterShop.com](http://www.ForeverManchesterShop.com)

# Autumn 2023.

## For Going The Extra Mile.

### **Altrincham 10K**

**Sunday 3rd September**

**Altrincham Town Centre**

**£28**

The Altrincham 10k is open to runners of all abilities whether it's your first 10k or your 50th. This fast route offers a perfect chance for a chip-timed personal best, with full road closures during the event.

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### **Bungee Jump**

**Saturday 16th - Sunday 17th September**

**Saturday 28th - Sunday 29th October**

**Tatton Park, Knutsford**

**£120**

At 300ft this is the highest bungee jump in the UK. Whether you've bungeed before and want a bigger kick, or you just want to challenge yourself to do something completely wild, this experience is for you.

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### **South Manchester Triathlon**

**Sunday 17th September**

**Wilmslow**

**£55 - £71**

This is a Sprint Triathlon on the Cheshire plains. Including a 400m swim, a 24.2km cycle and a 6.3km run to the finish line.

### **Run Heaton**

**Sunday 17th September**

**Heaton Park, Manchester**

**£24 - £26**

Whether you fancy a 5K, 10K or Half Marathon, Manchester's largest park makes for the perfect venue for this run.

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### **Neo Swim**

**Saturday 16th September**

**Media City, Salford**

**£25 - £45**

Do something completely different! Swim in the dark, lit up by night sticks and shining like a star! All abilities welcome, Neon Swim is the perfect dip for people wanting to experience night swimming in a magically lit Dock 9, MediaCityUK.

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## **Tameside 10K**

**Sunday 24th September**

**Tameside**

**£10**

Muir's Miles are working hard behind the scenes to reintroduce this challenging but popular race into the 2023 race calendar.

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## **Knutsford 10K**

**Sunday 1st October**

**Knutsford**

**£22**

Potentially the flattest and fastest course in the North West this is a race not to be missed! It is situated within the stunning grounds of the Barclays Radbroke campus. This campus is the largest technology centre for the bank in the UK, pivoted around the Grade II listed Radbroke Hall.

## **Rochdale 10K and Half Marathon**

**Sunday 8th October**

**Rochdale Town Centre**

**£19 - £41**

With the option of a 10 K or a Half Marathon, whichever run you choose you'll be starting and finishing on The Esplanade near the stunning Rochdale Town Hall. The traffic-free courses have an exciting and varied feel, taking you on a tour of the historic town and breath-taking Pennines countryside.

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## **Manchester Half Marathon**

**Sunday 15th October**

**Old Trafford, Manchester**

**£37.50**

The Manchester Half is a 13.1 mile challenge that takes place every October, starting and finishing by Old Trafford, and is easily the biggest in the region with over 15,000 runners. It's an event that aims to truly represent all the wonderful people of Manchester and celebrate their achievements.

# FOREVER FOOD FEST

FOR THE MAKERS AND THE BAKERS . . . .

FOR THE TRIERS AND THE BUYERS . . . .

Raising dough for Forever Manchester to fund and support community activity across Greater Manchester.



## Autumn Spotlight.

### Forever Food Fest

September through to December  
Office-based

Whether you're a baker or a taster, join in with Forever Food Fest to raise some dough for Forever Manchester to fund and support community activity across Greater Manchester.

Bake a cake or cook a savoury dish, simply bring a plate of food into the office to sell to your team.

Forever Food Fest is accessible to all, whether you're doing the cooking or the eating – you don't need to be a great chef to get involved.

You could host your own office bake-off with a prize for the most popular cake, celebrate international dishes from across the world, or simply host an office social with some delicious home cooking.

All that's required is a love of food, and some empty tupperware to take the leftovers home!

Remember to let us know about your fundraiser by emailing: [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)



# POP MUSIC QUIZ

**a pub quiz like no other!**

**With celebrity host, comedian John Thomson**

**Thursday 21st September**

**Doors at 6pm for 8pm start**

**The Plant Room at Freight Island, Mcr**



All proceeds from ticket sales go to Forever Manchester to fund and support community activity across Greater Manchester.



