

Ideas guide

This October make a difference to the 135,000 people affected by EDS by taking part in 13 for 13. Choose 13 things that you can do for the 13 different types of EDS, get sponsored and help us reach our £13,000 target.

Whether you choose to get involved in your community, at home or at work, there are so many things you can do – the only limit is your imagination!

What will your 13 for 13 be?



Here are some 13 for 13 ideas to get you started!

1. Create a 'Top 13 challenge' – compile a list of 13 activities and collect pledges for each one completed.
2. Host a bakers dozen cake bake sale.
3. Walk, run, cycle or swim 13 miles.
4. Host a Potluck lunch club – invite 13 friends to bring 13 dishes and donate to eat!
5. Complete a 13-hour gaming or dancing marathon.
6. Get the little ones to pledge to do 13 star jumps a day throughout October and get sponsored.
7. Make your own '13-day challenge' – Do something for 13 consecutive days.
8. Do 13 laps of the school playground – skip, run or walk your walk to the finish line.
9. Sell 13 unwanted items you have lying around your home on a selling site such as Vinted and donate the money to EDS UK.
10. Ask 13 colleagues to donate an hour of their pay.
11. Get your little one to do 13 minutes of chores a day and get sponsored.
12. Approach local businesses for raffle donations and hold a 13-item raffle.
13. Perform 13 acts of kindness throughout October and get sponsored.



The impact your donations have

Donate or raise £13 and we could answer a question from a young person newly diagnosed with EDS or HSD. Providing tailored support, guidance and signposting at a time of uncertainty.

Raise £130 and we could provide two hours of in-depth GP training. Equipping medical professionals with specialist knowledge to quickly spot the signs of EDS and HSD and reduce the time to diagnosis.

Raise £1,300 and we could run three webinars on topics that affect people with EDS and HSD. Helping to make debilitating symptoms like extreme pain and severe fatigue easier to cope with.

Raise £13,000 and we could run 13 of our peer-to-peer support groups for a year. Connecting people with others who know what they are going through.

Your next step

Don't forget to create a [JustGiving page through the 13 for 13 campaign page](#). Your fundraising efforts will then automatically sync with the overall totaliser to help us reach our £13,000 target.

