



# Get Inspired

Ideas and Tips to help get your fundraising started

**Enhancing Healthcare Together**  
Scottish Charity No SC017296



**NHS**  
Grampian  
Charity



# You are making a difference

We are delighted that you want to fundraise to support a healthier, happier Grampian.

Your support will do wonderful things for NHS Grampian patients, from supporting fun, social activities for patients receiving long-term hospital care, to providing cutting edge medical equipment, ensuring staff have advanced training over and above NHS requirements, and even supporting the development of pioneering research projects.

With the incredible support of amazing people like you, we are able to support around 700 projects across Grampian each year, with every penny raised enhancing the health and wellbeing of those in our communities.

In this pack you will find some fantastic fundraising ideas, as well as plenty of hints and tips to help you. Whether you want to do a solo challenge, or take on a team event, we are here to support you every step of the way to make your fundraising a success.

We can't wait to show you the impact your fundraising has on the health of people right here in Grampian.

Get in touch

Claire Robertson

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# About the charity

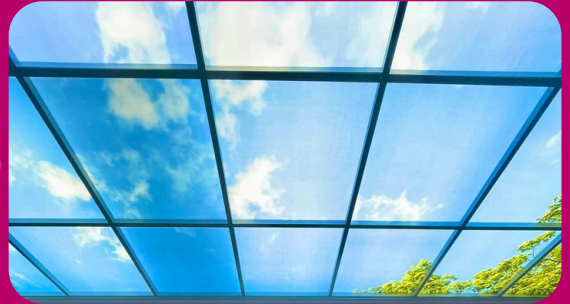
NHS Grampian Charity is the official charity of NHS Grampian.

We use your generous donations to fund projects and activities which benefit patients and staff, enhance health services, and provide support in our communities. We want to ensure patients have the best possible healthcare experience.

We enhance the services of NHS Grampian and do not replace statutory responsibilities. Everything NHS Grampian Charity does is for the benefit of patients and for the health and wellbeing of the people of Grampian.



Grampian has a rich history of medical research and we continue to champion this, with dedicated research funds for all major illnesses including heart disease, cancer, diabetes, kidney disease and Parkinson's. Early stage research funded by the charity has gone on to create significant improvements to patient care and treatment, through activities such as the use of Artificial Intelligence in the detection and diagnosis of breast cancer.



Your generous support helps fund some of the most advanced medical equipment available, and helps provide the extras that make hospital more comfortable and homely, and less clinical and daunting for patients and visitors.

Your fundraising also supports local communities by funding a wide range of health and wellbeing projects across the region.



We are so appreciative of the money that is raised to thank staff for their hard work. We make sure these donations are used to enhance patient care by supporting staff to undertake advanced training events to help them gain experience and confidence, and we fund dedicated spaces for staff within hospitals to give them somewhere quiet to take a breather and unwind during a busy shift.

# Get Inspired



The family of a patient raised a fantastic £2,000 through taking part in active challenges as a way of saying thank you for the amazing care their loved one received from local Community Nurses.

This funding supported staff to hold team development activities to help improve communication and collaborative working.



Lauren and her friends Ben, Claire, Nikki and Graeme raised an incredible £3,580 at the Aberdeen Kiltwalk to support patients at Aberdeen Royal Infirmary.

Their donation, made in memory of Lauren's mum, has already made a huge difference by supporting patient amenities to create a more comfortable hospital environment, providing social activities for patients, and supporting advanced staff training.



Amy (11) and Cammy (5) took on the challenge of walking up Bennachie in memory of their beloved Grandad. They raised more than £520 to support the Intensive Care Unit at Aberdeen Royal Infirmary.

This donation will help this invaluable service, which is one of the busiest in Scotland and treats around 1,500 patients every year.



