

Spectrum Colour Challenge



Everything you need to
raise some vital cash during
**World Autism
Acceptance Week**

27 March - 2 April 2023

Thank you for signing up for the Spectrum Colour Challenge

By taking part and raising vital funds, you'll be helping us to transform our society into one that works for the 700,00 autistic people in the UK.

Whether you enjoy a sponsored challenge or prefer something more creative, we've got lots of inspiring ideas for you.

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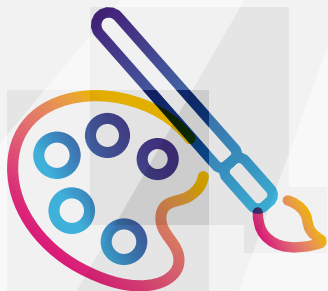
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Bright ideas to get you fundraising



Art exhibition

Colour run



Colour obstacle course



A week of coloured hair dyes

Coloured food challenge



Spectrum colour party

Colourful cycle challenge



Bright clothes week



Rainbow bake sale

Still picking a colour theme? - just enjoy the creativity and choose what works for you. See our full list of colourful ideas [here](#).

Why we took part in World Autism Acceptance Week

Meet Edie and Logan

Edie and Logan, joined by mums Holly and Joy, and Aunty Tegan

For our Super 60 Challenge (our fundraising challenge for World Autism Acceptance Week 2022), Edie and Logan, both four, decided to walk, run and skip 6k at Harlaxton Manor, Grantham, raising £290!! Joined by mum Holly, Joy and Aunty Tegan and fuelled by plenty of snacks, they raced and laughed to get to their target distance. They even gave a talk and showed their well-deserved medals in their school assembly.

What's your fundraising tip?

Ask as many people as possible to join you on your challenge. The more support the better, and the more people will be able to talk about the wonderful work of the National Autistic Society.

Why get involved in World Autism Acceptance Week?

It's fantastic to celebrate this week and remember the hard work that goes into transforming people's lives.



Edie and Logan's family support their close friend's daughter, who received her diagnosis at three years old.

"We are trying to do all we can in our family to support them and raise money for the National Autistic Society."



How to get started

- Choose your fundraising idea; here's our handy [list](#) for inspiration.
- Set up your online giving page. You can do this through our dedicated JustGiving World Autism Acceptance Week page – please register [here](#) and join our leaderboard. If you prefer to fundraise on Facebook, you can get started [here](#). If you want to receive cash donations, use our handy sponsorship form in this pack. You can donate the cash to your giving page on behalf of those who've donated to you in person.
- If you are doing a sport challenge, then send in your completed distance. Strava is our suggested tracking app, where we have set up a [World Autism Acceptance Week Strava group](#) or search World Autism Acceptance Week under clubs at www.strava.com.
- Join the [World Autism Acceptance Week Facebook group](#). It's a great place to gain inspiration, get support and meet others taking on the Spectrum Colour Challenge.
- If you aren't on social media but would like to share your fundraising ideas, send your story and photos to fundraising@nas.org.uk.
- Access all our fundraising resources [here](#).

T-shirts

When you signed up, you will have received a discount code for a t-shirt. This code, WAAW20, applies in our [World Autism Acceptance Week shop](#). Please allow 7-10 working days for arrival. Please see our [FAQs](#) for more information on t-shirts and groups.



Medals and certificates

We will send your well-deserved medals and certificates out to you in May. Your certificate will arrive blank for you to fill in your name and total. This gives you the chance to personalise it yourself and gives you extra time to include everything you've raised. For any medal or certificate enquiries, please contact fundraising@nas.org.uk

Taking on our **Spectrum Colour Challenge** as a group

If you are a school, workplace or community group and want to take part in the Spectrum Colour Challenge – welcome!

We recommend you appoint a team leader to register on behalf of you all. We will provide one medal and certificate for the group as a whole.

Additional t-shirts can be purchased using the WAAW20 discount in our [World Autism Acceptance Week shop](#). If you have any questions about this, please contact us at community.fundraising@nas.org.uk

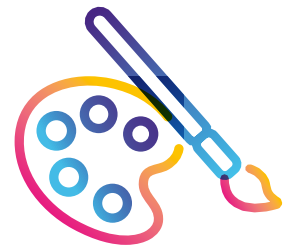
Bright ideas for groups



After school colour games session



Spectrum colour quiz



Art marathon



Rainbow dress down day



Colour sweepstake



Colour team bake sale



Colour knit competition



Food or drink colour themed party



Bright clothes sale

If you are a school and are interested in receiving school educational resources, we will email you to let you know when they are ready.

Why my work took part in World Autism Acceptance Week

Meet Abi

Meet Abi and her group

I was encouraged by a work colleague to get involved in the Super 60 Challenge and we organised a 6k walk in Queens Park, Crewe. On the day, colleagues, family and friends, including those diagnosed or undergoing a diagnosis, wore t-shirts and carried celebration balloons. After the event, I co-chaired a neurodiversity workstream, producing a guide for colleagues to raise awareness and support for those who have neurological differences and thinking styles.

What's your fundraising tip?

- Be persistent and start with the why. It makes your fundraising more compelling.
- Share the National Autistic Society's resources and create your own.
- Make sure your social media fundraising messages are simple, open, honest and respectful.

Why get involved in World Autism Acceptance Week?

The week is a global opportunity to raise awareness, host educational talks and fundraise for charities that support autism.

Abi received a late diagnosis in 2021.

"I haven't always had the best experiences in the workplace, which has led to prejudices. Disclosing my diagnosis to my employer helped turn things around. Difference is an opportunity to learn, and the National Autistic Society has helped by providing support, advice and guidance for me, my family and my employer. Thank you."



Where the money goes

Every little really does help towards hitting our target and changing the lives of autistic people and their families. For example:

Be part of growing the biggest source of autism knowledge. £5 could help keep our website up to date with the latest vital advice and guidance.



Provide a safe place for autistic people and their families. £15 will ensure the online community is there for everyone who needs it.

Ensure parents always know their rights. A total of £500 could help 12 families receive support from our Education Rights line.

Be part of the change. Raising £1,000 could ensure we can keep putting pressure on the Government to be there for autistic people and their families.



Champion autistic talent, help close the employment gap. A total of £5,000 could enable a job coach to support an autistic person into paid employment.



Support autistic people to overcome loneliness and isolation. Raising £10,000 could help fund running costs for three of our 116 community branches.

How to pay in your fundraising



Once you have collected all the money you have raised, you can donate through the following ways. Please make sure to tell us your name and reference **Spectrum Colour Challenge**.

Pay in or donate online

If you have already raised money, or want to make a one-off donation, you can donate it online.



By post

Your friends and family may like to give you cash or cheques (which should be made payable to you). We then ask you to send us one cheque, payable to 'The National Autistic Society'.

Please send your cheque to:

The National Autistic Society, 393 City Road, London, EC1V 1NG.

Please do not send cash through the post.



By bank transfer

Account/Business Name: The National Autistic Society

Sort code: 20-00-00

Account Number: 70800996



At a Barclays bank

Email fundraising@nas.org.uk to request a paying-in slip, which you can use to pay in the money you've raised at your local branch of Barclays.



