

Health Stars

Supporter Pack



Hello! Welcome to Health Stars!

Thank you for choosing to support Health Stars, the charity of Humber Teaching NHS Foundation Trust.

Your support means a lot to us and will make a huge difference to our patients and their families, and to our staff who provide their care.

The money you raise will help to enhance health care experiences and outcomes for thousands of people across Hull, East Yorkshire and North Yorkshire.

It will help us to:

- **Provide enhanced equipment** that NHS budgets do not cover. This could be an item that is not considered essential but will help our staff to provide the best possible treatment or the most cutting-edge version of an essential piece of equipment.
- **Enhance our environments** making our buildings more attractive and therapeutic. Donations help us go beyond plain walls and basic decoration helps to improve the experience of our buildings and services.
- **Brighten our patient and visitor experience** providing the little extras that make a visit or stay in our services that bit brighter. We help ease the burden on families, offering comfort through treatment and reduce boredom.
- **Supporting and thanking NHS staff** by providing items or experiences that improve the health, wellbeing and employee experience. We find ways to show our thanks and appreciation someone who cared for you as a patient or looked or looked after a loved one.

We hope this short guide will give you lots of hints and tips to help you on your own fundraising journey.

Anita Green
Charity Manager



The difference you are making

Every penny that you raise for Health Stars is used to create a better and brighter future for the health care and experiences for thousands of people across and Hull, East Yorkshire and North Yorkshire.

Your donations could provide:

Mental Health

£10 could provide comfort packs for young people going into inpatient treatment.

£20 could provide gardening equipment for a patient group.

£100 could provide items to help create a dementia friendly ward environment.

£500 could provide yoga and meditation sessions for patients in our inpatient units.

Children, Young People and Families

£10 could provide models to demonstrate breastfeeding to new mums.

£20 could provide seeds and tools for a school gardening project.

£100 could provide a tablet for our Speech and Language Therapy Service to support a young person's treatment.

£500 could provide specialist exercise equipment for our CAMHS inpatient unit, helping young people stay active during a stay in our service.

Neurodiversity

£10 could provide sensory toys for children to use during an appointment if they are feeling anxious.

£20 could provide items to enhance waiting areas for children accessing services.

£100 could provide arts and craft materials for therapeutic activities to support our neurodiverse service users.

£500 could provide specialised lighting for an inpatient setting to calm and comfort patients with a sensory processing disorder.

Healthy Communities

£10 could provide a Christmas present for a patient on a community ward.

£20 could provide water bottles to support staff health and wellbeing at work.

£100 could help buy items to create visiting rooms that are calming and supportive for patients.

£500 could provide an ECG machine to allow community nurses to check a patient's heartbeat at home rather than going to a hospital or GP surgery.



Our Dreams appeals fund some of our biggest and most important projects that cost £5,000 or more. For example:

£5,000 could provide a specialist treadmill to support a patient's recovery after knee surgery.

£10,000 could fund a garden overhaul at an inpatient unit to give patients a therapeutic outdoor space.

£50,000 could fund building works to create a dementia friendly treatment room in one of our community hospitals.

Visit the Appeals page at healthstars.org.uk to find out more!

Fundraising Tips!

Now that you have decided to raise money for Health Stars we wanted to give you a few tips to get you started!

Make a plan

An obvious one we know, but it's important to plan your event. Whether you are running an event on your own or with other people, sit down with a cuppa and get planning!

Set your fundraising target

Having a fundraising target gives your supporters something to aim for. According to Just Giving it can increase the amount you raise by an amazing 17%! What's not to love about that.¹

Tell your story

Sharing the story behind why you are raising money for Health Stars is a powerful way of connecting with your supporters. Whether that story involves you, a family member or friend, it can help shine some light on the amazing work that takes place across the Trust everyday.

Get digital

Setting up an online giving page is the easiest way to share your story and fundraising target, collect donations, and chart your progress. Check out the **How to Create your Online Fundraising Page** guide in this pack.