# Top Fundraising Tips

- 1.** Choose a fundraiser that you're going to enjoy. If you're an active person then maybe you want to run a marathon, whereas someone crafty might want to host a workshop.
- 2.** Consider how much time you can dedicate to your fundraising activity - some events require more time and planning than others!
- 3.** Plan the budget for your event and set yourself a fundraising target to help keep you on track.
- 4.** Think about other people and businesses who may be able to support you, for example local companies who might want to donate a raffle prize, or friends who might want to volunteer at your event.
- 5.** Share the story of why you are fundraising, if you are comfortable doing so. If your friends and family know that the cause is meaningful to you, they are more likely to support you.



# Fundraising Ideas

With so many different ways to fundraise, where do you start with deciding what you want to do?

We've shared some of our favourite fundraising ideas to inspire you and help you get started. There is no limit to what you can do though, and if you want help to bring a unique fundraising idea to life then get in touch with us and we'll do everything we can to help.

## Game On

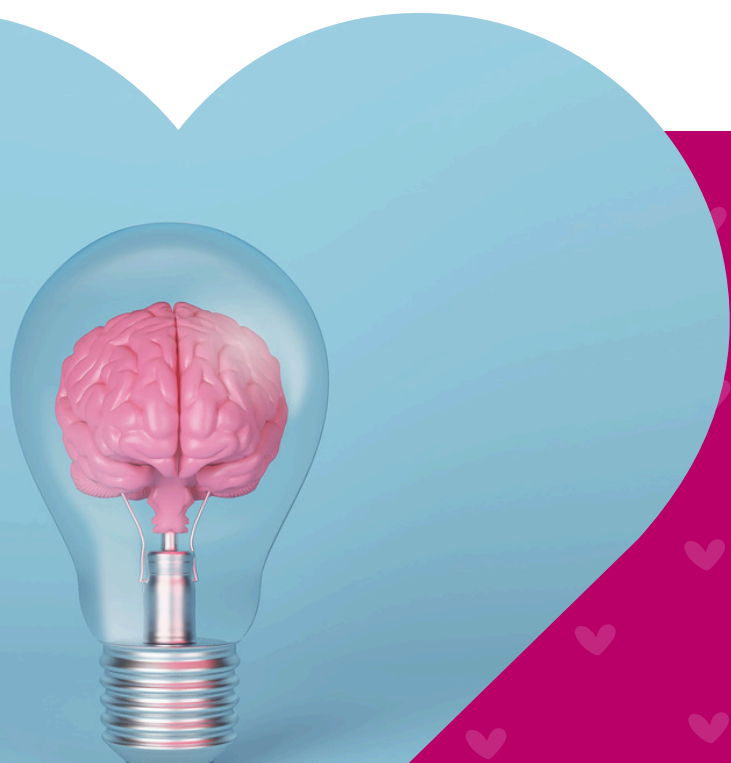
Challenge your family and friends to take part in a gaming event - maybe you could play for 24 hours, or until the first person hits a high score. For many kids - big and small - this challenge could be a dream come true!

## Supermarket Bag Pack

Pop into one of the larger supermarkets like your local Tesco, Asda, Sainsburys or Morrisons to offer a bag packing session. Check out our [Bag Pack Guide](#) for some tips and ideas to help your event run smoothly.

## Sweepstake

Sweepstakes are a simple but popular way to fundraise. Pick a popular event like the Olympics, the World Cup, Wimbledon, or even the next series of the Great British Bake Off, ask people to pay an entry fee, and give them a randomly selected team/person. Choose how much the winner will receive in advance or ask for a donation of a prize, and share how much has been raised for charity with all your entrants. There are specific guidelines around organising a sweepstake at work, so make sure you've read the [Gambling Commission guidelines](#).



## 1948 Challenge

The NHS was officially formed in 1948, so why not come up with a themed idea to celebrate. You could run, swim, row or cycle 1948 metres, climb 1948 stairs (around 150 floors!), take on a mammoth challenge of running or walking 1948km in a year (that's 5k a day!) or hold an 1940s themed party.

## Get Active

There are loads of ways to get active while fundraising, from taking part in a sponsored run, walk, swim or cycle, to tackling a thrilling abseil or an adrenaline-filled skydive.

