



Information Pack



IN 
RESIDENCE.

Who we are



Doctors of the World UK, part of the international Médecins du Monde network, believes in a world in which all vulnerable people receive healthcare, **whether they are affected by poverty, exclusion, war, natural disasters or disease**. We are a unique, operating both UK and international programmes that focus on four areas:

- Conflict and crisis
- Families and children
- People at risk of harm
- Vulnerable refugees and migrants

We deliver our programmes through **thousands of dedicated volunteer doctors and nurses**, providing medical equipment and medicines and working closely with local communities. We don't just do quick fixes, but invest in long-term, sustainable health systems.



What we do



The Médecins du Monde network is currently delivering over 350 health projects in more than 80 countries.

Doctors of the World UK's key activities in 2014/15 included:

- **We have been working in Calais for over 12 months**, long before the media and politicians turned their attention to this desperate and complicated refugee crisis
- Playing a key **role in combating Ebola in Sierra Leone** where we managed a treatment centre on behalf of the UK Government
- Providing **humanitarian health assistance in Nepal** following the devastating earthquake in May 2015
- We provided over **1,454 health consultations for vulnerable people**, such as pregnant migrants, at our London clinic in 2014
- **We have mobile clinic teams on the ground in Ukraine**, where conflict is leading to the collapse of the health system, particularly affecting the elderly and children



Getting started



The following are a selection of the simple things you can do to make your fundraising a success:

- 1. Create your team** - The best place to meet and recruit people who might be interested in a Doctors of the World:In Residence group is Freshers' Week. If you miss this, why not send a message out across your course or put up posters?
- 2. Contact your student union** - Ask your union for information about their process for forming a student group, club or society. Most unions also offer funding for things like launch events or basic equipment/materials.
- 3. Organise a meeting** - It's important to get everyone together as early as possible; you can choose roles and plan your first activities.
- 4. Plan your calendar** - Put together a list of activities you'd like to do. This could range from a campaign petition, to a special movie screening to a night of talks. When this is done, add to the Student Union calendar so everyone can see.
- 5. Get in touch** - Keep us updated so we can support your activities



Organising an event



What interests you and your In Residence committee? Consider what you and your friends enjoy doing so that you organise an event they will all want to come to. It's always best to stick to something that you enjoy doing.

When will you hold your event? Think about when people will be more likely to get involved, for example avoid end of term or any time near to exams. Freshers' Week is definitely the best time to try to engage other students and build interest.

Where will you hold your event? Think about whether you want a venue on campus or off campus, if it's a well-known and popular venue, if it's easy for people to get to, and if it costs anything to use.

Who will you invite? Students, colleagues, friends, families and/or the community?

How will you let people know? Put your event on Facebook, email or send invitations and put posters up. We can support you with promotion.



Online sponsorship



If you're fundraising, you can set up your online fundraising page at:

- www.justgiving.com/doctorsoftheworld
- www.everydayhero.com/uk/

These websites enable you to easily build your own webpage in a few minutes, for you to then fill with tales of your training and fundraising efforts.

Once you have set up your fundraising page, simply send the link to friends and family and post on social media, then watch as the donations come in. Don't forget to keep everyone updated and put up lots of photos!

Other top tips: put a link in your email signature, promote on payday and don't stop asking for donations after the event.



Publicity



Shout about your event or fundraising idea and let the world know!

- Facebook, Twitter and LinkedIn are the perfect tools for advertising your fundraising page. You can create your own local In Residence Facebook page, post a link to your profiles and include us:
- **Facebook** - facebook.com/DoctorsoftheWorldUK
Twitter - @DOTW_UK and #InResidence
LinkedIn - linkedin.com/company/doctors-of-the-world-uk
- Approach your university/student union and ask to be included on the website or internal communications. Tell a story: if you tell them why you are supporting us and what it means, they will be more likely to get behind you.
- Local newspapers, local radio and TV are always on the look-out for a good story, especially when it involves community involvement and 'doing good'.



Event ideas



The following are just a few ideas to help you get started:

- **In Residence talk** - We have a bank of interesting speakers who can come to your university.
- **Acceptable in the 80's** - Médecins du Monde was founded in France in 1980. Get out the shoulder pads and heavy mascara and host an 80s party.
- **Dinner4Good** - Everything you need to make your mates come dine with you and raise funds while you're at it can be found at www.dinner4good.com.
- **Retro gaming competition** - There are loads of classic board games that you could play as part of the ultimate competition between friends. Our favourite is Operation!, obviously...
- **Forgo your birthday or Christmas presents** and ask people to sponsor you instead.
- **Dress-up days** - A simple, yet effective way to raise funds—turn up to lectures in full back-tie outfit in return for sponsorship.
- **Go sober** - Get sponsored to avoid your chosen vice for a month whether it's alcohol, coffee or chocolate!



Where it goes



Make sure you tell everyone who is donating or sponsoring you the difference their money will make:

- **£7** could pay for a hygiene kit for a Syrian refugee
- **£10** could provide a set of antenatal & post-natal consultations for women in rural Nepal
- **£20** could pay for a psychological consultation for a survivor of war and conflict
- **£70** could pay for treatments for two people affected by cholera in Angola
- **£100** could pay for a doctor & two nurses to staff an emergency health clinic for one day



After the event



Once you have collected your donations and sponsorship, you can do the following:

- Pay the money into your account and transfer to Doctors of the World UK (contact universities@doctorsoftheworld.org.uk for our details)
- Make a cheque payable to Doctors of the World UK, including a note to provide your name and details of the challenge/event and send to Doctors of the World, 34th floor, One Canada Square, London, E14 5AA

Contact us:

universities@doctorsoftheworld.org.uk

020 7167 5789

34th floor, One Canada Square, London, E14 5AA (Office space kindly donated by Canary Wharf Group)

www.doctorsoftheworld.org.uk

