



We're on a Meath mission to raise awareness of epilepsy and to fundraise for the Meath Epilepsy Charity and we would love to have your help to make 26th March 2019 our biggest ever **Purple Day Campaign**.

Whether you're a member of a sports club, community organisation, or are thinking about getting your school or place of work involved, we've got some simple and easy ideas and resources for you to participate in **Purple Day** and support the Meath on 26th March! You may have your own idea for a **Purple Day** Fundraiser but if you're in need of inspiration take a look through our **Purple Day** Participation Pack to see what piques your interest and see how easy it is to make a difference!



All money that you raise by holding a **Purple Day** fundraiser will directly enhance the lives of Meath residents. The Meath supports people who live with complex epilepsy and associated disabilities to live as independently as possible. While the Meath receives funding for the bare necessities for residents, we need to fundraise to provide life's little extras that put a smile on a face and enable the people in our care to live life to the full.



Above: Meath residents benefiting from specialist equipment, new experiences and activities that were fundraised for.



## Clever Purple Day Idea Number 1: A Perfectly Purple Supper Evening



Invite your best friends over for the Perfect **Purple Day** Supper and ask them to donate to the Meath in lieu of the cost of going to a restaurant. This simple and sociable way of participating in Purple Day will make a huge difference to the Meath while giving your guests a wonderful evening to remember.

### Perfectly Purple Supper Evening Contents:

- Purple Day Supper Invitation Template \*
- Purple Day Supper Place Settings \*
- Purple Day Supper Menu Template & Donation Envelopes
- Purple Day Selfie Props and Sticks
- Purple Day Balloons (x3) & 'Save the Date' Fridge Magnet

\* Download more or to request hard copies contact:  
gemmaw@meath.org.uk



“I had a great time hosting our **Purple Day** Supper Evening! It was a lovely, relaxed and sociable evening with friends and I was amazed to have raised nearly £200 for the Meath which is great. I had fun using purple ingredients to make the most of the theme and guests even came dressed in purple to help mark **Purple Day.**” Marni, Meath Supporter

If you really want to team with the theme you could serve up purple drinks, ask your guests to come wearing purple, make use of purple ingredients or let a purple pudding be your pièce de résistance. Make the most of the opportunity to let people know that you're supporting the Meath this **Purple Day** and post your Perfectly Purple Supper Evening photos on social media. Be sure to tag The Meath Epilepsy Charity on facebook and find us on twitter @meathcharity or Insta @theMeathCharity.

### Try Our Purple Rain Cocktail Recipe

#### Ingredients Per Glass:

Lemonade to top up , 1 Shot Cherry Sourz, 1 Shot Blue Curacao

#### Method

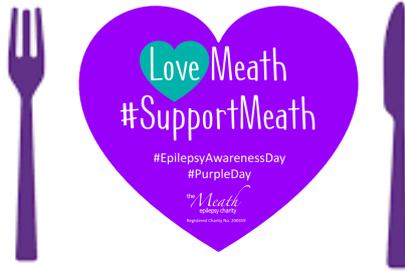
Squeeze a lime wedge over a tall glass and drop into the drink. Add the Cherry Sourz, Curacao and some ice cubes into the glass. Top up with Lemonade to taste, garnish with a lime wedge et Voila!



Purple is the chosen colour to represent epilepsy.

The Song 'Purple Rain' was a 1984 hit for Prince who lived with epilepsy.





the *Meath*  
epilepsy charity

## THE MENU

*To Begin*



*The Main Event*



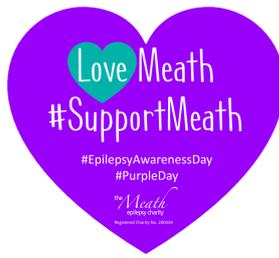
*Last but not Least*



Thank you for your kind support on behalf of the Meath Epilepsy Charity.

[www.meath.org.uk](http://www.meath.org.uk)

Registered Charity number: 200359



the Meath epilepsy charity

Dear

Please join me/us at my/our Meath International Epilepsy Awareness Day (Purple Day) fundraising supper evening on...../...../2019 at.....pm....., at.....

.....

..... Post Code.....

This Supper Evening is a fundraising event for the Meath Epilepsy Charity to mark Purple Day, I would be really grateful if you could make a donation on the evening. The Meath Epilepsy Charity supports adults who live with complex epilepsy and associated disabilities. All money raised from this event will directly enhance the lives of Meath residents. Purple outfits are optional!