Signing up to an organised event doesn't require a lot of planning, leaving more time for you to focus on training! Or if you want to do something more unique and personal, you could plan your own active challenge.

Take a look at our [Active Challenge Guide](#) for more inspiration and information on signing up to some popular active challenges.



## Silence is Golden

Get sponsored to be silent for a day, and enjoy the peaceful sounds of the world around you. Take a silent walk through the park and listen to the wind in the trees and the birds singing, and let the silence give your mind a break. You could even encourage your colleagues to get involved and have a whole day of silence in the office (a great excuse to not have meetings!)

**£100**

**could provide Christmas presents for 10 patients who are spending the festive season in hospital surrounded by health & care staff instead of being at home with their loved ones.**

## Abstinence Makes the Heart Grow Fonder

Why not give something up, get healthy, and raise money at the same time? Encourage your family and friends to sponsor you to give up something for a week (or longer) - they might even be inspired to join in! Chocolate, sweets, smoking, TikTok, video games, coffee, online shopping - there are loads of things to choose from.

## Quiz Night

Quiz Nights are a popular way of fundraising. You could gather your friends and family to test their knowledge, or let your colleagues go head to head to decide which department is the smartest. Our [Quiz Night Guide](#) tells you everything you need to know to plan the perfect event.

**£3000**

could fund a light therapy device to help treat damaged and sore mouths that some cancer patients get as a result of anti-cancer treatment, allowing them to eat, drink and live more comfortably.

## Smarty Arts

If you love making things then why not create some art, jewellery or crafts to sell to your family, friends, neighbours and colleagues.

Host an evening at home selling your products, hold a stall at a local craft fayre, or ask your employer if you can set up a stand in the reception or canteen at your work.

If you're a confident teacher, you could even share your skills in return for a donation by teaching a class or a one-to-one lesson.

## Lucky Squares Raffle

Lucky Squares is a fun activity to hold as a standalone fundraiser or as part of a bigger event. Contact local businesses to ask for a prize and sell squares at a price point suitable for the prize. Once they are all sold, use a random number generator to choose the winner. [Download a copy of our Lucky Squares template here.](#)

**£1000**

could provide a handheld Doppler machine for a community nursing team so they can test and monitor patients blood flow in the comfort of their own home without a trip to hospital being required.

**£50**

could support a nurse to attend specialist Palliative Care training, to make sure every patient receives the specialist care they need at the end of their life.



## **Ready, Steady, Bake!**

Who doesn't love a bake sale? Pick your apron, bake your favourite recipe, and hold a bake sale at your workplace, house or school.

Grab our Bake Sale Guide to get a step-by-step plan and some downloadable goodies to help make your bake sale even better!



**Got an idea for a fundraiser but you're not sure how to go about planning it? Email us on [gram.charities@nhs.scot](mailto:gram.charities@nhs.scot) and we can help.**

## **Hold a Seasonal Fundraiser**

Take inspiration from the seasons with a seasonal fundraiser. Have a **Spring** clean and sell anything you don't want or need at a car book sale to raise money. Invite friends and family for a **Summer** BBQ or garden tea party. Hold a Halloween-themed event in **Autumn** or a spooky pumpkin carving competition. Wrap up warm and have a cosy crafting workshop in **Winter**, or encourage your family, friends and colleagues to make a donation in lieu of Christmas cards or Secret Santa gifts.

**£5000**

could support Artificial Intelligence (AI) software to assess breast lesions, potentially reducing the need for painful and invasive biopsies in younger women.

## **Useful Templates**

We've gathered together some useful templates that might help with your fundraising.

### **Forms & Templates:**

[Sponsorship Form](#)  
[Template Raffle Prize Letter](#)  
[Fundraising Plan](#)  
[Certificate of Appreciation](#)

### **Promotional Materials:**

[Cut-Out Charity Bunting](#)  
[Template Press Release](#)  
[Posters](#)  
[Fundraising In Aid Of Logo \(Colour\)](#)  
[Fundraising In Aid Of Logo \(White\)](#)  
[Fundraising In Aid Of Profile Picture](#)  
[Email Signature](#)  
[Totaliser Poster Template](#)

# Planning Your Fundraiser

Now that you have chosen your fundraising activity, it's time to plan and promote it. Remember to share your plans with the charity so we can help and support you - we are with you every step of the way!