**TICKETS**

**Team of 6 = £90**

**Per person = £15**

## **Autumn Spotlight.**

### **Pop Music Quiz**

**Thursday 21st September (6pm-10:30pm)**

**The Plant Room, Freight Island, Manchester**

**£15 per person (Teams of 6 encouraged)**

A Pub Quiz like no other! Put your music knowledge to the test and be part of a special one-off evening with one of the UK's best-loved comedy actors, John Thomson.

It's the perfect opportunity for a night out with friends or a chance to get the office together and raise some money for Forever Manchester to fund and support community activity across Greater Manchester.

Following its success last September, the Forever Manchester team are bringing back its Pop Music Quiz event with comedian, actor, narrator and all-round fabulous TV personality, John Thomson as MC/quiz master.

To claim the top spot, the winning team needs to be equipped with an impressive knowledge of popular music from all eras and genres.

For more information and to book tickets, email: [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)



# FOREVER FUNNY COMEDY NIGHT

Wednesday 29th November 2023: Doors at 6pm

WITH SPECIAL GUESTS:



Faizan Shah



Mick Ferry



Nina Gilligan



Stephen Bailey



Kindly sponsored by

**Zuto**



All proceeds from ticket sales go to Forever Manchester to fund and support community activity across Greater Manchester.

## Autumn Spotlight.

### Forever Funny Comedy Night

Wednesday 29th November (6pm - 10pm)

The Frog and Bucket, Manchester

£15 per person (£150 for a table of 10)

Forever Manchester's annual Forever Funny is a fantastic night of laughter at the best comedy club in town.

Kindly sponsored by Zuto, the night will feature a fantastic line-up and is the perfect opportunity for a staff night out, whilst supporting Forever Manchester.

Hosted at Manchester's longest running comedy club, Forever Funny guarantees a fun night out for all those involved. With some great comedic talent lined up, including Stephen Bailey, Mick Ferry, Nina Gilligan and Faizan Shah.

For more information and to book tickets, email: [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

# FOREVER FIND IT & FLOG IT

Raising cash from all that you've stashed, for Forever Manchester to fund and support community activity across Greater Manchester.



## Autumn Spotlight.

### Forever Find It and Flog It

**September through to December**  
**Office-based**

Ready to declutter? Join in with Forever Find It and Flog It to raise money for Forever Manchester to fund and support community activity across Greater Manchester.

Instead of a trip to a charity shop, the tip or selling on Vinted, why not host a Bring and Buy sale, a car boot, or a good old fashioned jumble sale? It's easy to raise some cash from all that you've stashed.

Simply find something that's no longer of any use to you, but that someone else in the office might love. By giving it the chance to have a second-lease of life, you're also helping to raise funds for Forever Manchester.

Remember, what you may consider useless or unwanted, may be valuable or desirable to someone else!

Remember to let us know about your fundraiser by emailing: [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)



## For The Fun of it.

### **Win £2,000**

#### **The Forever Manchester Prize Draw On Sale from Friday 10th November**

Buy tickets for Forever Manchester's Christmas Prize Draw on 15th December and be in with the chance of winning an incredible £2,000. With an additional golden ticket worth £500 drawn on Boxing Day, a tombola ticket also makes for a great Secret Santa.

Tickets are priced at £5 each per draw. All proceeds from the sale of tickets go to Forever Manchester to fund and support community activity across Greater Manchester.

To purchase tickets for the office, simply email [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

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### **Inspiration for Winter:**

- Instead of Christmas presents this year, encourage staff to set up a donation page.
- Challenge the office to buy their Secret Santa gifts from [The Forever Manchester Online Shop](#) only!
- Host a Christmas Fayre or social, simply charge for attendance.
- Christmas Jumper Day – Pay a fee and see who owns the 'ugliest' jumper.
- Sign up for a challenge in January and get ready to jump-start your New Year!

### **The Forever Manchester Shop**

#### **Christmas Cards**

#### **On sale from November**

It's never too early to buy your Christmas cards! With designs exclusively made for Forever Manchester by local artists, our cards continue to be best-sellers every year.

