



**NHS CHARITIES
TOGETHER**



WHATEVER THE WEATHER

DO IT FOR
NHS CHARITIES TOGETHER

Spring, Summer, Autumn or Winter, rain or shine, there's always something incredible you can do on your own, or with friends and family, to raise money for NHS Charities Together.

From outdoor activities that will get you fit, to giving something up for a day, gaming challenges or virtual events like a quiz with far-away family, all you need is your imagination.

NHS Charities Together is the trading name of the Association of NHS Charities.
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Turn over

for some great
fundraising ideas

Here are some suggestions to get you started!

♥ START AN ACTIVE CHALLENGE

Sign up to an organised sporting challenge, or invent one of your own. Put together a team to break a Guinness World Record, or just take it at your own pace. Even a daily walk round the local park can raise money.

♥ SMASH THAT NEW YEAR'S RESOLUTION

It really doesn't matter what month it is. Whether you decide to give up alcohol, lose weight or take up a new hobby, get sponsored. Then you'll do something great for yourself and for our NHS staff and patients.

♥ HEAD SHAVE

In solidarity with a friend or family member or just for a big impact, you could choose to shave your head. Or if that's not for you, why not dye it blue for the NHS, or shave a heart shape into the back.

♥ GROW THE BIGGEST VEGETABLE!

So many of us enjoy spending time in our gardens, so why not challenge your neighbours to grow the biggest veg? Cucumbers, pumpkins, courgettes and tomatoes are all great options.

♥ VIRTUAL RUN OR STATIC CYCLE

If getting out in the wind and rain is not your style, then you could try a treadmill challenge or static cycle at the gym. Set up a team for added fun, or try for a personal best over distance or time.

♥ CELEBRATE A WEDDING, ANNIVERSARY OR BIRTHDAY

Many people choose to ask for donations instead of presents. Or you take up a relevant challenge – like visit 30 UK landmarks before your 30th birthday or walk 50 miles together for a 50th anniversary.

♥ PARTY, PARTY, PARTY!

Make the most of a special event, like Eurovision or the Grand National. Host a party and raise money by holding a sweepstake or asking for a donation.



Adam Seward

Adam walked 10km every day for a year, equal to the length of Route 66. Adam has been living with osteoarthritis for almost 15 years and wanted to give back to the NHS.

"I want to try my best and raise as much money as I can for NHS for the bravery and dedication, they continue to show to help the country when they need it most." **That's an incredible effort, Adam. Well done**

To find out more about our latest events, like the Great North Run or the London Marathon, head over to our website nhscharitiestogether.co.uk for more information.

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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