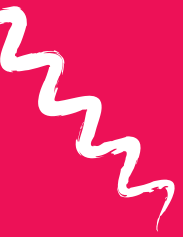


NHS
CHARITIES
TOGETHER

THIS IS FUNDRAISING WITH **LOVE**



TOGETHER WE CAN RAISE EVEN MORE

We're delighted that you're getting involved and fundraising for NHS Charities Together. Your support will do wonderful things for NHS staff and patients across the country, helping to make the NHS we love even better.

In this booklet you'll find some fantastic ideas for fundraising, as well as plenty of hints and tips to get underway. Whether you want to do something by yourself, or as part of a team, something fun, adventurous or challenging, you'll get all the support you need to make your event a standout success, and were always here if you have any questions, or need help.

We'd love to hear about what you are doing, so please do share photos and videos by emailing us at hello@anhsc.org.uk, and tagging us on social media.
Remember to use **#NHSCharitiesTogether**

WELCOME TO OUR COMMUNITY

NHS Charities Together is the national, independent charity caring for the NHS, so everyone can have better healthcare. Thanks to generous donations, we have supported over 600 projects across the length and breadth of the UK. Together we are improving the health of the nation, so let's keep up the amazing work!

alison Justine x

Sian

Shawn ☺

Ernie



With lots of love from the
NHS Charities Together
fundraising team

Annabelle
x x

Katy

Faye

Louise x

Ness

Michelle x



FIVE FANTASTICALLY EASY STEPS TO SUCCESS!

1



DECIDE WHAT YOU WANT TO DO

You'll find inspiration from our fabulous teams in this booklet or on our social media channels. But if there's something you love doing – whether it's rock climbing or baking rock cakes – then just make up your own challenge and get sponsored.

2

SET UP YOUR PAGE

You'll find it quick and easy to tell your friends and get sponsorship money if you set up an online fundraising page with JustGiving. Simply visit justgiving.com/nhscharitiestogether and select **fundraise for us or scan this QR Code**. You can personalise your page by adding information about your fundraising and photos too. For information about other platforms, visit our website.



3



TELL EVERYONE ABOUT IT!

You can send them a link to your page and share it on your social media. **TOP TIP!** Get the QR code for your JustGiving page by going to your page and adding **'/qrcode'** to the end of the URL. Your QR code will then pop up for you to add to your event posters for people to donate.

4

DONATE

Once you've completed your fundraising, you can pay in donations in a number of ways:

- By Cheque made payable to **'NHS Charities Together'** and posted to our office address on the back of this booklet.
- By BACS transfer; email hello@anhsc.org.uk for our account details
- Online by visiting **NHS Charities Together** and using our Donate button



5



GIFT AID

Remind your supporters to Gift Aid to make donations worth even more! If the people sponsoring you or donating are UK taxpayers, **they can make every £1 they give worth £1.25** with a Gift Aid declaration. It won't cost you or your supporters a single penny more!

Get your supporters to fill in their details on your sponsorship form.

**YOU
CAN DO IT!
GOOD
LUCK**



NHS Charities Together



@NHSCharities



@nhscharitiestogether



NHS Charities Together



@nhscharitiestogether

BE INSPIRED BY OUR AMAZING TEAMS

Whether you're a team of one, a school team, village team, sports team or team of friends, by fundraising for NHS Charities Together, you're part of the nations biggest team- coming together for our NHS.



TEAM

JACKIE

broke a Guinness World Record

To celebrate her 40th birthday – a milestone she didn't think she'd make after a cancer diagnosis in her 30's – Jackie decided to raise £40,000 for charity and attempted to break the Guinness World Record for the longest static cycle class. Jackie and her team of 16 other challengers smashed it by completing 29 hours and hit her fundraising target too!



TEAM

GEORGE

got crafty

George is just seven years old, but he's already walked a marathon in memory of his grandma and best friend, who he lost to Covid. He raised over £2,000 for his challenge and is continuing to fundraise for us by making and selling cards and crafts. What a superstar!



TEAM

DAVID

is growing and growing and growing!

David's seed of an idea has raised over £15,000! Since 2020, he's been growing and selling plants in his village. David worked for the NHS for over 20 years and plans to raise another £5,000.

**FUNDRAISING STORIES
WE LOVE**

From the mind-boggling and record-breaking to the fun, weird and just plain wacky, there is a challenge in every one of us.



