



Jingle Jog Fundraising Pack



Welcome To Team FHC!

Andy & his Dad's Story

Did You Know...

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**Frimley
Health
Charity**



Welcome to Team FHC!

Thank you so much for signing up to Jingle Jog 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, improvements to hospital spaces 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!

Andy and his Dad's story...

"My family owe this hospital more than words can say. They supported my father through 3 separate cancer battles and are the reason he is still here today making memories with his 5 grandchildren. That is something we will never take for granted. This run is not just about the km's. It's about fundraising to support the people who fight every day to save lives and helping to ensure that other families receive the same hope and care that we did."



Andy hopes that by sharing his families story and raising funds, he can not only give back - but also raise awareness for the charity and inspire others to get involved and support their local hospital.

Andy'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.

Did you know...

- With 14,000 employees, Frimley Health NHS Foundation Trust provides NHS hospital services for 1 million people in Berkshire, Hampshire, Surrey, and South Buckinghamshire.
- We as a charity have funded 120+ projects in the last 5 months.
- Thanks to our supporters, we raised over £400,000 for our Dementia appeal to create dementia-friendly hospital environments, provide specialist training to staff and fund activities to support patient well-being, mobility and memory.

What can you do?

- Help us to create calming garden spaces in our hospitals to offer a peaceful escape from clinical environments.
- Help us to fund cold cap machines helping cancer patients reduce their chance of chemotherapy-related hair loss.
- Help us to fund specialist AI equipment that can help to detect the early stages of cancer.
- Help us to fund staff wellbeing initiatives such as 'Wellness Days' to reduce staff burnout.
- Help us to provide parent beds so they can stay overnight and rest next to their child.



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



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.

Matched 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)



Jingle Jog Sponsorship Form

Name:

Address (with postcode):

Email Address:

Full Name

Home Address

Postcode

Gift Aid* Amount Collected

AB12 3CD





Full Name

Home Address

Postcode Gift Aid* Amount Collected

A full page of blank graph paper. The grid consists of small, uniform squares formed by thin black lines. There are no margins or additional markings on the page.

* 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 7JL. 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.

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, 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 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 Charity Number: 1049600