



Nightingale House Hospice
Hospis Tŷr Eos



FUNDRAISING PACK



ABOUT US

Thank you for supporting us with your fundraising - together we can make a difference to peoples lives!

Nightingale House provides specialist palliative care services, completely free-of-charge, to patients and their families across a wide area stretching from Wrexham, Flintshire and East Denbighshire to Barmouth and the border towns including Oswestry and Whitchurch.

Services include a 12-bed inpatient ward, a 15 patient daycare unit, an outpatient clinic, occupational therapy, complementary therapies, physiotherapy including a hydrotherapy pool and an ambulance service. A range of bereavement support services are offered including a specialist service for children and young adults.

Our Mission Statement is clear – To provide services for individuals and their families living within North East Wales and the border areas who are living with a diagnosis of a life-limiting illness, delivered when possible in the location of their choice and always within the resources available to Nightingale House Hospice.

Following an assessment of physical, emotional, social and spiritual needs, services will be delivered by a multidisciplinary team trained and competent to meet the needs of all patients, including those with complex, specialist needs.





RUNNING THE HOSPICE

With only 20% coming from statutory sources, we rely on the generosity of the communities we serve to raise the additional funding.

£3,639,801 for the year

£3030, 317 for one month

£69,996 for one week

£9,972 per day

Without fundraising a lot of the 'added extras' that make the hospice a remarkable place wouldn't exist.





HOW YOU CAN HELP

The following pages will give you tips and advice on how to make the most of your fundraising. Every pound you, your friends, colleagues and family members raise will make a huge difference.



£20 pays for a 60-minute Aromatherapy session for a patient



£42 pays for one child bereavement session



£60 feeds four inpatients for one day



£150 pays for one day of music therapy



£240 pays for thirty memory boxes for our childrens bereavement service



£2,500 pays for 10 physiotherapy sessions





FUNDRAISING

The simplest way to ask friends, family or colleagues to sponsor you is to set up an online sponsorship page.

Here's how to do it:

- 1** Go to our approved fundraising website, **Justgiving** to set up your fundraising page.
- 2** Follow the instructions to set up your fundraising page.
- 3** Choose your fundraising target, page title and team members if you have them.
- 4** Tell people why you are fundraising for Nightingale House Hospice and how their donation can make a difference.
- 5** Once your page is set up, you can share the link to family and friends, link your social media accounts.

Online sponsorship saves time as you do not have to collect donations. It also reduces our costs so we can put more money towards palliative care and family support. A copy of our sponsorship form can be downloaded [here](#).

Offline sponsorships

Any cheques should be payable to Nightingale House Hospice and cash donations can be dropped off at the hospice reception.





A-Z FUNDRAISING IDEAS

A – art competition, afternoon tea, auction

B – bake sale, BBQ, bike ride

C – car boot sale, curry night, cricket match

D – disco, darts competition, dog walking

E – exhibition, egg and spoon race, eBay

F – football match, film night, fancy dress

G – games night, grow your beard, gin night

H – head shave, horse racing night, hat sale

I – It's a knockout, indoor games, international cooking evening

J – job swap, jumble sale, jazzy jumper day

K – karaoke, keeping fit-athon, karate competition

L – ladies' night, long-distance run

M – marathon, music quiz, magic show

N – non-uniform day, netball tournament, name the baby

O – obstacle course, odd socks day, online giving

P – parachute jump, pub games, party

Q – quiz night, quintessentially British day

R – raffle, rugby match, recipe book

S – sponsored silence, sports event, silent auction

T – triathlon, tea party, tombola

U – university challenge, unwanted gifts

V – variety show, vegetarian evening

W – wine tasting, world foods night, walk

X – xylophone challenge, x-factor competition, x-box challenge

Y – yacht race, yoga-thon, yodelling challenge

Z – zumbathon, zorbing competition

Alternatively, let your creative juices flow and form your very own custom fundraiser!



TOP TIPS FOR FUNDRAISING

TIP 1 Always tell your story, whether it be on social media, blogging or in your local newspaper. Remember to always add your sponsor page link so that people can easily sponsor you.

TIP 2 Have an online sponsorship page. It makes it easier to hit your target by sharing the link once a week.

TIP 3 A simple ask can go a long way. Don't be afraid to ask friends and family to share your story and your sponsor page link.

TIP 4 Follow government advice and and the [Fundraising Regulator's Code of Fundraising Practice](#).

TIP 5 Most importantly, get creative and have fun! Don't forget to thank your sponsors in one way or another.

CHECK LIST

- Read the fundraising pack
- Decide on a fundraising challenge/event
- Contact us to let us know
- Set up Justgiving Page
- Download the fundraising materials
- Spread the word
- Complete challenge/event
- Collect any remaining donations
- Share your journey
- Send sponsor form and monies collected to hospice
- Thank your sponsors



SPREADING THE WORD

The more you talk about your fundraising, the more people will donate, so make sure you publicise what you're doing.

Use the power of Social Media

Share photographs and videos capturing your journey and explain why you're supporting Nightingale House Hospice. Post regularly, keep everyone up to date and remember to post your Justgiving link.

Remember to include @Nightingalehouse in your Facebook posts and @NightingaleHH on twitter and tag us on Instagram @nightingalehouse.

You can download our social media post pack [here](#) to get you started!

Inform your local media

By writing a press release you will increase the exposure which will help to raise the profile of your fundraiser and awareness of Nightingale House Hospice.

Don't know where to start? We've got you covered. Read our information sheet [here](#), you will also find a press release template which will be quick and easy to complete.

Community Spirit

Putting out posters will inform your community what you are doing. Get creative - remember the more eye catching the better!

Pre-designed, editable posters can be downloaded [here](#).





FAQ

Q: How can I get materials such as posters to help me with my fundraising?

A: You can download digital materials such as social media posts and posters [here](#).

Buckets, tins and T-shirts are available on request, please contact the fundraising team.

Q: How do I send in the money that I raise?

A: Cash donations can be dropped off at the hospice. Cheques need to be made payable to Nightingale House Hospice. Online donations using Justgiving will go straight us.

Q: How can I claim Gift Aid on the money I raise?

A: If your sponsor is a UK taxpayer, the government will give Nightingale House Hospice 25p for every £1 donated. The sponsor will need to follow a few simple steps when they make a donation to your sponsorship form.

Gift Aid form can be downloaded [here](#).

Q: How will Nightingale House Hospice support my fundraiser?

A: We will supply you with our fundraising pack and other fundraising materials. We will promote your challenge/event on our social media platforms. We are here from start to finish to ensure your fundraising activity is a complete success.

Q: How else can i get involved with supporting Nightingale House Hospice?

A: There are lots of ways to get involved from volunteering, to hosting your own event. All ideas are welcomed by us, so please get in touch to discuss it further.

Volunteer opportunities can be found [here](#).

If you have any questions that are not covered here, please see our [website](#), contact our fundraising team on 01978 316800 or email info@nightingalehouse.co.uk