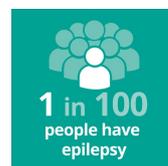
Please RSVP to me as soon as possible by:

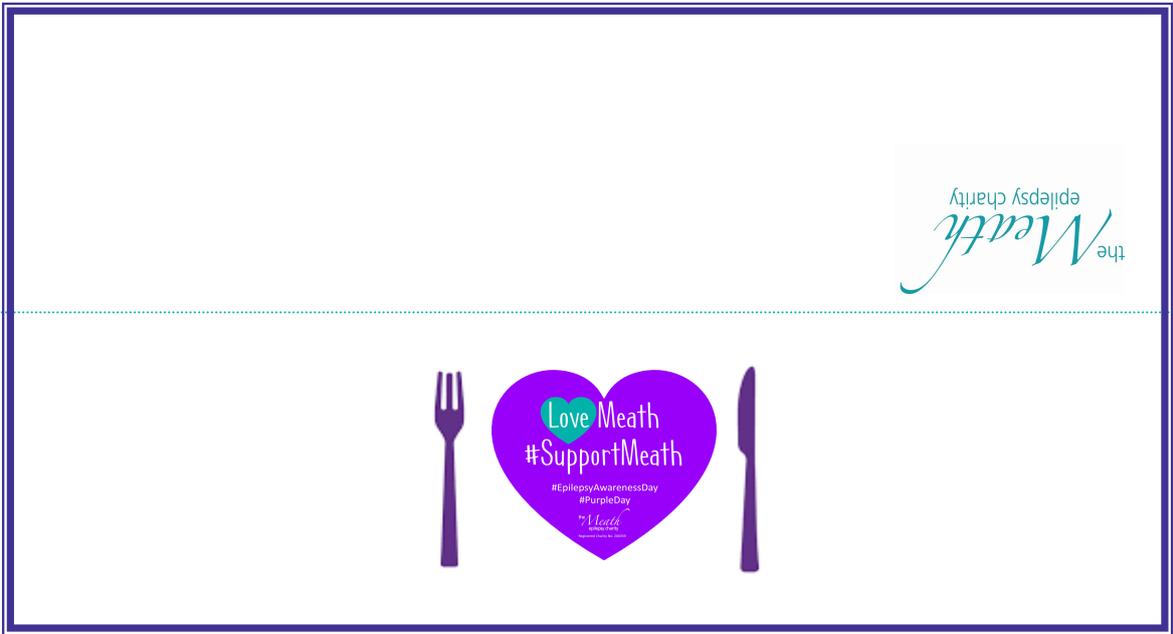
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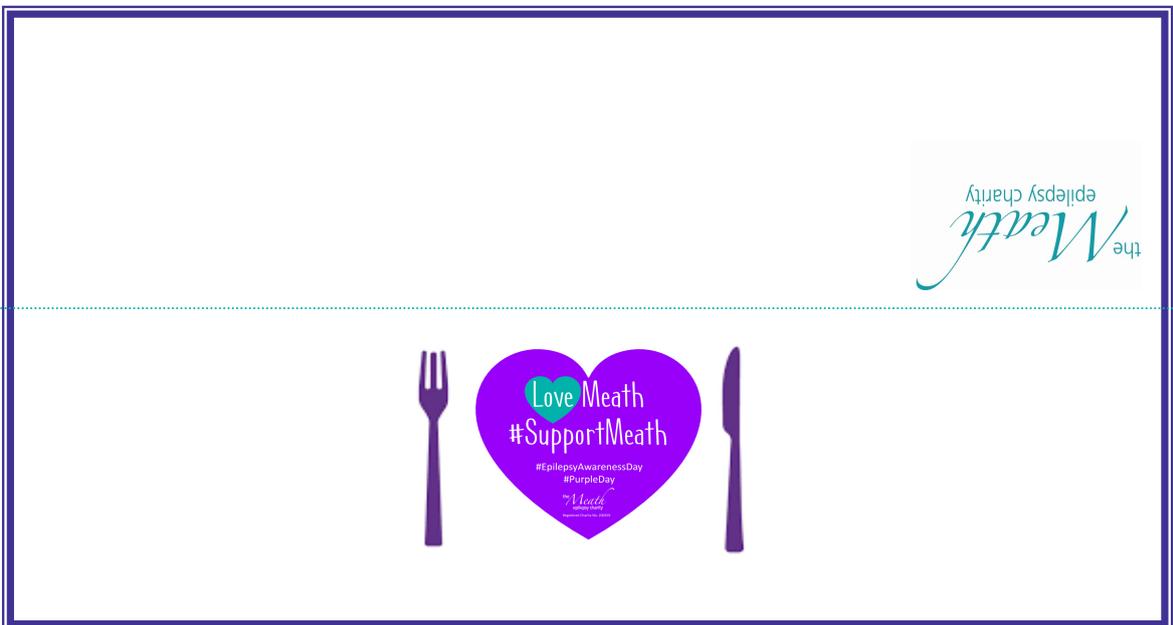
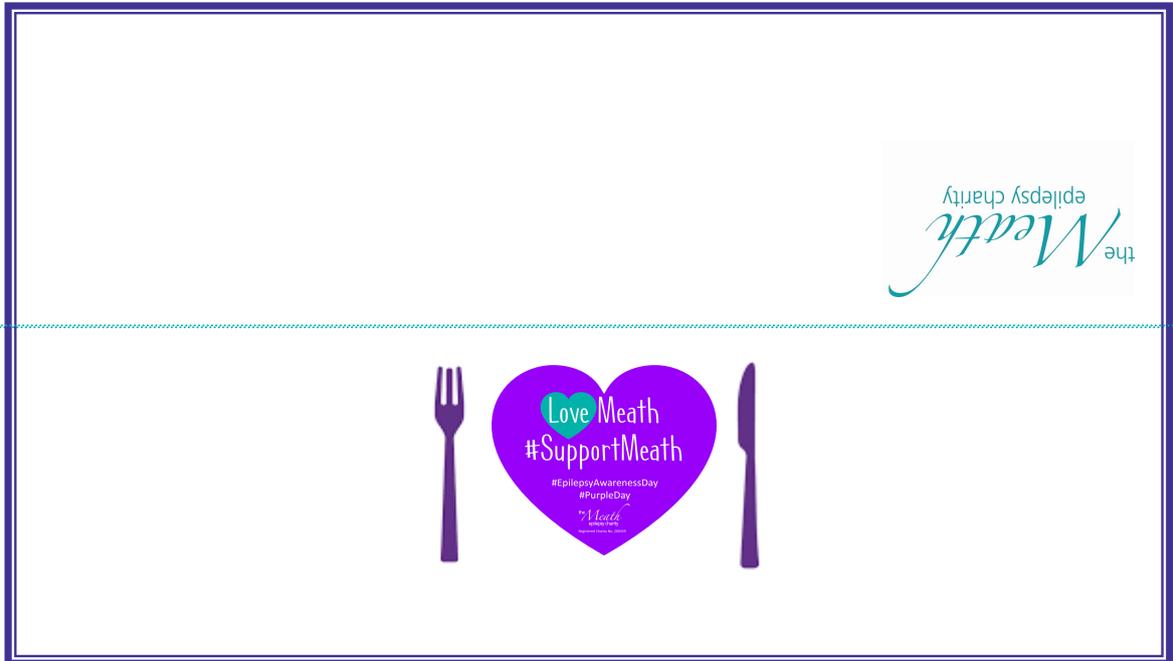
Thank you & Best Wishes

