

## Medic to Medic

# How can you help?

### Who are Medic to Medic?

**Medic to Medic** provide scholarships to socially and economically disadvantaged students training as health workers in Malawi. Our aim is to increase the number of health professionals in countries with critical shortages. Since 2007 we've supported over 120 students become graduates and have over 50 students in training each year.

*This leaflet is designed to help anyone interested in supporting **Medic to Medic** raise money or support the team expanding our existing activities. There are loads of simple ways you can help! As an individual this may not seem like a lot, but if everyone does a little we will be stronger for it!*

### Medic to Medic on Social Media

One of the biggest things you can do to help promote Medic to Medic is **like, follow** and **share** our social media posts amongst your networks. A large proportion of our one off donations come from people who have followed our social media posts and people are more likely to donate when there is an endorsement from one of their friends. **Medic to Medic** are on **Facebook** (most updated), **Twitter**, **Instagram** and **LinkedIn**.



We also have a Blog! This provides great insights into our work. Sign up to receive updates here:  
[Healthprofessionalmalawi.wordpress.com](http://Healthprofessionalmalawi.wordpress.com)



Watch videos on our **YouTube** channel, comment and share.



Medic to Medic

UK Registered Charity 1149904  
[www.medictomedic.org.uk](http://www.medictomedic.org.uk)

# Promoting Medic to Medic

Put up **Medic to Medic** posters / newsletters at GP surgeries, dental surgeries, opticians, outpatient departments, church groups  
Do a Grand Round or presentation to WI groups, Rotary club.  
Take leaflets to social / educational events about **Medic to Medic**.



## Fundraising

Complete a sponsored event.

Sell Christmas cards.

Bake Sales.

Raffle.

Quiz Night.

Race Night.

Ask your local Dr's Mess to sponsor a student

Carol Singing.

Car Boot Sale.

Guess Who Quiz.

Sports Competition.

Sports Tournament.



Interested in doing fundraising? Get in touch and we can send you some more information packs!

# Sponsor a Student

This is one of the most useful things that you can do!

We need approximately 300 regular donors per year donating approximately £10-15 per month in order to sustain **Medic to Medic** supporting 50 students per year in Malawi. As a regular donor we will link you to a student and send you our twice yearly newsletter with your sponsored student updates.

With this consistency of income, we can plan our fundraising initiatives throughout the year and expand to other universities in Malawi and other low and middle income countries.

Our regular donors are highly valued and you can be confident that your money is supporting students in Malawi and growing our student community where it is needed most.

**Can you help us get 2 new regular donors per year?**





# Host a charity box

Do you know a local newsagents or café that can host a charity box? Newsagents and cafes are good places as people often pay cash and customers are often given back small change.

A successful charity box can raise £30 per month. If we had just 5 boxes in circulation that is another £1800 a year. You will need to keep in touch with the location regularly and be responsible for emptying the box and paying the monies raised into the bank / arranging transfer to **Medic to Medic**.



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This will help us promote **Medic to Medic** to the wider community

# The Giving Lottery

**Medic to Medic** have registered with **The Giving Lottery**, an exciting weekly lottery from **The Giving Machine** that makes it possible for us to raise vital funds!

Each ticket has a 1 in 50 chance to win a prize, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery!

Tickets for the lottery cost just £1 per week with the draw every Saturday night. 60p of each ticket sold goes towards good causes (with 40p going directly to **Medic to Medic**).

Buy tickets through our link and help us raise more money for our students:  
<https://www.givinglottery.org.uk/support/medic-to-medic>

Or why not try a syndicate? Promote to family, friends, neighbours and your wider networks.



All for one and  
**one**  
for all

Why not start a **syndicate today?** An exciting way to support your local community as a team



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# Quick Start Guide

## 6 steps to success



### 1. Hit the ground running

It's time to start raising donations! Shopping online with easyfundraising couldn't be simpler, but before making your first purchase, do take a few minutes to watch our informative ['Get Started'](#) video.