With a fantastic selection of locally made gifts also available, proceeds from the sale of items go straight to Forever Manchester, making your gift-giving feel twice as nice.

Visit: [www.ForeverManchesterShop.com](http://www.ForeverManchesterShop.com)

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### **2024.**

As we start to look to the New Year, it's a great chance to plan ahead for challenges that you want to accomplish in 2024. January is the perfect time to get training for the Spring 10K's, or to take up a new sport.

After a month of Christmas indulgence, maybe giving up sugar for a month is exactly what the office needs, or perhaps consider a Bring and Buy to swap out those unwanted gifts!

Whatever you choose to do, start the New Year off right by getting the office together and supporting Forever Manchester.





## Forever Funny Comedy Night

**Wednesday 20th March (6pm - 10pm)**  
**Frog and Bucket Comedy Club,**  
**Manchester**

Forever Manchester's annual Forever Funny is a fantastic night of laughter at the best comedy club in town.

The night will feature a fantastic line-up and is the perfect opportunity for a staff night out, whilst supporting Forever Manchester.

Hosted at Manchester's longest running comedy club, Forever Funny guarantees a fun night out for all those involved. In the past, our line-ups have featured names such as Justin Moorhouse, John Thomson and Kiri Pritchard-Mclean.

For more information and to book tickets,  
email: [marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

## Forever Football 7's

**Friday 22nd March (6pm - 9pm)**  
**Broadhurst Park, Moston**  
**£250 per team**

Forever Manchester's annual 7-a-side charity football tournament, held at FC United's Broadhurst Park in Moston, will see 15 teams competing against each other in the format of three leagues of five teams, followed by semi-finals and final.

As well as raising money for Forever Manchester, the tournament provides businesses with the opportunity for staff to come together as a team as well as meeting, and networking, with other local businesses.

For more information and to register a team,  
email: [marketing@forevermanchester.c](mailto:marketing@forevermanchester.c)

## For Going the Extra Mile.

### March 2024:

- [Run Wigan Festival](#) – 17th March
- [Ultra Loop at Heaton Park](#) – 23rd March
- [Trafford 10K](#) – 3rd March
- [Wilmslow Running Festival](#) – 24th March

### April 2024:

- [Run Heaton Park](#) – Sunday 7th April
- Salford 10K – Date TBC
- [Manchester Marathon](#) – 14th April

### May 2024:

- [Tour de Manc](#) – 5th May
- [Alderley Edge 10k](#) – 12th May
- [Greater Manchester Swim](#) – 18th May
- [Great Manchester 10k Run](#) – 26th May

## For The Fun of it.

### Inspiration for Spring:

- Organise a Grand National Sweepstake
- Host an Office Easter Egg hunt.
- Organise a Spring Fayre or Bring and Buy
- Charge attendance for a Spring Social in the form of an Afternoon Tea party.
- Encourage staff to shop at the [Forever Manchester Online Shop](#) for Mother's Day on Sunday 10th March.

# For a Chance to Win.



## Captain Manchester's Magical Tombola Monthly Prize Draw.

**Second Friday of each month**

**£5 a ticket**

Captain Manchester's Magical Tombola is the easiest way to raise money for Forever Manchester while giving you the chance to win some great cash prizes in return.

Tickets are priced at £5 each per draw and all proceeds from the sale of tickets go to Forever Manchester to fund and support community activity across Greater Manchester.

They can be purchased by contacting:  
[marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

Since the Prize Draw began in February 2017, it has helped us raise over £150,000! By getting the whole office on board and entering monthly, you can make a real difference to our fundraising efforts.

Below we've listed the draw dates for each month, which take place on a Friday, including our Summer, Christmas and Birthday draws which feature extra-special prizes to be won.

