



**Natasha  
Allergy  
Research  
Foundation**



MAKE ALLERGY HISTORY

1st - 14th October

**FREE-FROM  
FORTNIGHT**

**Fundraising Guide**

Allergy starts with ALL, and we need ALL your help.

Together, we can ALL  
**#MAKEALLERGYHISTORY**

Support us and be part of our Free-From Fortnight



Natasha's Foundation is the UK's only charity funding medical research to eradicate allergies for good.

We can't do this without your help.

Free-From Fortnight is your chance to raise vital funds that will help to bring about life-saving treatment for not only ours – but for future generations to come!

By going 'Free-From' one of the top 14 allergens for an event, group activity, or full 14 days, we will shine a light on the stresses and challenges that people living with food allergies face every single day.

Join us from the 1st-14th of October.

Become a Free-From Fundraiser.™

Together we can all **#MakeAllergyHistory**

A banner for 'FREE-FROM FORTNIGHT' featuring the word 'HOPE' in large blue letters with a teal ribbon looping through the 'O'. A teal banner with the text 'MAKE ALLERGY HISTORY' is positioned above a blue circle containing the text 'FREE-FROM FORTNIGHT' and '1st - 14th October'. On the right side, there is a black and white portrait of a young woman with her hand on her chin. The background is white with a pattern of small blue dots. The Natasha's Allergy Research Foundation logo is in the bottom left corner.



Whether you want to take part for one day with one challenge, a few days, or the entire fortnight, we have ideas for everyone to get involved. Make it as easy or as hard as you like!

• Up to 14 days without 1 of the top 14 allergens.

• Allergen(s) free Come Dine with Me?

• Allergen(s) free Bake Off?

• Support a family member, classmate, or work colleague by going free-from their food allergen(s).

• Can you make an allergen-free snack or cake that is safe for everyone? Taste test and score.

• 'Free-From' shopping challenge: your favourite meal, yet allergen(s) free? Can it be done?

• Free-From Feast: Invite your nearest and dearest for a get-together and task everyone with bringing one dish each - allergen(s) free!

• **ULTIMATE CHALLENGE:** 14 days, 14 allergen(s). Remove 1 allergen from your diet daily until all 14 allergens have been removed.





**Celery**



**Cereals containing  
gluten**



**Crustaceans**



**Eggs**



**Fish**



**Lupin**



**Milk**



**Molluscs**



**Mustard**



**Nuts**



**Peanuts**



**Sesame  
Seeds**



**Soya**



**Sulphur Dioxide**

 **Share your Free-From Fortnight with us!** 

We are inviting everyone to get involved in our first ever Free-From Fortnight.

**We want to raise awareness and celebrate your support!**

Share your story, photos or videos on social media, along with a caption including anything about food allergies that you wish more people knew.

Don't forget to use our hashtags so we can find you:



**#MakeAllergyHistory**

**#FreeFromFortnight**

**#NatashasArmy**





Natasha  
Allergy  
Research  
Foundation

Help Us



# Make Allergy History

What:

Where:

When:



[narf.org.uk](http://narf.org.uk)

England and Wales Registered Charity No: 1181098  
Scotland Registered Charity No: SC051610



Natasha  
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*Help Us*



# Make Allergy History

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England and Wales Registered Charity No: 1181098  
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# You're Invited!



Invite your friends, families and colleagues to come and help #MakeAllergyHistory. Whether it's a dinner party, tasting session or office lunch, use these templates to get everyone involved.



**To:** \_\_\_\_\_

**What:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**When:** \_\_\_\_\_

I'm raising money for  
The Natasha Allergy Research Foundation,  
and I'd love you to come along!

**RSVP:** \_\_\_\_\_

---

**To:** \_\_\_\_\_

**What:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**When:** \_\_\_\_\_

I'm raising money for  
The Natasha Allergy Research Foundation,  
and I'd love you to come along!

**RSVP:** \_\_\_\_\_

Photocopy this sheet and invite everyone you know

[narf.org.uk](http://narf.org.uk)

England and Wales Registered Charity No: 1181098  
Scotland Registered Charity No: SC051610





Organising an event? These are just the ticket!

