



Run Frimley 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 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 well-being 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**



Run Frimley Sponsorship Form

Name:

Address (with postcode):

Email Address:

[illegible]



Amount Collected

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 are thin and black, forming a continuous pattern across the entire page.

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 frft.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 other FHC events 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



**Frimley Health
Charity**



Registered with
FUNDRAISING
REGULATOR

Registered Charity Number: 1049600