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We need your support

We have had amazing support from our many fundraisers over the last year. From supporters shaving their heads to eight-year-old Genevieve selling her jewellery from a stand set up in her parents' driveway, your contributions have been truly inspiring. We rely heavily on individual donations and fundraising to help us continue to support families and individuals affected by CGD through the many services we provide.

So, can you follow in our supporters' footsteps and make a real difference this year?

Big Fun Run 2019



We have spaces in this year's Big Fun Run, a series of 5k untimed runs staged throughout the UK from June to October.

It really is great fun for all the family.

[Visit our website to find out more](#)

Jeans for Genes Day 2019



Jeans for Genes Day is an annual UK fundraising event that was created by the CGD Society over 20 years ago. The CGD Society owns the Jeans for Genes trademark and the event is managed by a great team from the charity Genetic Disorders UK.

Jeans for Genes Day raises funds to support children affected by genetic disorders. The funds raised also pay for the majority of the CGD Society's activities, including our CGD Clinical Nurse Specialist, Helen Braggins, who is based at Great Ormond Street Hospital.

This year you can choose to hold your event on any day between 16 and 20 September.

Full details can be found on the [Jeans for Genes Day website](#).

Organise your own fundraising



You don't have to take part in sporting events to fundraise for us. Whether you live in the UK or overseas, there are many other ways you can help.

- Hold a coffee morning and showcase your favourite bakes. Get friends and neighbours involved by asking them to bake too, then sell your delicious cakes and cookies in aid of the CGD Society, either at home or at a local hall.
- Ask local clubs or bars to organise a quiz night. People taking part can pay an entry fee and you could even ask local businesses to donate the winning prize.
- Hold a bring and buy sale, a book sale or a charity film night; organise a charity car wash.

The possibilities are endless and every donation, however big or small, will make sure that the CGD Society can continue to support the CGD community.

Tell us about your fundraising endeavours and we will send you our fundraising pack.

Please visit our [Get Involved](#) pages on the CGD Society website or email us at events@cgdsociety.org



Call us on: 0800 987 8988

Email us at: hello@cgdsociety.org

Write to us at: CGD Society, PO Box 454, Dartford, DA1 9PE

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