



# The Big Half Fundraising Pack



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# Welcome to Team FHC

Thank you so much for signing up to The Big Half and helping us to raise vital funds to support Frimley Health NHS Foundation Trust.

Frimley Health Charity is devoted to transforming your healthcare. We will achieve this by providing and funding life-saving equipment, impactful 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

**A**

Abseil  
Auction  
Art sale  
Afternoon tea party

**B**

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

**C**

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

**D**

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

**E**

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

**F**

Fancy-dress  
Football match  
Face painting  
Fete  
Film Festival

**G**

Game-a-thon  
Games night  
Golf tournament

**H**

Head-shave  
Hair-dye  
Halloween party

**I**

International food day  
Ice hockey match  
Ice cream sale

**J**

Juggling  
Jumble sale

**K**

Karaoke  
Kick-ups  
Knit-athon

**L**

Litter Pick  
Line dancing

**M**

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



# 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





**Frimley Health  
Charity**

# The Big Half Sponsorship Form

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

Address (with postcode):

Email Address:

[illegible]



| Postcode | Gift Aid* | Amount | Collected |
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A full-page sheet of white graph paper featuring a uniform grid of small squares. The grid consists of 20 columns and 15 rows, creating a total of 300 square units. The lines forming the grid are thin and black, spaced evenly across the entire page. There are no margins, text, or other markings present.

\* 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, GU26 7UU. 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 [hft.fundraising@nhs.net](mailto:hft.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, Cycling and Skydives, as well as our FHC events Run Frimley, 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/](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



**Frimley Health  
Charity**



Registered Charity Number: 1049600