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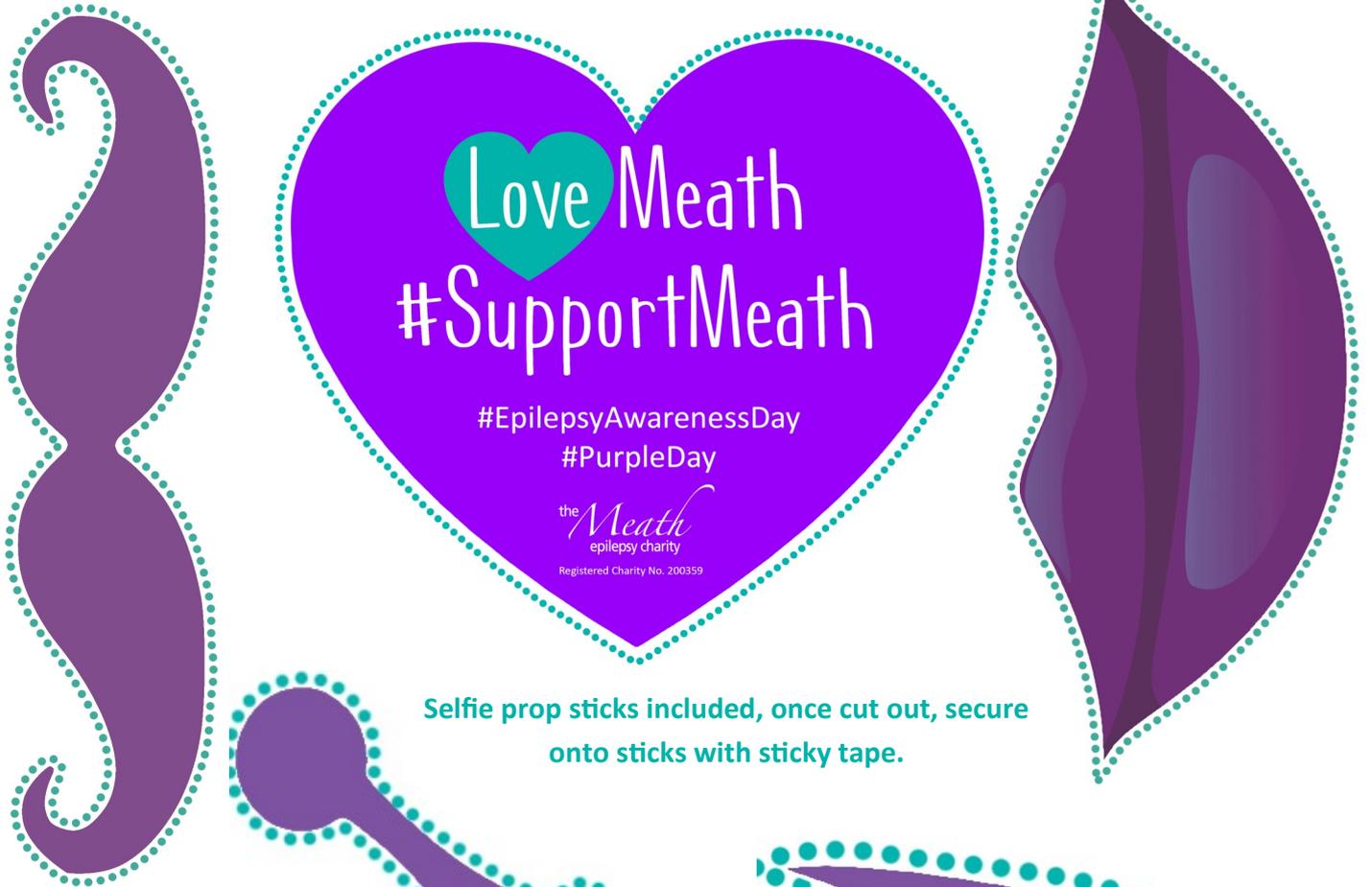




