



British Orthopaedic  
Association

# BE A PART OF OUR FUNDRAISING TEAM



**JOINT ACTION**

**KEEPING PEOPLE MOBILE**

The Orthopaedic Research Appeal of the British  
Orthopaedic Association

# WHAT IS JOINT ACTION?

Joint Action, the orthopaedic research appeal of the British Orthopaedic Association (BOA), is the only UK charity that specialises in raising and distributing funds for research into the entire musculoskeletal spectrum.

General fundraising has been hit very hard by the COVID-19 pandemic. Thousands of fundraising events have been cancelled and many charities, particularly smaller ones, are struggling to maintain services because of this huge reduction in income.

Musculoskeletal problems impact all sectors of society from children to the elderly; please support us in helping to make a difference through donating to Joint Action.

We also raise funds to support the development of clinical trials in trauma and orthopaedics. In 2019 we awarded funding for the appointment of three Surgical Specialty Leads to facilitate clinical trials in our specialty and in early 2021 we will be announcing new funding for two clinical trial units.

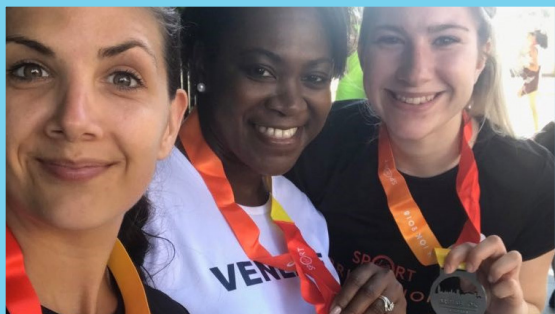


Virgin Money London Marathon



Yorkshire Three Peaks Race

# HOW CAN YOU HELP?



ASICS London 10K



Charity Tennis Tournament

You or a loved one may suffer from a musculoskeletal disorder, been involved in major limb trauma, or had a joint replacement surgery in the past. We know that the pain can be extremely debilitating. By organising a fundraising event or taking part in a sponsored event, you are helping to find new, innovative ways of improving current methods of rehabilitation. Together we can make a difference to Trauma and Orthopaedic Research.

This brochure is full of ideas, hints and tips! We hope you enjoy your experience of fundraising for Joint Action. Please send us photos of your event so we can tell everyone what a fantastic job you did!

If you need any support or further information on how to raise funds for Joint Action, please do not hesitate to contact us on 020 7405 6507 or [jointaction@boa.ac.uk](mailto:jointaction@boa.ac.uk).

# A-Z OF FUNDRAISING

Take a look at our fundraising ideas. Whether it's a yogathon or games night, there is something for everyone!

**A** AFTERNOON TEA

**B** BBQ

**C** CAR WASH

**D** DOG WALKING

**E** EASTER EGG HUNT

**F** FASHION SHOW

**G** GAMES NIGHT

**H** HALLOWEEN PARTY

**I** ICE SKATING

**J** JEANS DAY

**K** KARAOKE

**L** LITTER PICK UP



MUD RUN

M

NEW YEARS RESOLUTION

N

OFFICE PARTY

O

POSTER COMPETITION

P

QUIZ NIGHT

Q

RUN FOR A CAUSE

R

SPEED DATING

S

TALENT SHOW

T

ULTIMATE CHALLENGES

U

VOLUNTEERING

V

WALKING

W

XMAS HAMPERS

X

YOGATHON

Y

ZUMBATHON

Z

For advice and a copy of our  
fundraising packs, contact our  
Joint Action team on  
020 7405 6507

# JOINT ACTION

## Get involved with **Joint Action Challenge Events!**

Run, walk or cycle to raise much needed funds that really make a difference in advancing this field of medicine.

To register for a Joint Action event please contact [jointaction@boa.ac.uk](mailto:jointaction@boa.ac.uk) or visit the BOA website at [www.boa.ac.uk/joint-action](http://www.boa.ac.uk/joint-action) for more information.



## Tips for Sponsored Challenge Events

- Do not leave fundraising too late; it's easier to ask if you've built up a momentum: **START NOW.**
- **Collect money at the time of asking.** Promise to return the money if you do not complete the task.
- Tell your sponsors what your **target** is: they may give more than they originally intended.
- **'Quantify the ask':** suggest to your sponsors a sum they might like to donate, people often do not know what to give.
- **Make a list of everyone you know** - you probably know more people than you think. Ask your family and friends to collect among their friends and clubs.

# CHALLENGE EVENTS

## VIRGIN MONEY LONDON MARATHON

Taking place on Sunday 3rd October 2021, this is the largest fundraising event in the world. View all the sights that the city has to offer and experience the energy from the crowd. Please support our runners by donating online. More information is at [www.boa.ac.uk/joint-action](http://www.boa.ac.uk/joint-action).

## ASICS LONDON 10K

Join the thousands of runners that are winding their way through Central London together. Places are still available to participate in this event, please contact [jointaction@boa.ac.uk](mailto:jointaction@boa.ac.uk) to register your interest. Further information about this event is [www.boa.ac.uk/joint-action](http://www.boa.ac.uk/joint-action).

## PRUDENTIAL RIDELONDON-SURREY 100

The Prudential RideLondon-Surrey 100 bike ride starts in the Queen Elizabeth Olympic Park and follows a 100-mile cycling route on closed roads through London and into Surrey's stunning countryside. More information at [www.prudential-ridelondon.co.uk/events/100](http://www.prudential-ridelondon.co.uk/events/100).

# [www.boa.ac.uk/joint-action](http://www.boa.ac.uk/joint-action)



Download our  
Fundraising  
Pack now on  
our website

Other ways to  
donate  
[www.boa.ac.uk/  
donate](http://www.boa.ac.uk/donate)



Follow us on  
social media  
for latest news  
and updates



BritOrthopaedic



@BritOrthopaedic



British Orthopaedic Association



@britorthopaedic