



# 30 for 30 Fundraising Pack

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# Welcome to Team SMH!

Thank you for kindly signing up to take part in 30 for 30 and helping us to raise vital funds for St. Michael's.

St. Michael's Hospice (North Hampshire) enables anyone faced with a life-limiting illness, their families and carers, to attain the highest possible quality of life by providing a choice of specialist care and support both on our In-Patient Unit and in the patient's own home. We provide our care at no charge through our Hospice at Home team and our ten-bedroom In-Patient Unit. We also offer a Day Service programme, Complementary Therapies and Family Support.

This year it will cost over £5.5million to operate the Hospice and provide our services to our local community, with less than 20% funding coming from the NHCCG. The remaining funds come from the kind donations of the local people and companies who support us. By supporting SMH you are helping us to continue providing specialist care to our patients at a time when it is truly needed and for that we thank you.

People will never stop needing us and with your help we will always be there for them. Your support, however big or small and every penny and every pound really will make such a significant difference to both our patients and their families.

*Thank you!*



# Clare's Story

My connection to the Hospice started in November 2013 when my Dad stayed there for a few weeks. He had been ill for several months and considered too weak to begin chemotherapy. The plan was to build his strength up and then maybe he could come home and start to have treatment.

I visited him during his stay and was surprised to find the Hospice to be such a happy and welcoming place. The team were amazing and I will never forget the delicious cake in the day room either! Sadly, Dad passed away at home on 28th November that year but I am certain that his stay in the Hospice gave him more time with us, for which I am forever grateful. Over the next few years, my family attended the regular Hospice events with the Sunflower Service and Light Up a Life being particular favourites.

**Following her Dad's death, Clare has chosen to support the Hospice in a number of ways; including taking part in and volunteering at several fundraising events, delivering a reading at the Light up a Life service in 2021 and becoming a St. Michael's Hospice Vice Patron.**



Clare volunteering at a fundraising event

**“I'd like to say a big thank you to everyone at the Hospice for everything that they do - we were so lucky that St. Michael's was there when we needed them and I hope that I can give a little bit back to help make sure they are there for more people who need them in the future.”**



Clare and her family at the Sunflower Celebration



Clare's parents

# Did you know?

- We have seen **562 patients** over the last year
- We have cared for **168 patients** on our n-Patient Unit.
- We have cared for **255 patients** through our Hospice at Home team.
- We have conducted **325 Therapy sessions**.
- We have supported **71 families** with their bereavement.
- We're hugely proud that our recent CQC inspection in Autumn 2021 included an **'Outstanding' rating for care**.

# How you can help

Every pound you raise will really make a difference to our patients and their families.

**£6** provides drugs for 1 hour

**£9.50** is the cost of running all Hospice services for 1 minute

**£30** funds a bereavement counselling session

**£135** is the cost of drugs/medication for 1 patient for 1 day

**£240** will fund a nurse to visit a patient in the community

**£300** is the cost of maintaining a syringe driver per year to safely administer patient medication

**£480** is the cost of a patient staying in IPU for 24 hours

**£945** is the cost of drugs/medication for 1 patient for 1 week

**£2,200** is the cost per year to maintain our nurse bell call system

**£4,800** is the cost of a patient's care in IPU for an average of 10 days



# Fundraising ideas! A-Z

**A** Auction, , arts and crafts evening, abseiling, afternoon teas

**B** Bake off, BBQ, Bingo, Book Sale

**C** Cake sale, celebrations in lieu of gifts, cocktail night, comedy night, do the office coffee run, donate commute money if working at home, car boot sale, coffee morning

**D** Darts tournament, disco, dinner party, dog show

**E** Easter egg hunt, eating contest, egg and spoon race

**F** Fashion show, fancy dress day, football tournament, firework night

**G** Garden party, golf day, give something up

**H** Head shave, Halloween party

**I** It's a knockout, Irish Dancing

**J** Jazz night, jumble sale, jeans at work day

**K** Karaoke, karting challenge, keep uppy challenge, karate competition

**L** Line dancing, ladies lunch, loose change collection

**M** Masked ball, murder mystery night, music quiz, Mad Hair Day, match funding

**N** Non uniform day, nature trail, new year's eve party

**O** Open gardens, office Olympics

**P** Personal challenge, press up challenge, pancake day, paintballing, Poker night, pamper evening

**Q** Quiz night

**R** Raffle, race night, running challenge, raft race

**S** Sponsored slim, swim, shave, silent auction, sweepstake (guess your run, walk, cycle time), swear box, street party

**T** Tug of war challenge, treasure hunt, tombola, themed day, tea@ 3, tuck shop, make the teas for the day in the office