## Raffles

Raffles are a great way to raise money and boost your fundraising target. Don't be shy! Contact local football clubs, salons, pubs, restaurants, bakers, and takeaways to request a raffle prize or a donation towards your fundraising. [You can find a template letter to ask for a raffle prize here](#), and we can provide you with a letter to confirm you are fundraising on our behalf - just get in touch to request one.

If you are selling lottery tickets at your event and drawing the winner on the night (i.e. ticket sales are made at a single venue within a 24-hour period as part of a wider event) then you do not need a lottery license but you must follow certain rules set out by the Gambling Commission. There are different rules and guidelines for raffles where tickets are being sold online or over a longer period of time. You can find the full information on the [Gambling Commission website](#).

## Licenses

If you plan on serving food, hot and cold drinks, or alcohol, or if you plan on carrying out a bucket collection, you may need a license from your local authority. Click here to find out about licenses in [Aberdeen](#), [Aberdeenshire](#) and [Moray](#).

## Health & Safety

Before organising any fundraising event, you should make sure you have considered any potential risks to health and safety. For example, are first-aid provisions in place? Is the venue you plan to use insured, and will the insurance cover the potential risks of your event.

We always encourage fundraisers to carry out their own risk assessment before organising or taking part in an event. [The HSE has more information about how to do this and a template risk assessment](#).

Please remember that while we are incredibly grateful for your support, NHS Grampian Charity cannot accept liability for any loss, damage or injury as a result of any fundraising activities that you undertake.

## Get others involved

You might want to get others involved in supporting your fundraising, whether that's through volunteering, attending or promoting it. As well as reaching out to family and friends, you could try contacting local groups like the [Rotary](#), [Girl Guides](#), [Scouts](#), and even your local community centre or supermarket.



## Data Protection

As part of your fundraising you may deal with personal data and information belonging to people involved in your activity. You are responsible for ensuring that any data you hold complies with the Data Protection Act 2018. You must keep any data you have stored securely and safe from loss, damage and unauthorised access. Do not keep data for any longer than you need it, and do not share information about someone without their permission.

## Match Giving

Why not give your fundraising a boost by asking your employer to match give. Many companies match donations made by their employees to registered charities. It's a tax efficient way for your company to support your fundraising, and a fantastic way to increase donations and awareness.

## Share your story

There are lots of great ways you can share your fundraising story and encourage people to support you and donate. Share your fundraising page on social media and encourage your family, friends and colleagues to do the same. Make sure you tag NHS Grampian Charity on any social media posts so we can share it too!

You can contact your local newspaper, radio station or hospital radio to see if they would be interested in sharing your story. Fundraiser Mechelle shared her story on social media and in the local paper and gained phenomenal support - this could be you!

Don't forget to create a poster to showcase your event. You can use one of our templates, and put your finished poster up in your local community centre, shop, and workplace.

**Don't forget, we are here to help you with your planning. Get in touch today!**



# Collecting Donations

Creating an online fundraising page with JustGiving is the quickest and easiest way to raise money for NHS Grampian Charity. It lets your supporters donate by credit/debit card anytime, and from anywhere, and all the donations are sent to the charity automatically. It's simple to set up, just follow the steps below.

# JustGiving™

[justgiving.com/nhsgrampiancharity](https://justgiving.com/nhsgrampiancharity)

- 1.** Click the link above to visit our charity page, then click "Fundraise for us" to start setting up your very own fundraising page.
- 2.** If you are new to JustGiving then enter your name and email address. Already fundraised? You can log in using the details you have used previously.
- 3.** Now it's time to choose your event. If you are taking part in an organised event like a marathon, choose 'Taking part in an event' and select your event. If you are planning your own fundraiser or event then choose the most appropriate activity type from the drop down menu.
- 4.** Set yourself a fundraising target. This should be something challenging but realistic. You can use one of the suggested amounts, or set your own.
- 5.** Now it's time to personalise your page. Choose a memorable name and web address, and add a picture. Don't forget to share why you are raising money - this will help your supporters feel engaged and encourage them to donate.
- 6.** You can use your fundraising page to share regular updates of your progress, share photo, and thank your supporters as you go through your fundraising journey.

