

## Other ways to support us

Without our incredible supporters we couldn't deliver all of our support services to those affected by liver disease.

You can get involved in many ways. If you would like to register your interest in any of the options below, we would love to hear from you.

### Yes! I would like to know more about:

(please tick all that apply)

- Taking part in sponsored runs
- Charity skydives and other challenge events
- Planning my own fundraising event
- Setting up a regular gift
- Leaving a gift in my Will
- Lasting Tribute Funds
- Volunteering

Other (please specify):

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Surname: \_\_\_\_\_

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

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

Email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Please let us know if you are happy to be contacted by email, with our monthly email newsletter and occasional updates and appeals  **Yes**  **No**

**Please return this form to:**  
**British Liver Trust**  
**6 Dean Park Crescent**  
**Bournemouth**  
**BH1 1HL**

**Thank you.**



## About the British Liver Trust

The British Liver Trust is the leading charity for adults with all types of liver disease.

We work for everyone affected by liver disease and liver cancer by:

- providing up-to-date information and support
- delivering a professional nurse-led Helpline
- raising awareness about why liver health matters and how to care for your liver
- seeking to increase early diagnosis
- campaigning to improve care and change policy
- supporting and funding research

## We're here to help!

## Contact details

**Email us:** [fundraising@britishlivertrust.org.uk](mailto:fundraising@britishlivertrust.org.uk)

**Call us:** 01425 481320

**Visit our website:** [www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk)

**Write to us:** British Liver Trust, 6 Dean Park Crescent, Bournemouth BH1 1HL

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

 [@livertrust](https://twitter.com/livertrust)

 [healthunlocked.com/britishlivertrust](https://healthunlocked.com/britishlivertrust)

Registered charity in England and Wales no 298858, in Scotland SC042140



# Perk up your Liver!

Coffee  
Break  
FUNDRAISER



# Perk up your Liver!

Coffee Break FUNDRAISER

## Take a Coffee Break and Love Your Liver for the British Liver Trust



Moderate coffee drinking could reduce the chances of developing preventable liver damage, so what better excuse than to take a **Coffee Break** and **Love Your Liver** while raising vital funds for the British Liver Trust!

Wherever you plan to take your **Coffee Break** – at work, at home or in your local community – get colleagues, family and friends involved to make it a fun event.

This leaflet is full of ideas for everything you need to get up and running – including fun activities for your **Coffee Break!**

### Get in touch today

to let us know your plans and order your posters:  
email [fundraising@britishlivertrust.org.uk](mailto:fundraising@britishlivertrust.org.uk)  
or call us on **01425 481320**

Thank you for supporting the British Liver Trust!

 LIVER DISEASE WILL AFFECT **ONE IN FIVE OF US**

## Tips for a successful Perk up your Liver! Coffee Break



- Choose a date that's suitable for everybody and let people know in plenty of time.
- Where will your **Coffee Break** be held – at work, at home or in your local church hall or community centre?
- Refreshments! Ask family, friends or colleagues to donate tasty treats for your **Coffee Break**. What else will you need – cups, plates, napkins, collecting tins?
- How will you raise funds? You could charge for refreshments, or ask for a donation to attend, can you get raffle prizes to boost your fundraising?
- Tell everyone! Use email, posters, Intranet at work, social media.

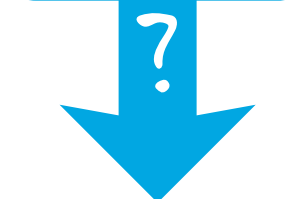
## Fun activity ideas

- **Guess the number of coffee beans in a jar (or the weight of the jar)** – fill a jar with coffee beans, ask people to guess the number of beans, closest wins the beans!
- **Roll a coin to the coffee beans** – place a jar of coffee beans (a different jar!) on the floor with a big space around it, set up a starting line and ask people to roll a £1 coin to the jar and the closest wins the jar.

The coins are a donation 😊

- **Heads or Tails** – ask people for £1 to play Heads or Tails. Toss a coin and everyone at your **Coffee Break** has to choose Heads or Tails (placing their hands on their head or bottom), through a process of elimination there can only be one winner, who can claim the prize!
- **Guess the baby** – ask everybody to bring a photo of themselves as a baby and each person has to guess which baby is which person. Ask for a donation to take part.

How many beans in the jar



## Thank you for your support



### Perk up your Liver! paying in form

Title: \_\_\_\_\_ First name: \_\_\_\_\_

Surname: \_\_\_\_\_

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

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

Email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

The British Liver Trust will contact you in connection with your reply form.

### Future email communication

Please let us know if you are happy to be contacted by email, with our monthly email newsletter and occasional updates and appeals  Yes  No

The British Liver Trust will not share your data with any third party. Our Privacy Policy can be seen at [www.britishlivertrust.org.uk/privacy](http://www.britishlivertrust.org.uk/privacy) and you can change your preferences at any time by visiting [www.britishlivertrust.org.uk/register-today](http://www.britishlivertrust.org.uk/register-today), emailing [info@britishlivertrust.org.uk](mailto:info@britishlivertrust.org.uk) or calling 01425 481320.

### Here's our Coffee Break gift: £ \_\_\_\_\_

The British Liver Trust will use your gift wherever the need is greatest

I enclose a cheque made payable to the **British Liver Trust**

Debit my Visa/Mastercard/CAF CharityCard in the amount of: £ \_\_\_\_\_

Card Number:     -     -

Start Date:   -   Expiry Date:   -

CSC Number:    (last 3 digits on the security strip on the back of your card)

Name (as on card) \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/20\_\_\_\_

**Thank you. Please return this form along with your donation to: British Liver Trust, 6 Dean Park Crescent, Bournemouth BH1 1HL**

Gifts can also be made online at

[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk) – click 'Donate Now'

[www.britishlivertrust.org.uk](http://www.britishlivertrust.org.uk) • 01425 481320  
[fundraising@britishlivertrust.org.uk](mailto:fundraising@britishlivertrust.org.uk)

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FUNDRAISING REGULATOR