Photocopy this sheet to make as many tickets as you need

<p style="text-align: center;"><b>Admit One</b></p> <p style="text-align: center;">Make Allergy History</p> <p>Ticket no: _____</p> <p><small>England and Wales Registered Charity No: 1181098 Scotland Registered Charity No: SC051610</small></p> <p style="text-align: right;"><a href="http://narf.org.uk">narf.org.uk</a></p>	<p style="text-align: center;"><b>Admit One</b></p> <p style="text-align: center;">Make Allergy History</p> <p>Ticket no: _____</p> <p><small>England and Wales Registered Charity No: 1181098 Scotland Registered Charity No: SC051610</small></p> <p style="text-align: right;"><a href="http://narf.org.uk">narf.org.uk</a></p>
<p style="text-align: center;"><b>Admit One</b></p> <p style="text-align: center;">Make Allergy History</p> <p>Ticket no: _____</p> <p><small>England and Wales Registered Charity No: 1181098 Scotland Registered Charity No: SC051610</small></p> <p style="text-align: right;"><a href="http://narf.org.uk">narf.org.uk</a></p>	<p style="text-align: center;"><b>Admit One</b></p> <p style="text-align: center;">Make Allergy History</p> <p>Ticket no: _____</p> <p><small>England and Wales Registered Charity No: 1181098 Scotland Registered Charity No: SC051610</small></p> <p style="text-align: right;"><a href="http://narf.org.uk">narf.org.uk</a></p>



Whether it's a dinner party, bake off, or something completely different, every penny you raise will help us Make Allergy History.

Share photos of your event with us on:



# Please sponsor me



**N** I'm helping to  
Make Allergy History

Name: .....

Address: .....

.....

.....

Postcode: .....



By sponsoring me, you are helping to eradicate allergies - once and for all.

### How to use Gift Aid

- Gift Aid allows charities to claim the basic rate of tax on every pound donated. That's an extra 25p per pound!
- Ask every tax-paying donor to write their full details and tick the Gift Aid box to increase their donation at no extra cost. They must do this in their own handwriting so we can claim Gift Aid.
- When you pay in the money you've raised, make sure you send us this form too.

**Gift Aid it!**

Tick here for 'Gift Aid'. Please read the details and declaration below\*.

Name	Full Address	Postcode	£/p	Gift Aid*	Date Paid
Madonna	1, Hollywood, Sometimes London	HLWD 123	£10	<input checked="" type="checkbox"/>	12/09/2022

\* I have read this statement and ticked the box headed 'Gift Aid' to confirm that I am a UK Income Tax and/or Capital Gains taxpayer. I want The Natasha Allergy Research Foundation to reclaim tax on the donation detailed, given on the date shown. I understand that if I pay less Income Tax and/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand The Natasha Allergy Research Foundation charity will reclaim 25p of tax on every £1 I have given. We will only use the details that you have provided for the purposes of administering your donation and for claiming Gift Aid.\*





# Pay your money in

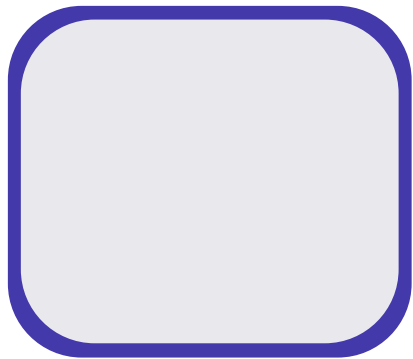


Thank you for fundraising for The Natasha Allergy Research Foundation.  
Please send this form in with your sponsorship and make cheques payable to The Natasha Allergy Research Foundation.

Please do not send cash in the post.  
Please complete this form in BLOCK CAPITALS and send any cheques and sponsor forms to:

The Natasha Allergy Research Foundation  
85 Great Portland Street, 1st Floor, London, W1W 7LT

I've raised



WOW!

Name: .....

Address: .....

.....

.....

Postcode: .....

Telephone: .....

Email: .....

**Fundraising Online:** I have raised money online:

My page raised:

The link to my page: \_\_\_\_\_

**Matched Giving:** I have applied for matched giving from my employer.

Your employer may agree to match fund what you raise – make sure you ask your company if they are able to support you.

Company Name: \_\_\_\_\_

I expect to receive the following amount in matched giving:

THANK YOU!



## Allergens

- 1) Always ask invitees if they have any food allergies
- 2) Only the top 14 allergens are required to be declared as allergens by food law
- 3) Ensure precautions: no cross contamination in preparation, storage, display or cooking

## Food allergies vs. intolerances

- 1) A food allergy affects the entire immune system. An intolerance affects the digestive system.
- 2) Food allergies can be severe or life-threatening. Intolerances cause less severe symptoms.

## The Natasha Allergy Research Foundation's Branding

By law, The Natasha Allergy Research Foundation's registration number must appear on all posters, advertisements and other fundraising materials.

If you're creating your own, please display this as:  
Registered charity England & Wales: 1181098. Scotland: SC051610

Please contact us at [info@narf.org.uk](mailto:info@narf.org.uk) for permission for yourself or a third party to use our logo.

## Health and Safety

If you hold a fundraising event, you will be responsible for the health and safety of everyone involved.

The Institute of Fundraising and govt websites provide useful information about this. Depending on your event, you may need information from other sources.

## Insurance

If you're organising an event yourself, it isn't covered by The Natasha Allergy Research Foundation's insurance programme. So, you may need to arrange your own insurance if appropriate, unless covered by, for example, your home insurance.