**Prefer to collect your donations in person?  
[You can grab a sponsorship form here!](#)**



# giftaid it

Did you know that by ticking the Gift Aid box, your donors could boost their donation by 25% at no extra cost to them?

Adding Gift Aid to a donation is easy - just encourage your donors to tick the Gift Aid box.

Once you have finished your fundraising and collected all your donations and sponsorship money, it's really easy to pay it in.



**Account Name:** NHS Grampian Endowment Fund

**Account Number:** 10019359

**Sort Code:** 60-70-80

**Reference:** Get in touch with us for a unique reference number so we know it's your fundraising!



Cheques should be made payable to 'NHS Grampian Charity' and posted to us at Summerfield House, Eday Road, Aberdeen, AB15 6RE along with an accompanying letter sharing your name, contact details, and where you would like your donation to go.



Donations can be handed in to any ward or hospital in Grampian and the staff will make sure it is safely banked.



Visit our website to make your donation online using a credit or debit card.



If you collected donations on JustGiving they will be sent to the charity automatically, you don't have to do anything.

We'll let you know once your donation has arrived safely and we'll send you a thank you letter or certificate showing your grand total that you can share with your supporters.



# Checklist



Choose your fundraising activity.



Contact us to tell us about your fundraising, and we can support you to help make your fundraising as fun and effective as possible.



Set up an online fundraising page on JustGiving, or print off a sponsorship form.



Use our fundraising plan template to set yourself targets and goals.



Get in touch to request your charity t-shirt, running vest, or other merchandise to promote your fundraising.



Share your fundraising page or sponsorship form with your family, friends, colleagues, neighbours and classmates.



Keep your supporters updated on your progress via your fundraising page and social media.



Complete your fundraising activity or event.



Collect your donations and sponsorship, and send them to the charity.



Give yourself a big pat on the back. You've done something incredible, and it's thanks to people like you that we are able to create a healthier, happier Grampian.





Thank you for supporting  
NHS Grampian Charity.

## Together we can create a healthier future for Grampian.

We would love to continue our partnership with you, and there are lots of ways you can get involved.

**Newsletter:** Sign up to our quarterly newsletter to see the incredible impact your donation, and others like it, has on people in hospitals and communities across Aberdeen, Aberdeenshire and Moray. Email [gram.charities@nhs.scot](mailto:gram.charities@nhs.scot) to be added to the list.

**Share our work:** There are over 600,000 people in Grampian and we would love all of them to know about NHS Grampian Charity. Tell your family, friends, colleagues and neighbours about us - you never know who might want to make a donation, plan their own fundraiser, or choose a Charity of the Year.

**Get in touch:**

**NHS Grampian Charity**

Summerfield House, Eday Road  
Aberdeen, AB15 6RE

[www.nhsgcharities.com](http://www.nhsgcharities.com)  
[gram.charities@nhs.scot](mailto:gram.charities@nhs.scot)

**Volunteer:** Whether you're supporting patients in hospital, cheering on fundraisers, helping out in our charity office, or sharing your story out in the community, there are lots of ways to get involved.

**Fundraise again:** Have you been bitten by the fundraising bug? We would be thrilled if you chose to fundraise for us again! Get in touch and we can help you plan it.

**Follow us on social media:**



[NHS Grampian Charity](https://www.facebook.com/NHSGCharity)



[@NHSGCharity](https://www.instagram.com/NHSGCharity)



[@NHSGCharity](https://twitter.com/NHSGCharity)



[NHS Grampian Charity](https://www.linkedin.com/company/nhs-grampian-charity)