### 2. Never forget!




Whether you shop online on a PC, laptop, mobile or tablet, our Donation Reminder and easyfundraising app make it easier to remember to raise a donation - wherever you are.

 <p><b>Donation Reminder</b></p> <p>The Donation Reminder highlights when donations are available as you search and shop with brands and retailers online on your laptop or PC.</p> <p><a href="#">Get Donation Reminder</a></p>	 <p><b>easyfundraising app</b></p> <p>Raise up to 50% more for your cause when you shop with over 3,300 great retailers all in one app on your mobile or tablet.</p> <p><a href="#">Get the app</a></p>
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### 3. Shop with over 3,300 retailers

You can raise donations on absolutely everything you buy online - whether that's your weekly grocery shop, a fabulous family holiday, a chic new outfit, a statement sofa or insurance for your home or car.

Plus, do bear in mind that some of our shopping sectors offer particularly substantial donations:

 <p><b>Switch and save</b></p> <p>You could raise £100s when you take out a new insurance, energy, broadband &amp; TV, financial or mobile deal.</p>	 <p><b>Travel</b></p> <p>Book your next holiday or business trip to raise a sizable donation.</p>	 <p><b>Business</b></p> <p>Stocking up on office essentials for your business can significantly boost your donations total over time.</p>
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Explore our huge range of retailers [here](#).

### 4. Spread the word

The more friends, family members and colleagues that you persuade to sign up with easyfundraising, the more your good cause will raise.

Visit the [Promote My Cause](#) section of our website to discover a range of free marketing toolkits that will help you inspire new supporters to get on board.



### 5. Donations are Different

There are a very small number of retailers that are not compatible with our Donation Reminder: **Amazon, eBay, Expedia and Hotels.com**.

Don't worry though - there's still a really simple way to raise with these great brands. Simply click the [e] in the right hand corner of your screen to visit them, shop, and generate a donation.



### 6. Be social

Now that you're part of the easyfundraising community, we'll be sending you regular emails packed with hints and tips, and retail offers to help you raise as much as possible for your good cause - so keep an eye on your inbox!

Plus, don't forget to follow easyfundraising on Facebook - [@easyfundraising.org.uk](#) and Twitter - [@easyUK](#), and click through to our [blog](#) to access inspirational fundraising stories and a heads-up about all the best seasonal deals and donations.



## Online Shopping

**Medic to Medic** are registered with **thegivingmachine**, **easy fundraising** and **AmazonSmile**.

These are online forums that generate free donations at no extra cost to the individual. All the person needs to do is access the online store through one of these gateways.

It's possible to install reminders on your tablet or laptop so you are able to generate a donation each time you shop online.

You can book holidays, grocery shopping and renew insurance all through these online forums and generate extra donations for **Medic to Medic**!

Register through each of these forums and select **Medic to Medic** as your charity to support. It's that easy! Tell your friends and family to do it too!



**amazon**smile  
You Shop. **Amazon Gives.**



# Online Shopping

## TheGivingMachine - Fundraising Planner 2019 Plan your most efficient Fundraising year to date!

### January

#### Holiday Bookings:

Raise big donations on your dream holiday

### February

#### Valentine's Gift:

Give twice this 14th of February

### March

#### Mother's Day:

Spoil mum and your cause this Mother's Day (31st March)

### April

#### Gardening:

Give your garden some TLC!  
**Easter Treats:** (19th-22nd April)

### May

**Summer Fairs:** Promote TheGivingMachine and sign up new givers  
**Bank Holiday Activities** (6th & 27th May)

### June

**Father's Day:**  
Dad's turn to be spoilt!  
(16th June)

### July

**Summer Holiday with Kids:**  
Book your days out through TheGivingMachine

### August

**Back to School:**  
Sign up those new parents in September

### September

#### Shop&Give Reminder:

Never miss a donation! PS, We also have an Android and iOS app to install...