Cut out your place settings, write your guests' names and fold along the centre line.

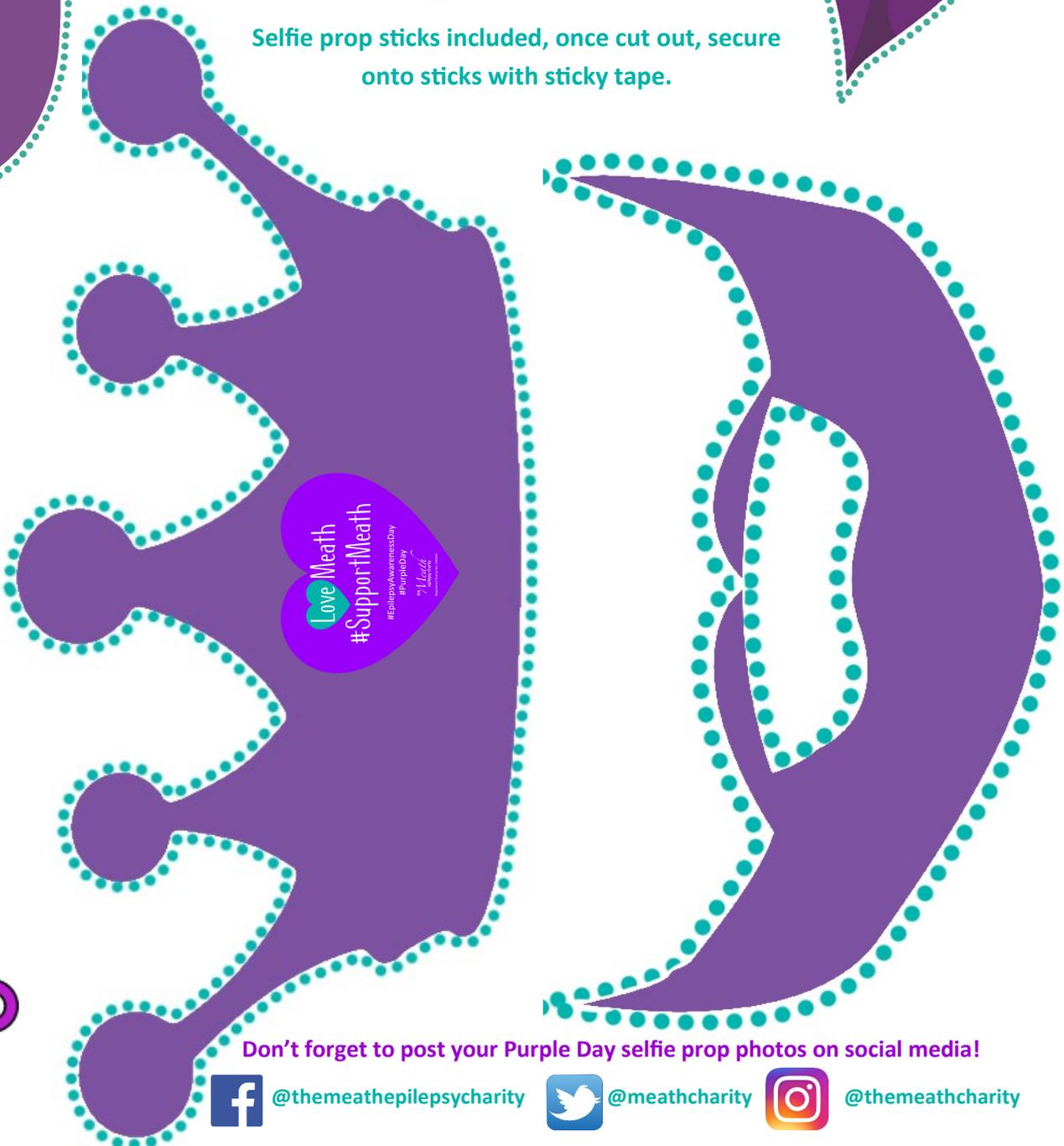


More place settings are available on request contact: [gemmaw@meath.org.uk](mailto:gemmaw@meath.org.uk)



Selfie prop sticks included, once cut out, secure onto sticks with sticky tape.

Cut out Purple Day Selfie Props



Don't forget to post your Purple Day selfie prop photos on social media!



