



June 9th Transverse Myelitis Awareness Day

Tea M parties

Objective

To raise awareness of this debilitating condition through:

- On-going education of family, friends and medical professionals
- Activities to raise money and understanding of TM
- Press articles covering activities and personal stories
- Involving a wider audience via social media networking such as facebook and twitter

How

- Informing individuals and groups through educational material, letters and stories
- Holding events such as TeaM parties nationwide for family and friends to attend
- Contacting local press, radio and TV to get coverage of these events
- Approaching local businesses for donations of prizes for your event
- Wearing blue clothing on that day and/or TM clothing you may have
- Making blue ribbons to sell for people to wear

Event Ideas

The following ideas are given to help those who are less confident to plan their own awareness raising event. Each event will be unique and every host will choose how to customise their event.

Some events may use just one of these ideas, others may use a few. Others may come up with completely different ideas of their own!

- **Bake sales** - you can bake yourself, ask family or friends for help or have a bring and buy sale
 - **Face painting** - kids love to have their faces painted! Even just a few spots or stripes can be enough to keep children happy
 - **Costume parties** - get your guests to dress in your chosen theme. Guests pay an entry fee then give a prize using some of the money raised to the best dressed. You could charge a "fine" to those not in costume..
 - **Clothes swap** - this is a great way of clearing out unwanted clothes! Bring along any clothes you no longer wear/fit into, have a mirror available and you can try on other people's unwanted clothes and get yourself a new item or 2 for your wardrobe! Any leftover clothes can be given to a charity shop.
 - **BBQ** - instead of baking cakes, light up the barbie and invite your guests over for a burger!
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- **Quiz or trivia night** - challenge your family and friends to get together in pairs or teams. You can charge a fee to enter, sell drinks and snacks.
- **Wine tasting** - a fun way to get adults together. You can get guests to blind taste various types of wine, then after reading some tasting notes identify which are which.
- **Film night** - invite friends to come to your house to watch a movie together, then charge for refreshments or ask for a donation (you cannot “charge” to watch the film because of copyright).
- **Decorate a tea pot and use it for collecting loose change**. You could get your friends to join in and offer a prize to the best design.
- **Open up as a shop for a night**. Ask people to donate unwanted quality goods and play shop.
- **Bring and buy plant sale** - a great way for gardeners to share their cuttings and get new ones.
- **Games night** - charge people to enter board game challenges and see who can be the ultimate winner.
- **Silent auctions**. Ask local businesses to donate prizes and then have a silent auction. Golf clubs, football and rugby clubs, fitness clubs, hair and beauty salons, restaurants and shops are often good places to ask to donate prizes.
- **Book sales** - ask around for used books then sell them at your event.
- **Raffle/tombola** - ask around for donations of prizes among family, friends and local businesses
- **Guess how many...** sweets in the jar, pennies in the jar, Guess the weight of.... The cake, the book, the pumpkin
- **Name the Teddy**
- **Duck racing** - get some rubber ducks, number them and ask guests to buy a number. You can then race the ducks along a nearby stream or river.
- **Balloons** - let off balloons with TM info attached to them
- **Who’s who?** - have a collection of baby photo’s and get people to identify who is who... you can use your family and friends or famous people but you need to make it known who is included.

The activities you choose will be influenced by your age and the type of people you are expecting to attend. Those with young children might choose to include guess the name of the teddy or to have face painting. Adults may like the idea of a spot of wine tasting or a plant sale. This will ultimately be your event and so you can choose to organise it as you wish. The main purpose is to raise awareness of the condition and funds for the TMS.

Discuss and share your ideas!



TM Awareness Day UK

Transverse Myelitis Society



@TM_awareness_UK

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info@myelitis.org.uk

Happy planning everyone and we look forward to hearing all your stories of your events!