



# Team FHC Fundraising Pack



**Frimley  
Health  
Charity**



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# Welcome to Team FHC

Thank you so much for signing up to the 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, 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!*



# Caroline's story

Caroline was rushed to Frimley Park Hospital and admitted in May 2020, after suffering with breathing and swallowing issues, and being unable to walk. Caroline was then diagnosed with a rare auto-immune disease, Polymyositis – a condition which attacks the muscles throughout the body. At her worst Caroline was unable to walk, sit up, eat, and do other activities which until that point had been so easy.

Caroline found being in hospital incredibly hard but felt very privileged and humbled with the care she received:

**"I was cared for by some truly amazing people, who did so much to make my stay as easy as possible. The support and care I got throughout my time in both ICU and G1 from the Physiotherapists, Occupational Therapists, Nurses, ICU Doctors, Healthcare-Workers, SALT, and my Rheumatologist, Dr Mark Lloyd, was absolutely incredible, especially during a global pandemic."**

Staff helped Caroline with simple tasks through to organising Gin Sunday. With the doctors' and nurses' help, sense of humour, constant encouragement and a lot of hard work, Caroline walked out of the hospital two months later.

To say 'thank you' to all the staff that took such good care of her, Caroline took part in Run Frimley 2021 and 2022, raising money for the Trust.

**"Without them, I would not have got my life back, so I wanted to say a massive thank you!"**





# Did you know?

- There are 1700 inpatient beds across the Trust.
- Annually, the Trust provides hospital services for over 900,000 people living in Berkshire, Hampshire, Surrey and South Buckinghamshire.
- The Trust sees over 1.5million outpatients a year.
- We as a charity have funded the creation and redesign of 74 staff rooms.
- We have funded 101 'Improving Spaces' projects in 2023/2024, impacting 253,000 patients and 3,465 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 fund wellness packs for unexpected overnight stays.
- Help us to fund virtual reality headsets for sick children, giving an alternative focus during treatment.
- Help us to fund 2x counselling sessions for NHS staff to improve mental health and coping strategies, and reduce the likelihood of burnout.
- Help us to fund reclining chairs for chemotherapy patients to ensure they're as comfortable as possible.





# 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 fundraise 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)





# London Landmarks Half Marathon Sponsorship Form

Name: \_\_\_\_\_

Address (with postcode): \_\_\_\_\_

Email Address: \_\_\_\_\_

[illegible]

[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 7JU. 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](mailto: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, Cycles 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/](https://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](https://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](mailto:fhft.events@nhs.net)



0300 615 3206



[frimleyhealthcharity.org](http://frimleyhealthcharity.org)

Connect with us on social media



Registered Charity Number: 1049600