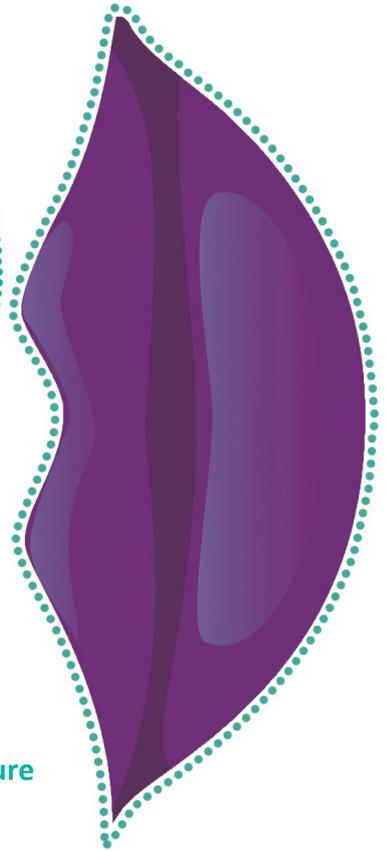
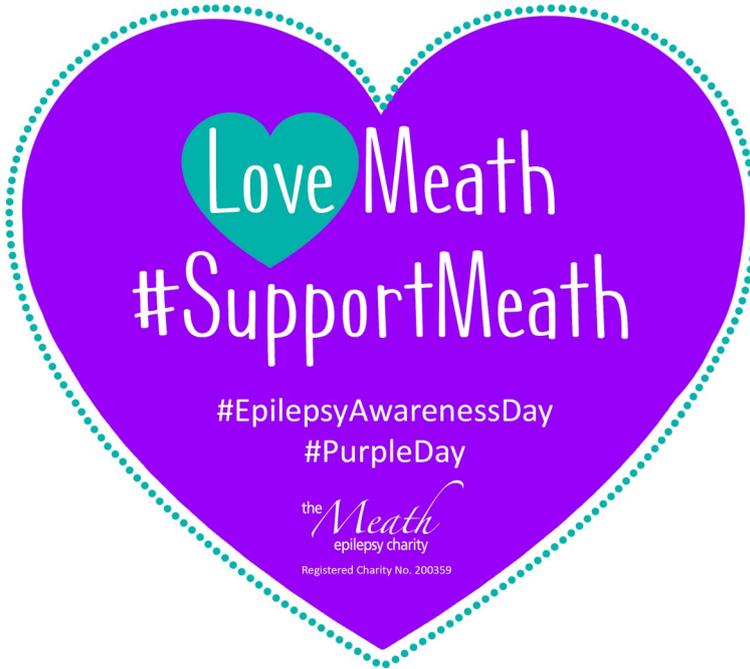
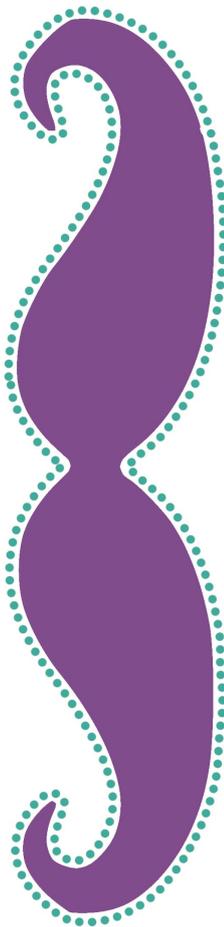
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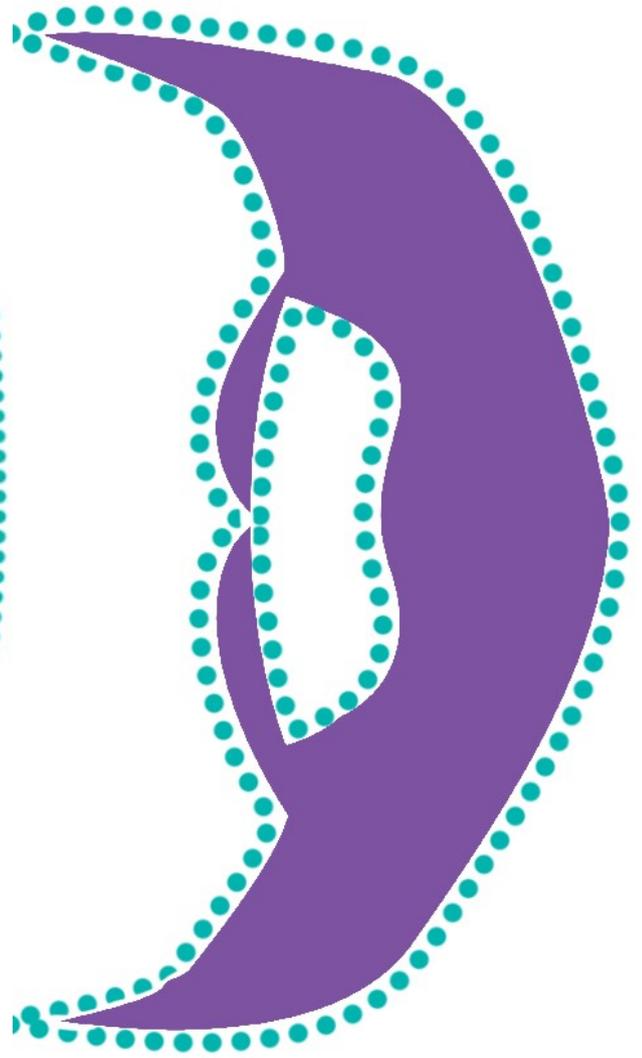
