



Team FHC Fundraising Pack



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Welcome to Team FHC

Thank you so much for signing up to Run Frimley 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 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.

Caroline now takes part in Run Frimley, raising money to say 'thank you' to all the staff that took such good care of her.

"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 1.5 million 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 an FHC sporting vest or t-shirt to wear and show your support.

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.





Run Frimley 2025

Sponsorship Form

.....

[illegible]



Home Address

Postcode

Gift Aid*

AmountCollected

[illegible]

Frimley Health Charity will claim 25p in tax back for every £1 gift aided. Registered charity England and Wales 10496600.

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 info@theheartline.org.uk

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 ranging from Marathons and Skydives, to our other FHC events including, Walk 4 Wards 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



Registered Charity Number: 1049600