



FIREWALK

Fundraising Pack



**Frimley
Health
Charity**

Welcome To Team FHC

Amit's Story

Did You Know?

Fundraising Ideas A-Z

Top Tips To Get Started

Your Sponsorship Form

Paying In Your Fundraising

Other Ways To Support Us

Get In Touch

FIREWALK





Welcome to Team FHC

Thank you so much for signing up to Firewalk and helping us to raise vital funds to assist Frimley Health NHS Foundation Trust.

Frimley Health Charity is devoted to transforming healthcare, facilitating research, and supporting wellbeing. We will achieve this by providing funding for exceptional research, patient care projects, and staff wellbeing initiatives.

We as a charity have an important responsibility as part of the Frimley Health NHS Foundation Trust to rally people together and make the biggest impact.

Our patients will never stop needing us and with your help we can always be there for them. Your support, however big or small and every penny and every pound you raise really will make such a significant difference to both our patients, their loved ones and our amazing NHS staff for years to come!

Thank You!

Amit's Story...

At just 35 years old, Amit's life changed in an instant. He suffered a significant stroke that left him unable to speak, walk, or even write. It was a terrifying and uncertain time - not only for him, but also for his family and friends who rallied around him in the days and weeks that followed.

Thankfully, Amit was cared for at Frimley Park Hospital, where he received life-saving treatment, initial consultations, and expert physiotherapy. But it wasn't just the medical care that made an impact. It was the people - the doctors, nurses, and hospital staff - who treated him with deep compassion, understanding, and respect. "The care they gave to me and my loved ones is something I will never ever forget," Amit says.



It's what inspired him to give back through fundraising, choosing to support Frimley Health Charity as a way of saying thank you - "It's well known that the NHS is hugely underfunded," he explains. "I realise that what I've raised may be a small drop in the ocean compared to what's really needed, but any contribution that helps improve hospital facilities and maintain their incredible standard of care is worthwhile."

Amit hopes that by sharing his story and raising funds, he can not only give back - but also raise awareness for the charity and inspire others to get involved. "I think all NHS staff deserve recognition. Especially after everything they've faced in recent years, they're still so often underappreciated for what they do."

Amit's story is a powerful reminder of the life-changing work happening every day within our NHS - and how community support can help ensure that continues for generations to come.



Did You Know?

- With 14,000 employees, Frimley Health NHS Foundation Trust provides NHS hospital services for 900,000 people in Berkshire, Hampshire, Surrey, and South Buckinghamshire.
- We as a charity have funded the creation and redesign of 74 staff rooms improve staff mental well-being.
- Last year we funded 101 'Improving Spaces' projects, impacting 260,000 patients and 4,000 staff.
- Not only do we fund advancements in medical technology, we're committed to developing the skills of our staff. For example, through the Bite Size Updates event series, delivered quarterly by subject matter experts, to support continuous staff education.

What Can You Do?

- Help us to create calming garden spaces in our hospitals to offer a peaceful escape from clinical environments.
- Help us to fund virtual reality headsets for sick children, giving an alternative focus during treatment.
- Help us to fund specialist AI equipment that can help to detect the early stages of prostate cancer.
- Help us to fund staff wellbeing initiatives such as 'Wellness Days' to reduce staff burnout.
- Help us to provide parent beds so they can stay overnight and rest next to their child.



Fundraising A-Z

A

Abseil
Auction
Art sale
Afternoon tea party

E

Easter-egg hunt
Eating competition
Exercise bike-a-thon

J

Juggling
Jumble sale



B

Bake-off
Bingo
Battle of the bands
Bungee jump
Bike ride

F

Fancy-dress
Football match
Face painting
Fete
Film Festival

K

Karaoke
Kick-ups
Knit-athon



C

Casino Night
Craft sale
Cake sale
Car wash
Clubbercise
Christmas jumper day

G

Game-a-thon
Games night
Golf tournament

L

Litter Pick
Line dancing



D

Darts
Dinner party
Disco
'Donations/do not gift'
Dance-a-thon

H

Head-shave
Hair-dye
Halloween party

M

Marathon
Mountain climb
Mile-a-day
Music concert
Murder-mystery
Movie night

I

International food day
Ice hockey match
Ice cream sale

Fundraising A-Z

N Non-uniform day
Name the ...
Netball match
Night walk/run

O Obstacle course
Open water swim
Office whip-round
Occasion celebration
(birthday, wedding, etc.)