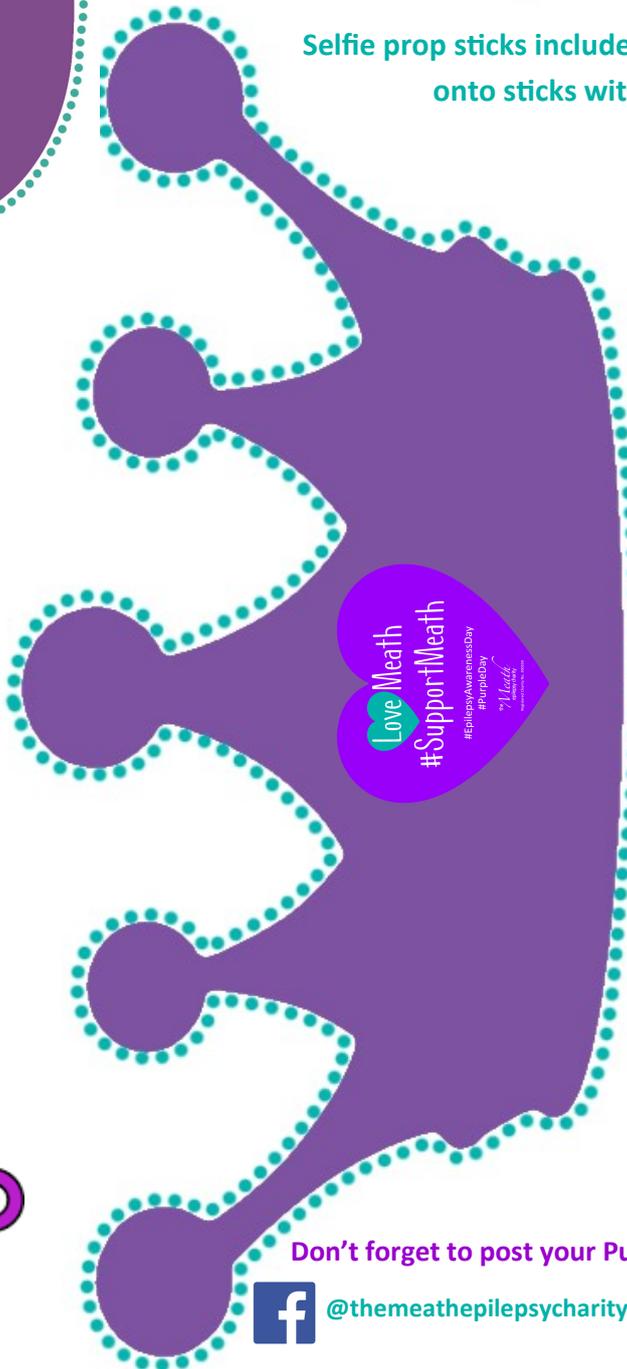


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Selfie prop sticks included, once cut out, secure onto sticks with sticky tape.