Get sharing

Use the power of social media to help spread the word about your fundraiser and smash your fundraising goals! If you are using an online fundraising platform like JustGiving make sure you link it in your posts. Oh, and don't forget to tag us in **@healthstars** and **@humbernhsft** so we can shout about your fabulous fundraising event.

Give thanks

Thanking your supporters is a great way to finish your challenge and make them feel special. Show them the love by posting a short thank you message or video on your socials or fundraising page.

Legal and safety advice

Making sure your event is safe and legal is an important part of fundraising. It's your responsibility to do a risk assessment and consider the safeguarding of any children, young people and vulnerable adults. You will also need to look at whether you need insurance. Advice and guidance can be found on our website or you can contact the Health Stars team for advice.

Gift Aid it!

If you are fundraising for us, please encourage your supporters to Gift Aid their donation.

Gift Aid is a government scheme which allows charities to claim 25p for every £1 donated. It can only be claimed on individual donations and not on a collective fundraiser such as a bake sale.

How to pay-in your donations

Paying-in your donations couldn't be simpler, just head over to our website **healthstars.org.uk** for full details.

1. <https://www.justgiving.com/for-fundraising/fundraising-page-checklist>



How to create your online fundraising page



The easiest way to collect your donations is through our Just Giving page justgiving.com/healthstars-nhs

When you have created your page follow these tips to help you the get most out of it.

1. Personalise your page

Tell people why you are fundraising and why it's important to you. **By adding a photo you can boost your donations by 14%!¹**

2. Set a target

Tell your supporters how much you want to raise. It gives you something to aim for and shows how well you are doing. If you smash your target, you can always set a higher one!

3. Keep it updated

Tell your supporters how you are getting on by posting photos and regular updates on your page.

4. Share your page

People need to know where to donate.

- Share the link across your socials.
- Add it to your email signature.
- Create a QR code and add it to a poster, flyer or stickers if you are using them to promote your event.

1. <https://help.justgiving.com/hc/en-us/articles/200669521-Editing-your-Fundraising-Page>





Humber Teaching
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Thank you for supporting Health Stars. Your kind donation will help enhance health care experiences and outcomes for thousands of people across Hull, East Yorkshire and North Yorkshire.

Please sponsor me (name of participant) _____

Name of Event _____

In aid of: Health Stars

Gift Aid: If I have ticked the box headed 'Gift Aid?' I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity Health Stars (as named above) to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given. Remember: You must provide your full name, home address, postcode and tick Gift Aid for Health Stars to claim back on your donation.

Sponsor's Full Name (First name & surname)	Sponsor's Home Address (Only needed if are Gift Aiding your donation. Don't give your work address if you are Gift Aiding your donation)	Post Code	Donation Amount £	Date Paid	Gift Aid? ✓
		Grand Total			

Send your completed sponsorship form to:

Health Stars, Humber Teaching NHS Foundation Trust, Willerby Hill, Beverley Road, Willerby, HU10 6ED

Health Stars is a registered charity: 1052727

Caring Learning Growing

Tips for social media



The power of social media can help you to spread the word about your fundraiser and smash your fundraising goals!

Here are some tips to help you get the most out of your socials:

1. Tell your followers why you are raising money for Health Stars and be sure to regularly update them on your progress; sharing photos and videos is a fun way to do this.
2. If you are using an online fundraising platform like JustGiving make sure you link it in your posts and bio.
3. Tag **@healthstars** and **@humberhnsft** so we can shout about your fabulous fundraising event.
4. Use hashtags to connect to people outside your network. Make sure you use a location tag too, such as **#Hull**.





