

LONDON LANDMARKS HALF MARATHON

Fundraising Pack



Welcome To Team FHC

Amit's Story

Did You Know?

Fundraising Ideas A-Z

Top Tips To Get Started

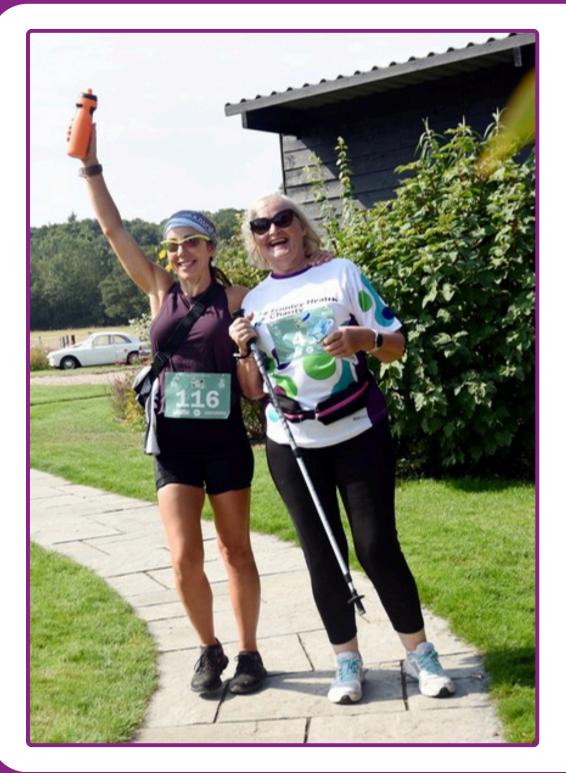
Your Sponsorship Form

Paying In Your Fundraising

Other Ways To Support Us

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Welcome to Team FHC

Thank you so much for signing up to London Landmarks Half Marathon 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, 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.

Fundraising A-Z

Abseil
Auction
Art sale
Afternoon tea party

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

Juggling
Jumble sale

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

Fancy-dress
Football match
Face painting
Fete
Film Festival

Karaoke Kick-ups Knit-athon

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

Game-a-thon
Games night
Golf tournament

Litter Pick
Line dancing

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

Head-shave Hair-dye Halloween party Marathon
Mountain climb
Mile-a-day
Music concert
Murder-mystery
Movie night

International food day
Ice hockey match
Ice cream sale



Fundraising A-Z

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

Runnina Rock-climbing Raffle Read-a-thon

Vintage clothing sale Vegetable growing

- Obstacle course Open water swim Office whip-round Occasion celebration (birthday, wedding, etc.)
- Sweepstake Skydive Swimming challenge **Sports Day** School fete
- Walk Waxing (legs, back etc.) Wedding donations

Pamper party Painting sale Pizza party Pool party Photography competition

Quiz night

Quiet hour

Quickest time

Quit it

Tea Party **Talent Show Tough Mudder** Triathlon

Xmas panto Xmas craft fair

- **University Challenge** Upcycling **Underground** (train
- Yoga-thon Yellow Day
- route) pub crawl Ultimate frisbee
- Zumbathon







Sponsorship Form London **Landmarks Half Marathon**

Name:

Email Address

Address

(with postcode):

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									Full Name
					-				Home Address
									Postcode Gift Aid*AmountCollected

^{*} 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 fhft.fundraising@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, Bike Rides 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**

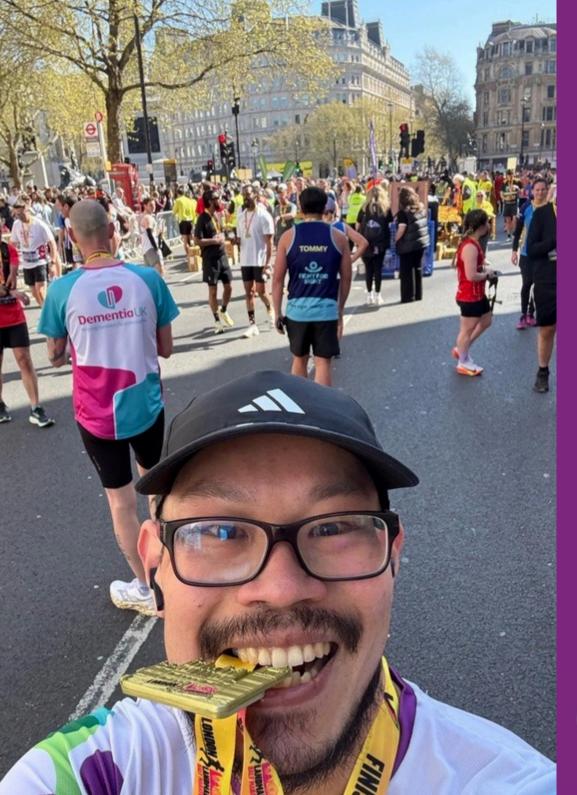
Leave a gift in your will

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