Cut out Purple Day Selfie Props



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@meathcharity

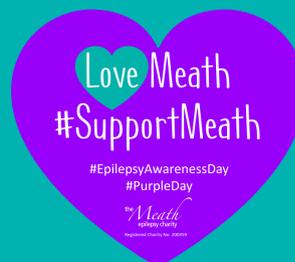


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## Clever Purple Day Idea Number 2: A Perfectly Purple Tea Party



If you love to bake why not treat your friends and family to a Perfectly Purple Tea Party in support of the Meath on or around Purple Day?! If you want to get involved but don't fancy a sponsored run or skydive have fun sharing your kitchen creations and let them eat cake!

### A Perfectly Purple Tea Party Pack Contents:

Purple Day Selfie Props & Sticks

Purple Day Balloons (x3)

Perfectly Purple Tea Party Invitation- visit website to download more or to request hard copies contact:

gemaw@meath.org.uk

Meath Donation Envelopes (x8)

Meath 'Save the Date' Guest Fridge Magnets (x8)



"We all had a great time at my Meath Purple Day Tea Party. I love baking and my Purple Velvet cupcakes went down very well! By posting on social media it felt like we were a part of the International Awareness Day and guests generously donated over £80 for the Meath too which is great."

Rebecca, Meath Supporter.

Make the most of the purple theme by using purple ingredients, purple tableware... the enclosed cut out Purple Day Selfie Props are great for social media too.

### Impress your Guests with Purple Velvet Cupcakes!

**Ingredients:** 300g Blueberries, 100g Butter, 100g Milk Chocolate (broken in to chunks),

225g Self-raising Flour, 175g Golden Caster Sugar, 2 tbsp Cocoa Powder, 2 Large Eggs, beaten,

Dash of red or purple food colouring. **Frosting:** 100g Unsalted Butter, 400g Icing Sugar, 1tsp Vanilla Extract.

#### Method:

- 1) Heat oven to 180C/160C fan gas 4 & line a 12 hole muffin tin with purple paper cases. Puree the Blueberries with a hand blender. Gently melt the butter & chocolate in a saucepan. Mix the flour, sugar, cocoa powder and a pinch of salt in a mixing bowl. Put the kettle on.
- 2) Scrape the buttery chocolate and eggs into the dry ingredients with half of the pureed blueberries. Add 100ml boiling water and mix until smooth. Add food colouring as required. Spoon mixture into the cases and bake for approx 15mins.
- 3) Mix remaining blueberry puree with unsalted butter, icing sugar and vanilla. Pipe or spoon onto cakes when cool and top with a blueberry.





Dear

Please join me/us at my/our Meath International Epilepsy Awareness Day (**Purple Day**) fundraising Tea Party on...../...../2019 at.....am/pm, at.....

..... Post Code.....

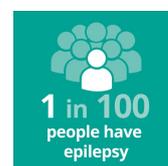
This purple themed Tea Party is a fundraising event for the Meath Epilepsy Charity to mark **Purple Day**, I would be really grateful if you could make a donation on the day. The Meath Epilepsy Charity supports adults who live with complex epilepsy and associated disabilities. All money raised from this event will directly enhance the lives of Meath residents. Purple outfits are optional!

**Please RSVP to me as soon as possible by:**

Phone.....

Email.....

**Thank you & Best Wishes**





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## Clever Purple Day Idea Number 3:

### We Like to Mauve It Mauve It!



You don't need to be an athlete or into extreme sports to increase your fitness level while taking part in **Purple Day**. A sponsored fitness challenge is a great way to keep motivated while raising money for the Meath. We can support you with everything you need to make your **Purple Day Sponsored Challenge** a huge success, so don't just Move it; **Mauve It!**

#### We like to Mauve It Mauve It Sponsored Challenge Pack Contents:

- **Mauve It Mauve It** Top Tips for Success
- **Mauve It Mauve** Training Pointers & Fridge Magnet
- **Purple Day** Cut Out Selfie Trophy

*Sponsorship form, T-shirt and balloons available on request.*



"I decided to brave it and complete a 10,000ft sky jump! I took the opportunity to fundraise for the Meath, a charity close to my heart. By asking friends and family to sponsor me I raised over £1,000! The Sky Dive was exhilarating and I felt a huge sense of achievement for having completed the jump and raised so much money for a fantastic charity through sponsorship." **Shelagh, Meath Supporter.**

Whether you'd like to Run, Walk, Cycle, Row or complete a Sky Dive to **Mauve It** for the Meath we want to support you all the way as you achieve your goal. Every penny you raise through sponsorship makes a genuinely positive difference to lives of the people we support at the Meath.