Humber Teaching
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We're raising money for Health Stars

What:

When:

Where:

Every penny you raise will allow our staff to enhance healthcare experiences and outcomes for thousands of people across Hull, East Yorkshire and North Yorkshire.

healthstars.org.uk

@healthstars @humbersnhsft

Health Stars is a registered charity: 1052727



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Humber Teaching
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*For raising money
for Health Stars*



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healthstars.org.uk

[@healthstars](#) [@humbersnhsft](#)

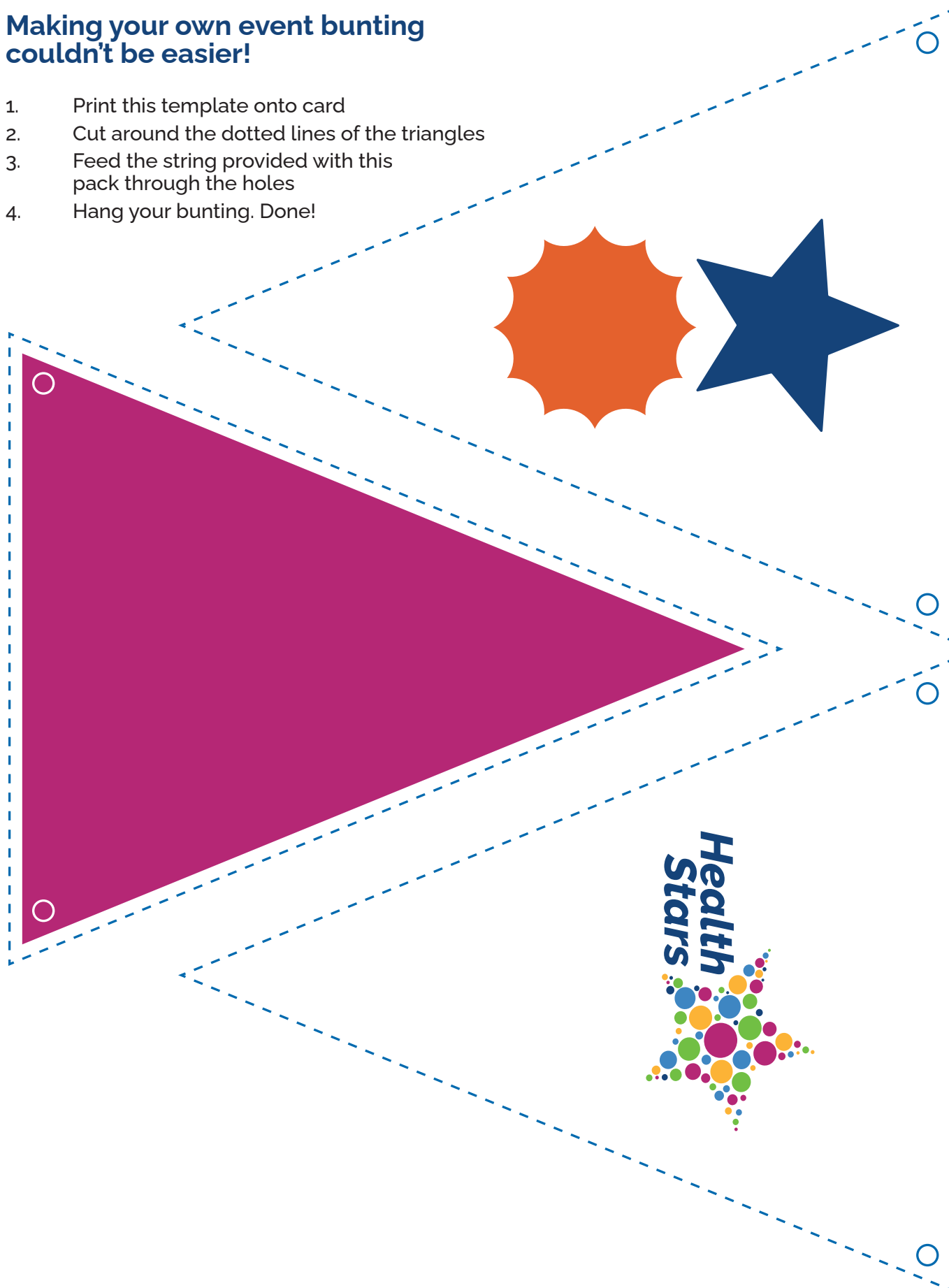
Health Stars is a registered charity: 1052727

Caring Learning Growing

Event Bunting

**Making your own event bunting
couldn't be easier!**

1. Print this template onto card
2. Cut around the dotted lines of the triangles
3. Feed the string provided with this pack through the holes
4. Hang your bunting. Done!