### October

#### Halloween:

Get into the theme with decorations, dressing up and party food

### November

#### Black Friday:

Buy those online deals and raise great donations

### December

#### Christmas:

Get yourself ready for the festive season



## #Click #Shop #Giveforfree

Contact Us: 0845 296 0028 or info@thegivingmachine.co.uk

Check your Promotional Materials page to Download the Images for these Events



The Giving Machine™



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www.medictomedic.org.uk

The Giving Machine has a calendar of items that you may buy throughout the year as a reminder.



# Recycling

## What are we recycling?

We've joined some of the recycling schemes run by **TerraCycle** and **Recycle4Charity** to raise much needed funds for our students. We're recycling: contact lenses, trigger heads, toothbrush/paste, crisp packets, writing instruments, bread bags, confectionary packets, ink cartridges. We can send you a detailed recycling information leaflet if you would like to get involved.



### Item

### Minimum weight

Contact Lenses	3 kg
Trigger Heads	No minimum weight
Toothbrush / paste	2 kg
Crisp packets	2 kg
Writing instruments	15 kg
Bread Bags	250 grams
Confectionary recycling	100 grams
Ink Cartridges**	No minimum weight

Do you know a school, ward, GP surgery, newsagents, church that could get involved in collecting recycling items?  
Or try collecting as an individual.

### Help us raise donations by:

- 1) Collecting as an individual and asking family, friends, neighbours and your work place to collect recycling.
- 2) When you have collected the minimum weight, email us on [info@medictomedic.org.uk](mailto:info@medictomedic.org.uk) stating the item(s) collected and their weight and we will email you a postage label.
- 3) Print the postage label and attach it to your recycled waste.
- 4) Waste can be sent in a cardboard box.
- 5) Drop your recycling at your nearest UPS collection point.
- 6) **Medic to Medic** will be credited with the donations.



# Your Empty Ink Cartridges Could Help Us Raise Money!



Help us to raise funds by recycling  
your used ink cartridges via  
**Recycle4Charity.co.uk**

- Look up the **“Wanted List”** of ink cartridges to make sure your ink cartridges can be recycled through the [Recycle4Charity](http://www.recycle4charity.co.uk) website.
- We receive £1 per ink cartridge.
- Register your own account via this link:  
<http://www.recycle4charity.co.uk/Register/C93524>
- If you register through this link, **Medic to Medic** will receive all the monies raised from the ink cartridges that you send.
- Once registered, you can order more freepost envelopes and boxes to recycle your items.
- Of note, they do not recycle toner cartridges, but offer advice on where these can be recycled.

# Collect mobile phones, tablets and laptops!

Tablets and mobile phones in good condition can be given to our students in Malawi for studying.

Second hand laptops are given to the universities where we work in the form of a laptop loan so that students are able to borrow a laptop before we are able to give them a new one.

For any remaining laptops, tablets and mobile phones we can recycle them through **Music Magpie** and donate the proceeds to **Medic to Medic**. CDs, DVDs and games can also be sent in to **Music Magpie** and raise valuable funds.

Perhaps you could ask family / friends and neighbours for any old laptops, tablets, mobile phones, CDs and DVDs and trade them in with **Music Magpie** to collect funds?



## Book Coordinator

We often get emailed about generous donations of medical books from individuals, GP practices and universities in the UK.

Unfortunately our team is small and we cannot collect offers of donations but instead rely on people sending them to us or dropping them off to us in London. This can be expensive for our donors and also means we miss out on donations throughout the UK.

**Would you consider being a book coordinator?**

This would mean people could drop off donations to you and you would store these donations, package them until we can organise collection and transport for shipping (normally around once per year). We partner with "**The Banana Box Trust**" in the UK, who send shipments to Malawi from Dundee. This is the most cost economical way we are able to get donations out to Malawi.



# DONATE YOUR UNWANTED CAR TO CHARITY



Free collection | Any car | Nationwide



In support of



To find out more, call us  
on 0207 736 4242 or visit  
[www.giveacar.co.uk](http://www.giveacar.co.uk)



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