

Complete our

30 for 30 challenge



Nightingale House Hospice
Hospis Ty'r Eos

As part of this year's 30th Anniversary celebrations, the hospice Fundraising Team are running a campaign called "Longest Day, Lasting Care".

You can get involved between now and 21st June 2025.

How can you get involved?

To celebrate 30 years of care at the hospice, set yourself a '30 themed' challenge this could be:

- **Run, walk or cycle** - for 30 minutes
- **Skip-a-thon** – how many skips can you do in 30 minutes?
- **Read 30 books** - as a class challenge
- **Do 30 star jumps or 30 squats every 30 minutes**
- **Hold a sponsored silence** - for 30 minutes
- **Bake and sell 30 cakes**
- **Collect £30** in one of our money cubes
- **Do a 30-minute litter pick** - to clean up your community

The options are endless, and one for all ages.



Every donation will make **DOUBLE** the impact. For every donation made towards the campaign during this period, our fabulous group of funders, made up of philanthropists, foundations, and businesses, will match that donation. So, **£30 becomes £60** for the hospice.

We'll provide you with sponsor forms, collection buckets, and promotional materials to help make your event a success.

For more details contact:

01978 314292
fundraising@nightingalehouse.co.uk

Why support the Longest Day, Lasting Care campaign?

For 30 years, Nightingale House Hospice has been at the heart of the community, but we rely on generous support to continue our vital work. This year, it will cost **£15,351 per day** to run the hospice, we need your help more than ever.

Every public donation will be matched by a group of funders, including businesses, philanthropists, and foundations, so **£30 becomes £60** for the hospice.

Your support will help fund rehabilitation, wellbeing sessions, creative therapy, respite, bereavement support, and end-of-life care. Join us and make a lasting difference.

How your fundraising could make a difference:

- **£30** could pay for an Indian head massage for a patient
- **£52** could pay for a nurse's uniform
- **£156** could pay for 3 physiotherapy sessions
- **£290** could pay for our ambulance to run for 1 month
- **£810** could pay for 15 patient's lunches throughout their 12-week Wellbeing Programme sessions

Please note: All costs are accurate at the time of printing and may be subject to change.

Every donation will help us continue delivering expert care and support.

If you would like to set up your own JustGiving page for your fundraiser and link it to our Longest Day, Lasting Care campaign visit:



If you would like to give a one off donation please visit:

