

50

1974 - 2024
sia50
for life after spinal cord injury

ways to support SIA during our 50th year

#Make50Matter

1 **Sign up** as a member (for free)

2 **Request a fundraising pack** by emailing fundraising@spinal.co.uk

3 Support SIA's #SeriousSh1t campaign by **writing to your MP** about the issues you're facing

4 **Share** a SIA post on your social media

5 **Hold a bake sale for us** - 50p per cake!



6 **Join your local community group**

7 **Donate** £50 today



8 **Watch our strategy animation** and share



9 **Choose SIA** as your charity of the year

10 **Purchase a pack of Christmas cards**



11 **Buy our 50th year pin badge**



12 **Subscribe to Forward magazine** (or write an article for us!)



15 **Spread the word** of SIA's 50th year using the hashtag #Make50Matter

13 **Complete our What Matters? survey**

14 **Get a team together** for the **Superhero Triathlon**
SATURDAY 17 AUGUST

16 **Catch up** on our latest **news** on our website

17 **Donate** an auction prize for an event



18 **Sign up to Easy Fundraising** to give back with everyday purchases



19 **Get involved in Stop the Pressure day**
NOVEMBER

20 **Sell your unwanted goods** on **eBay** in aid of SIA



21 **Ask for donations** to SIA on your birthday

22 **Donate** to our **Big Give Christmas campaign**



TUESDAY 3 TO TUESDAY 10 DECEMBER

23 **Volunteer** for us



24 Update your will using our **free will writing service**



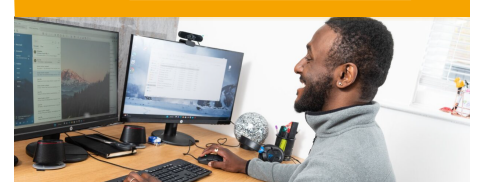
25 Do a sponsored walk in your local community to support SIA

27 Join our business membership scheme by emailing corporate@spinal.co.uk



28 Take on a personal challenge for SIA

26 Sign up to our monthly eNewsletter, **The Voice**



29 Become a trustee

30 Pledge to make a **regular gift** - just £5 a month

31 Join our home delivery service, **SIA Healthcare** to receive urology and stoma products and medication straight to your door

32 Read our **campaigns blog**

33 Donate regularly via your workplace with the **payroll giving scheme**

34 Join SIA's **Rebuilding Lives Conference** to hear from experts from across the sector



36 Sign up for the **2025 London Marathon** and run for SIA



35 Visit SIA's **Knowledge Hub** for helpful resources about spinal cord injury

37 Send **ecards** instead of sending greeting cards and donate to SIA in lieu DontSendMeACard.com

38 Follow our social media pages and join the **SIA community Facebook page**



39 Share your **personal SIA story** to help us raise vital funds



40 Contact our **clinical specialist team** to create an **emergency care plan**

41 Ask a **support coordinator** about our **counselling service**



42 Watch SIA's **Impact Report video** and share with your contacts



43 Enter our **Christmas card competition**
BY THURSDAY 1 FEBRUARY



44 Visit our **website** to find out more about our **ambassadors and trustees**

45 Book a **training course** via SIA's **frank williams academy**



46 Volunteer at a **bucket collection**



47 Reach out to our **network of trusted partners** for advice



48 Send in your photo for the **50th year member montage**
BY THURSDAY 1 FEBRUARY

49 Remember a **loved one** by creating an **online tribute page**

50 Check our **work for us page** and share any jobs on LinkedIn