TEAM

RAE

ran an Ultra Marathon

In 2017, Rae suffered an accident whilst cycling and was told by neuroconsultants that he would never walk again. Remarkably, Rae surpassed all expectations and made a full recovery. To mark 5 years since the accident and to thank NHS for the care and support he received, Rae took on the London Ultra Marathon for NHS Charities Together!

These are just some of the wonderful ways people like you have fundraised for NHS Charities Together. **We can't wait to see what you'll do!**

To find more inspiration visit nhscharitiestogether.co.uk/get-involved

YOUR DONATIONS TOUCH THE HEARTS OF SO MANY

Thanks to amazing fundraisers like you, we're helping to improve the lives of NHS staff, patients and their loved ones.

We have funded hundreds of projects covering the length and breadth of the UK to help the NHS go further. We're here for exhausted NHS staff to help them through the hardest moments. And we're pushing patient care further to transform lives, as well as supporting community volunteers to make a difference in emergency situations.

Support for NHS staff has focused on meeting their practical needs and providing wellbeing spaces and therapies to improve their mental health. We've funded training and recruitment of Community First Responder volunteers to support the ambulance service, plus specialist equipment to save lives in an emergency.

For patients, we've continued to help address isolation, provide bereavement support, fund specialist equipment, and to use technology to improve access to services. Other projects have focused on helping patients to return home from hospital quickly.



YOU'RE HELPING OUR AMBULANCE SERVICE

Our Ambulance Services have been under extreme pressure, with demand soaring. Donations enabled us to award £7 million for our Ambulance Services throughout the UK to help ease pressure on the service, reduce hospital admissions and ultimately save lives.

Donations helped fund:

- Training for community first responders. These volunteers can attend emergency incidents where every second counts, to administer vital life support until an ambulance service arrives.
- Dedicated first responder group cars to enable a swifter response to emergencies.

- Vital equipment including automatic blood pressure monitors, pulse oximeters and lifting chairs, which enable community first responders to give early assistance to patients and reduce complications from being on the floor for an extended period.
- Training in the community to respond to cardiac arrest, including CPR training for schools and community groups, with community engagement officers in hard-to-reach areas.

"This extremely generous funding will allow us to recruit and train an additional 60,000 London Lifesaver volunteers and support the introduction of 4,000 more defibrillators around the capital."

Antony Tiernan, London Ambulance Service

YOU'RE HELPING NHS STAFF

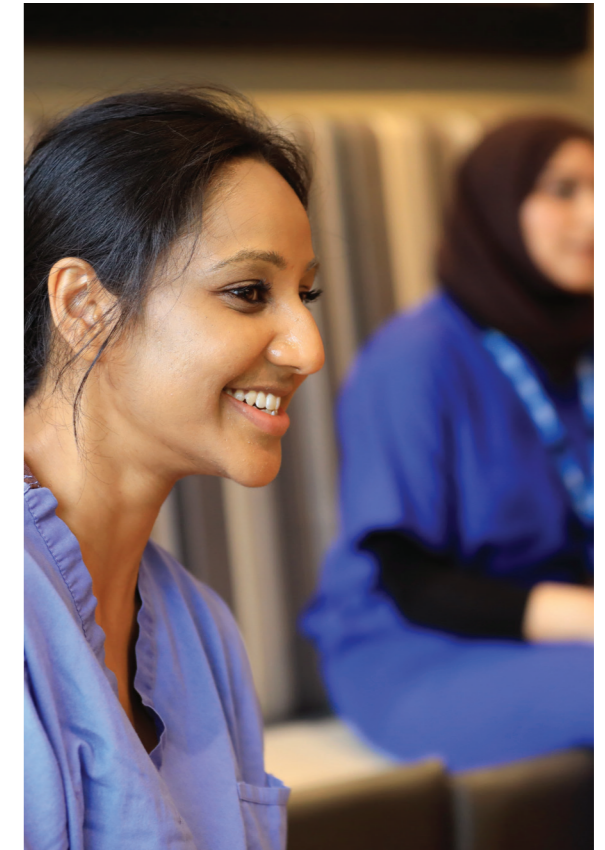
Throughout the pandemic, the pressures of long shifts, staff shortages and coping with PPE all took their toll on frontline workers. Staff desperately needed somewhere they could unwind and take a moment away from the stress, but many units around hospitals simply didn't have a dedicated area.

Thanks to funding from NHS Charities Together NHS Lothian have been able to transform a previously dull and unused space at Western General Hospital into a staff wellbeing wing. The new space has comfortable seating, soft lighting and speakers playing relaxing music and offers a place for staff to revitalise and enjoy their break away from the busy wards.