### **Draw Dates.**

- June 9th 2023
- July 7th 2023
- August 11th 2023
- September 8th 2023
- October 13th 2023
- November 10th 2023
- December 15th 2023
- January 12th 2024
- February 9th 2024
- March 8th 2024

### **Prize Draw Spotlights.**

#### **July Summer Draw**

Wishing you had some holiday spending money? We've got £1,000 up for grabs in our summer special, taking place on **Friday 7th July 2023**.

#### **December Christmas Draw**

There's £2,000 available to win on **Friday 15th December 2023**, including a Golden Ticket worth £500 drawn on Boxing Day!

#### **February Birthday Draw**

If you win it's just another excuse to party, we'll be drawing this one LIVE at our Birthday Party on **Friday 9th February 2024**.

# For Raising Money.



## Setting Your Target.

It's often helpful to set a fundraising target. Not only does it help keep you motivated right up to the day of your event, it also helps advise those sponsoring you how much they should give to help you reach your target.

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## Collecting The Money Raised.

We would advise using JustGiving.com as the preferred way to collect your sponsorship money.

The beauty of JustGiving is that all the money raised comes directly to us. Any money collected offline can either be added as a donation on JustGiving, or you can pay us via other ways (see next page). Visit [help.justgiving.com](http://help.justgiving.com) for guidance on how to set up your JustGiving page.

If you are collecting cash, we can also provide you with a Forever Manchester collection shaker, box or bucket.

## Promotional Tools.

To help you with the promotion of your fundraising activity, we have pulled together some fundraising tools, which can be accessed via [ForeverManchester.com/fundraising-tools](http://ForeverManchester.com/fundraising-tools)

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## Tell us about your fundraiser:

Twitter: [@4EVERManchester](https://twitter.com/4EVERManchester)

Instagram: [@4EVERManchester](https://www.instagram.com/4EVERManchester)

Facebook: [/ForeverManchester](https://www.facebook.com/ForeverManchester)

If you have any questions regarding fundraising for Forever Manchester, please contact us at:

[marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)

0161 214 0940





# For Paying Money In.



If you have raised or collected money for Forever Manchester, you can pay it in using one of the following options.

## **Pay Online by Credit or Debit Card.**

Make a single donation via

[ForeverManchester.com/donate](https://forevermanchester.com/donate)

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## **Pay via Bank Transfer (BACS).**

If you wish to pay your money in via BACS, our bank details are:

Account Name: Forever Manchester

Bank Name: Barclays Bank

Sort Code: 20-55-41

Account No: 10773654

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## **Pay via Paypal.**

- Log in to your PayPal account
- Click on the "Pay or Send Money" button.
- Select "Pay for Goods or Services"
- Type in the email address [accounts@forevermanchester.com](mailto:accounts@forevermanchester.com)
- Enter the amount of money you want to pay.
- Add a note to reference the event or activity the money was raised for.
- Click "Continue" and wait for the payment review page to load.
- Click "Send Money" at the bottom of the payment review page after you are sure all the information is correct.

## **Just Giving.**

- Go to [JustGiving.com/ForeverManchester](https://JustGiving.com/ForeverManchester)
  - Click Donate.
  - Enter amount raised.
  - When prompted to add a message, please make reference to the event or activity the money was raised for. (Please note, this message will be made public, unless you choose to be anonymous).
  - Don't forget to add Gift Aid.
  - Check your details and confirm payment.
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## **Pay by Cheque or Cash.**

Please make cheques payable to Forever Manchester and include a note to reference the event or activity the money was raised for. Send it to our offices at:

Forever Manchester  
1st floor, Phoenix House  
45 Cross Street, Manchester M2 4JF

If you have collected cash, please bring it with you in person to the above address Monday-Friday between 9am-5pm.

If you have any questions relating to paying your money in, please call 0161 214 0940 or email [accounts@forevermanchester.com](mailto:accounts@forevermanchester.com)

**Forever Manchester**

1<sup>st</sup> Floor, Phoenix House  
45 Cross Street, Manchester, M2 4JF  
0161 214 0940  
[marketing@forevermanchester.com](mailto:marketing@forevermanchester.com)  
**[ForeverManchester.com](https://forevermanchester.com)**



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