



**NHS CHARITIES
TOGETHER**



WE LOVE FUNDRAISING

During the pandemic, we were so inspired by the incredible challenges children, teenagers and their parents came up with – from virtual disco dancing to garden camp-outs, hike-a-thons to bike-a-thons. Our collective spirit soared.

Now that we can physically get together, why not come up with an event and challenge your family, friends and neighbours to get involved? Whether you do your challenge solo or as a team, you'll want as many people as possible to support you, so you can raise even more for our NHS staff and patients.

Turn over

for some great
fundraising ideas

Here are some suggestions to get you started!

♥ READY, SET, GO

Want to move your body and raise money too? Come up with your own unique idea or take part in one of the many organised events throughout the year. You can walk, run, swim, cycle, or even skip. Anything is possible.

♥ GET CRAFTY

If you love making things, then go ahead and produce some art, jewellery or crafts, and sell them to friends and family.

♥ GET YOUR GAME ON

Challenge your friends and family to take part in a gaming event for a certain time period, or to achieve a highest score. For most kids, this challenge would be a dream come true!

♥ TAKE PART IN A SPONSORED SILENCE

Tired of talking? Get sponsored to be silent for a day, and enjoy the sound of nature all around you. Take a silent walk through a park and listen to the wind in the trees and the birds singing.

♥ TAKE PART IN A 1948 CHALLENGE

The NHS was born in 1948, so why not come up with an idea to celebrate? You could do something you love for 19 hours and 48 minutes, run or swim 1,948 metres, or hold a themed 1948 party.

♥ WHY NOT GIVE SOMETHING UP?

Get healthy and raise money at the same time. Inspire friends and family to get sponsored to give up something for a week, such as chocolate or sweets, or maybe even put away all devices and take on a screen free challenge!

♥ BAKE YOUR WAY TO SUCCESS

Who doesn't love a cake and cookie sale? Put your apron on, bake your favourite recipe and hold a bake sale at school. Yum!



Well done Carlos!

14-year-old Carlos not only ran the length of the Isle of Wight in honour of his parents who are NHS workers, he got his Duke of Edinburgh award and raised over **£600** for NHS Charities Together!

What a brilliant effort Carlos. We're so proud of you!

SHOUT ABOUT IT!

Don't forget to tell everyone about your challenge and get sponsorship for NHS Charities Together – the national charity caring for the NHS, so everyone can have better healthcare.

- Set up your fundraising page and share it with friends and family.
- Post on your own social media channels (tag us using **#NHSCharitiesTogether**).
- Share updates and photos with us by emailing **hello@anhsc.org.uk** or on our social media channels:



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