### Mauve It Mauve It Top Tips For Success



- **Ready...**Tell us how you want to **Mauve It** for the Meath! We will create your personalised sponsorship forms to help you get started with your fundraising. Set up an online giving page and send us the link— we will be able to share it for you!
- **Steady...**Give as much detail as possible to supporters when asking for money on your online giving page or by letter, let them know why you have chosen to support the Meath as part of **Purple Day** and include a weblink to [www.meath.org.uk](http://www.meath.org.uk). Make it personal; include pictures of you and let them know how much a donation means to you and the charity.
- Keep supporters updated with your progress by email, on your online giving page and on social media. Pictures of you training will show your supporters just how hard you're working!
- **GO!** On the big day of your challenge, be it 26th March on **Purple Day**, before or after, post a picture of you with your **Purple Day Selfie Trophy** on social media and share it with the Meath.
- **After your Challenge...**Remember to let your sponsors know how you did and thank them! Be sure to contact the Meath—we are able to thank you for taking part in our **Purple Day Campaign**.



## Mauve It Mauve It Training Pointers



Whether your goal is to complete a sponsored 5k, 10k run, a cycle challenge, swimming challenge or something else there are many easy to access and easy to follow online resources. Higher tech options include fitbits and apps but a good simple training programme printed out and stuck on your fridge will do the same job! Remember—you don't have to be an athlete to Mauve It and make a difference to the Meath and your fitness level.

### Running

You don't need flashy equipment and it's much easier than you think to built up stamina, feel great and achieve your goal. Whether you're an accomplished runner looking to stretch yourself by completing a half marathon or a marathon or a novice you can Mauve It for the Meath and raise funds, while you boost your endorphins!

Find a local running event online or complete your own run on 26th March. For a simple couch to 5k training programme visit [www.nhs.uk/live-well/exercise/couch-to-5k](http://www.nhs.uk/live-well/exercise/couch-to-5k)



Friends and Meath Supporters Siobhan and Helen had fun training together to run their first 10k. The pair were thrilled to raise over £500 for the Meath.



You have brains in your head.  
You have feet in your shoes.  
You can steer yourself in any direction you choose.  
You're on your own.  
And you know what you know.  
You are the guy who'll decide where to go.  
  
- Dr. Seuss

Dave completed the Prudential Bike Ride London in support of the Meath and doubled his fundraising to over £1,800 by asking his employer to match sponsorship.

Setting your own virtual challenge is a free and easy way to complete your goal at your own pace. It will also allow sponsors and supporters to track your progress online. Virtual Challenge examples include the 'Tour de France' which can be achieved by a group of cyclists, or Swimming the English Channel! A virtual challenge will also help to maximise online sponsorship and awareness of epilepsy on the run up to Purple Day.



Whatever your chosen challenge may be, make sure that you tell us so that we can support you with your fundraising campaign. Contact [gemmaw@meath.org.uk](mailto:gemmaw@meath.org.uk) for your sponsorship form and please share your online giving page with us. #SupportMeath!

## Mission Accomplished Selfie Trophy



Don't forget to post your **Purple Day** Challenge photos online! Keep friends and sponsors updated with pictures of your progress and post your trophy prop selfie photo when you've achieved your goal!



#SupportMeath #PurpleDay #EpilepsyAwarenessDay



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## Clever Purple Day Idea Number 4: Purple People Power!



Use people power this **Purple Day** by getting your sports club, school, work place, ScoutGroup, Guides Group, or Church group involved. A Cake Sale or Mufti Day are fun ways to get lots of people to take part while raising money for the Meath. If your community organisation is local to the Meath and would like a talk prior to your **Purple Day** Event please contact [helenj@meath.org.uk](mailto:helenj@meath.org.uk).

### Purple People Power Pack Contents:

- Purple Day Meath Balloons (x3)
- Purple Day Cut out Cake Sale Price Labels
- Purple Day Cut Out Event Here Sign
- Meath Donation Envelopes (x3)

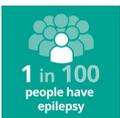
Purple Day Quiz, more balloons and donation envelopes are available upon request.



"The talk we had was very informative and it inspired the group to hold a fundraising stall. The children even made up their own 'Purple Ping Pong' challenge game which raised a fair bit of money while highlighting aspects of epilepsy that they learnt about in the talk, such as the fact that it affects 1 in 100 people.  
**Jacqui, Scout Leader.**

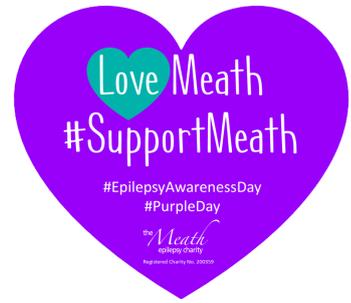


## Purple Day Sale Price Tags



Remember to post pictures of your Purple Day Sale/Event on Social Media!





# Event Here

In Support of

the *Meath*  
epilepsy charity



  
**1 in 100**  
people have  
epilepsy



[www.meath.org.uk](http://www.meath.org.uk)

Registered Charity Number:200359