P Pamper party
Painting sale
Pizza party
Pool party
Photography competition

Q Quiz night
Quit it
Quiet hour
Quickest time

R Running
Rock-climbing
Raffle
Read-a-thon

S Sweepstake
Skydive
Swimming challenge
Sports Day
School fete

T Tea Party
Talent Show
Tough Mudder
Triathlon

U University Challenge
Upcycling
Underground (train
route) pub crawl
Ultimate frisbee

V Vintage clothing sale
Vegetable growing

W Walk
Waxing (legs, back
etc.)
Wedding donations

X Xmas panto
Xmas craft fair

Y Yoga-thon
Yellow Day

Z Zumbathon



Top Tips To Get Started!

Set up a sponsorship page

We will automatically create a page for you when you register via Enthuse, however you can also use JustGiving or a paper sponsorship form if you'd prefer.

Set yourself a fundraising target and motivate people to fundraising for you!

Tell people what your target is and keep them updated when you reach your milestone e.g. half way to your full target.

Don't forget to keep telling your story

If you are comfortable in doing so, you may want to promote your challenge and fundraising page in your local press and work newsletters.

Get social

Use your social media pages to let people know what you are doing, why and keep them updated on your progress. Don't forget to tag Frimley Health Charity on your posts to let us know what you're up to!

Fundraising materials

We can supply you with posters, collection buckets, balloons, banners, and leaflets. You may also wish to purchase a sporting vest or t-shirt to wear to show you're supporting the charity.

Match funding

Many companies offer their employees the chance to boost their fundraising efforts by matching the money they raise. The best way to get started is to contact your employer and ask if they have a match funding scheme or are interested in setting one up.



**Don't forget
to ask your
sponsors to Gift Aid
their donation!**

(UK taxpayers only)



Sponsorship Form

Name: _____

Address (with postcode): _____

Email Address: _____

[illegible]



**Frimley Health
Charity**



FIREWALK

[illegible]

* I confirm that I am a UK income or capital gains taxpayer. I have read this statement and want Frimley Health Charity to reclaim tax on my donation. I understand that I must pay an amount of income tax and/or capital gains tax in the tax year that is at least equal to the tax that Frimley Health Charity, and any other charities and CASCs I donate to, will reclaim on my donations for that tax year (council tax and VAT do not count). I understand the Frimley Health Charity will claim 25p in tax back for every £1 gift aided. Registered charity England and Wales 1049600.

Please pay all sponsorship money via your chosen payment method and return this form to The Fundraising Department, Frimley Park Hospital, Portsmouth Road, Frimley, Camberley, Surrey, GU16 7UJ. We will only use the details that you have provided for the purposes of administering your donation and for claiming Gift Aid.

If you would like to know of other ways to improve patients lives, please contact our fundraising team on 0300 615 3206 or email fhftfundraising@nhs.net.

Paying In Your Fundraising

Whichever way you decide is best for you, please include a covering note and an address so we can send you a thank you.



You can deliver any donations to the hospital receptions or the cashiers office at:

**Frimley Park Hospital, Portsmouth Road,
Camberley, GU16 7UJ**

Or

**Wexham Park Hospital, Wexham Street,
Slough, SL2 4HL**



You can donate online at:

<https://www.frimleyhealthcharity.org/donate>



Please make all cheques payable to Frimley Health Charity. You can post to
**Frimley Health Charity, Portsmouth Road,
Camberley, GU16 7UJ**



Other Ways To Support FHC

Events & Challenges

Are you looking for a new challenge or do you want to do something different? Fundraising challenges are a great way to raise money for Frimley Health Charity, whilst pushing yourself out of your comfort zone and ticking off a new bucket list moment. With challenges including Marathons, Firewalks and Skydives, as well as our FHC events Run Frimley, Walk 4 Wards, Firewalk and Jingle Jog. There really is something for all ages and abilities, so why not look on our website to find out more: frimleyhealthcharity.org/get-involved/events/

Play our Lottery

Play our weekly lottery and every Friday you'll be in with a chance to win one of 100 prizes – a first prize of £1,000, five prizes of £25 and 94 runner-up prizes of £5. Prizes are guaranteed so 100 players will win every week! Sign up today: lottery.frimleyhealthcharity.org

Leave a gift in your will

Choosing to leave a legacy donation is a wonderful way to make a lasting difference and support a cause you truly care about. All gifts in Wills to Frimley Health Charity have a real positive impact on patients and families at the Trust's three hospitals – Frimley Park, Heatherwood and Wexham Park.





Get In Touch

If you have any questions or queries please get in touch:



fhft.events@nhs.net



0300 615 3206



frimleyhealthcharity.org

Connect with us on social media



**Frimley Health
Charity**



Registered Charity Number: 1049600