Together, we help give our cherished NHS heroes what they need; a moment of calm to recharge.

"So much colour, comfort & non-clinical furniture - exciting & like nothing we've ever had before!"

Nurse, NHS Lothian, 2021



YOU'RE HELPING PATIENTS AND THEIR FAMILIES

Donations to NHS Charities Together enabled Lewisham and Greenwich NHS Trust Charity to fund a new palliative care discharge nurse. The nurse supports patients to be cared for in their own home where possible, so they can be comfortable and surrounded by loved ones. The nurse also helps to ensure patients are connected to available community services and reduces the chance of them being readmitted to hospital.

"We are truly grateful to NHS Charities Together for funding this key post who will provide such meaningful support to so many local patients and families."

Margarita Vidiella, Head of Charity, Lewisham and Greenwich NHS Trust Charity



TOGETHER WE MAKE OUR NHS EVEN BETTER

Here's how it works:



1

Donations come into NHS Charities Together and get distributed to NHS Charities across the UK



2

Providing extra services and support for NHS staff, volunteers and patients



3

Supporting patients in the community



4

Helping the NHS go further now and for generations to come

EVERY DONATION IS SPENT WITH LOVE AND CARE



£20

could support someone's mental health, by helping to pay for one-to-one counselling.



£90

could comfort a premature baby by funding a Zaky Hug Glove.



£500

could help pay towards the creation of an outdoor wellbeing space for staff and patients to enjoy.



£1,300

could increase survival rates of someone in Cardiac Arrest by 50% by funding a community public access defibrillator.



£5,500

could give staff a vital rest during long shifts by funding a sleep pod at a hospital.

You put your heart and soul into raising money for us, so we ensure every penny goes as far as it possibly can for staff and patients.

TOGETHER WE FUNDRAISE

SAFELY



We want your fundraising to be as successful and safe as possible. So please follow these simple guidelines and get in touch if you have any questions.

- Make it clear that you are fundraising 'in support of' NHS Charities Together and that your activities/event have not been organised by the NHS/NHS Charities Together directly.
- Our NHS Charities Together 'In support of' logo can be used for fundraising purposes and on fundraising materials.
- The NHS letters and official logo should not be used for fundraising purposes or on fundraising materials.

Liability

NHS Charities Together cannot accept any responsibility for your event or anyone who participates in it. If your event involves the general public, please seek advice regarding public liability insurance.

Raffles and lotteries

There are strict laws relating to all lotteries and raffles so please follow these and operate your auction or raffle accordingly. For more information visit the Fundraising Regulator or Gambling Commission websites.

Personal Data

As part of your fundraising you may come into contact with personal data. You are responsible for ensuring any data you hold complies with the Data Protection Act 2018. As a rule of thumb, keep any data you have stored securely and safe from loss or unauthorised access. Do not keep data for any longer than you need it and do not share information about someone without their permission. Make sure you securely dispose of any data.

Gift Aid

Gift Aid can only be claimed for an individual donation. It cannot be claimed on behalf of a group or as part of a collection. More information can be found at www.gov.uk/donating-to-charity/gift-aid

Cash Handling

When handling cash make sure it is kept safe and secure. Always try to have two people in charge of counting and transporting cash and get it to the bank as soon as possible.

Food Hygiene

Please take great care when handling food and ensure food is clearly labelled. The food standards agency provides guidelines for safely preparing, handling and cooking food.

Safeguarding Children

Extra care should be taken if your fundraising idea involves children and please ensure you have sufficient adult supervision and always seeking permission from parents or guardians before taking or sharing photos

Please contact hello@anhsc.org.uk if you have any further questions on how to fundraise safely.

YOU'RE BRILLIANT

We're constantly amazed by the unique, exciting and remarkably difficult challenges our fundraisers take on to raise money for NHS Charities Together. We'd love you to join them and help make even more of a difference. There are so many wonderful things you can do – just do what you love!

Tick something fabulous off your bucket list and raise money at the same time. Or just get your friends and family together to do something you all enjoy!

Whatever you decide to do, we're here to help you make the most of it. Just give me a call or email me with any questions.

I look forward to hearing from you!
Thank you.

Faye

Faye Knight
Supporter Care Team

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T: 0300 303 5748
nhscharitiestogether.co.uk





THANK YOU

for raising money
for NHS Charities Together



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Registered Charity No. 1186569 (England & Wales) and SC050716 (Scotland). Company No. 12325259. NHSCT22BRDIG