**U** University challenge, unwanted presents sale

**V** Valentines Ball, variety show, volleyball

**W** Wine @9 party, walk to work, waxing, world record attempt, wine and cheese evening

**X** Xbox challenge, Xmas panto, Xmas hamper, Xmas craft fair

**Y** Year long challenge, Yellow Day, Yoga-thon, Yacht race

**Z** Zumbathon, zodiac evening



# Top tips to get you started!

- **Set yourself a fundraising target and motivate people to fundraise for you** - tell people if you reach your target, you'll do something that you wouldn't normally do, e.g. go to work/ do the school run or take part in the event in fancy dress, which of course you can then share on social media!
- **Set up a sponsorship page** - we will automatically create a page for you when you register via Enthuse, however you can also use JustGiving or a paper sponsorship form if you'd prefer.
- **Don't forget to keep telling your story** - if you are comfortable in doing so you may want to promote your challenge and fundraising page in your local press and work newsletters.
- **Get social** - use your social media pages to let people know what you are doing, why and keep them updated on your progress. Don't forget to tag the Hospice on your posts to let us know what you're up to!
- **Fundraising materials** – we can supply you with posters, collection buckets, balloons, banners, and leaflets. You may also wish to purchase a sporting vest or t-shirt to wear to show you're supporting the Hospice.
- **Match funding** – many companies offer their employees the chance to boost their fundraising efforts by matching the money they raise. The best way to get started is to contact your employer and ask if they have a match funding scheme or are interested in setting one up.









# I'm taking part for...

A large, empty white rounded rectangle intended for a user to write their name or details.



## #30for30

# Paying in your fundraising:

Whichever way you decide is best, please include a covering note and an address so we can send you a thank you.



## In person:

Call into the Hospice reception to drop off your donation:  
**St. Michael's Hospice, Basil de Farranti House,  
Aldermaston Road, Basingstoke, RG24 9NB**

Reception opening hours: 9am - 5pm, Monday - Friday, or drop your donation to one of our charity shops!



## Online Donation:

Visit: [www.stmichaelshospice.org.uk/get-involved/giving/donate-now](http://www.stmichaelshospice.org.uk/get-involved/giving/donate-now)

Any donations collected through Facebook or JustGiving will be paid directly to St. Michael's Hospice.



## By phone:

Call our fundraising office on **01256 848848** to make a donation by credit or debit card.



## By post:

Please make cheques payable to 'St. Michael's Hospice (North Hampshire)' and send them along with your sponsorship forms to: **Fundraising, Basil de Farranti House, Aldermaston Road, Basingstoke, RG24 9NB.**

# Other ways to support SMH:

## Events

We offer a range of events over the course of the year, which includes our Farleigh Wallop Woodland Walk, Moonlight Walk, SMH Golf Day and Reindeer Run. As well as events and appeals of remembrance, such as Light Up a Life at Christmas and our Sunflower Appeal in the summer. Our remembrance appeals provide individuals and families with a special opportunity to remember and celebrate the life of a loved one by dedicating a star or sunflower in their memory. So, whether you fancy dressing up in this year's Moonlight Walk theme and walking 8 miles, enjoy playing 18 holes at our SMH Golf Day or prefer a morning 5 mile walk in Farleigh Wallop, we really do have an event to suit everyone. Our events are great fun, a good way to socialise and they provide a memorable way to remember your loved ones with those closest to you, whilst helping you to make a significant difference to St. Michael's Hospice! Please visit our website to keep an eye on our upcoming events!

## Challenges

Looking to reach a new fitness goal or do something different? Or maybe you want to stake a claim to be the most fearless person in the office? Fundraising challenges are a fun way to raise money for St. Michael's Hospice, whilst testing yourself in a variety of ways! We run challenges such as Marathons, Firewalk, Skydives, Spinnaker Tower Abseils and more! If none of these take your fancy, take a look at the "Ultra Challenge" series by visiting: [www.ultrachallenge.com](http://www.ultrachallenge.com).

## Sponsor a Nurse

Will you sponsor a St. Michael's nurse and help us to continue delivering our vital care and support to our patients and their families around North Hampshire? Our nurses provide specialist care to our patients at our Hospice in-patient unit and out in the community 7 days a week, 365 days a year. By sponsoring a nurse, you will be helping to ensure our wonderful nurses are able to provide palliative care for our patients and support their loved ones at a time when they need it most. Simply visit our website to find out more.

*giftaid it*

You can ask your sponsors to GiftAid their donation if they are a UK taxpayer. This boosts their donation by 25% as we can claim 25p from the Government for every £1 donated at no additional cost to the charity or supporter. This is eligible on both paper sponsorship forms and online fundraising pages.



# Get in touch!

If you have any questions about your fundraising, please get in touch with our fundraising team.

[events@stmichaelsospice.org.uk](mailto:events@stmichaelsospice.org.uk)

01256 848848

[www.stmichaelsospice.org.uk](http://www.stmichaelsospice.org.uk)

Connect with us on social media @smhbasingstoke



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