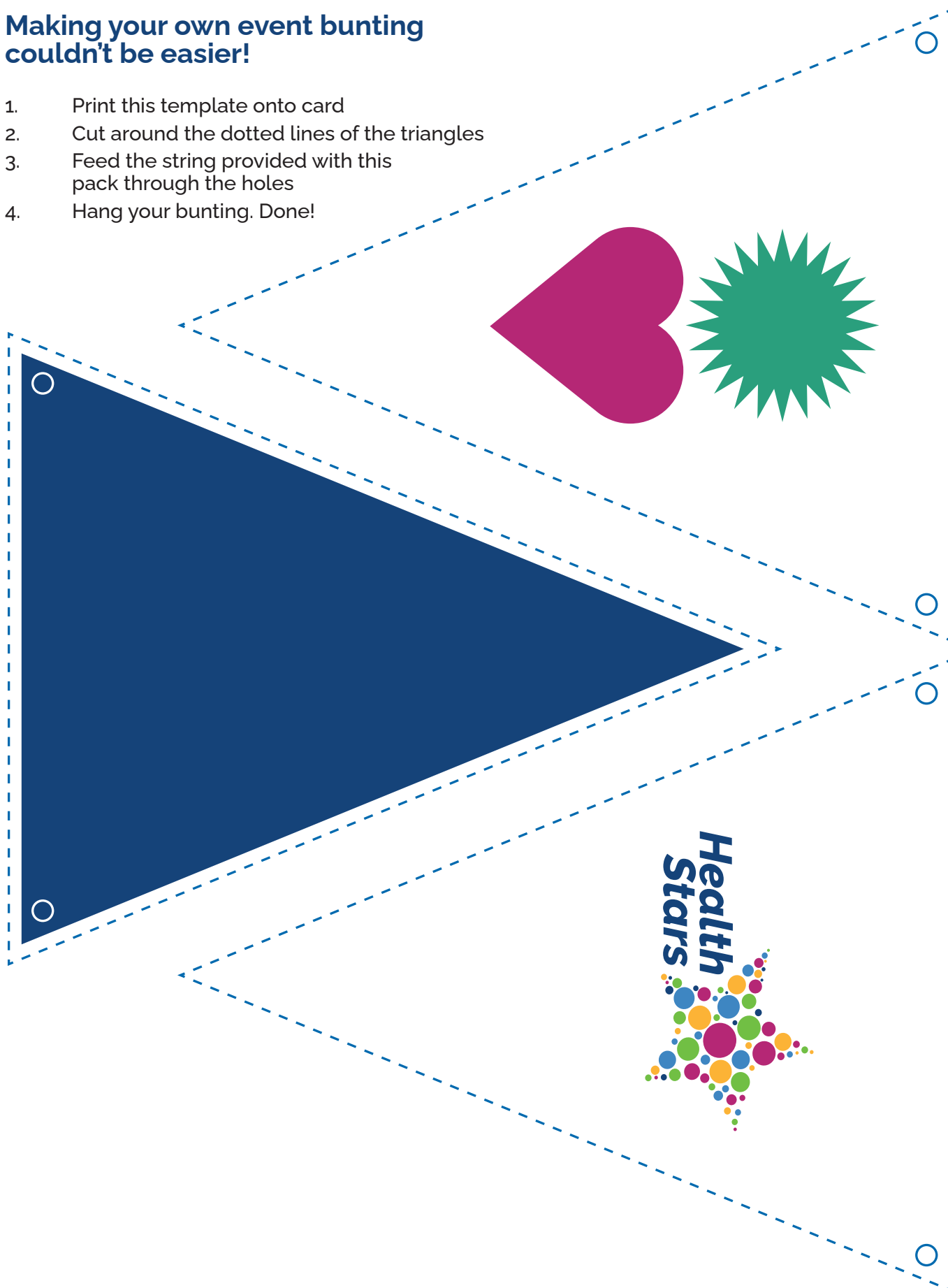




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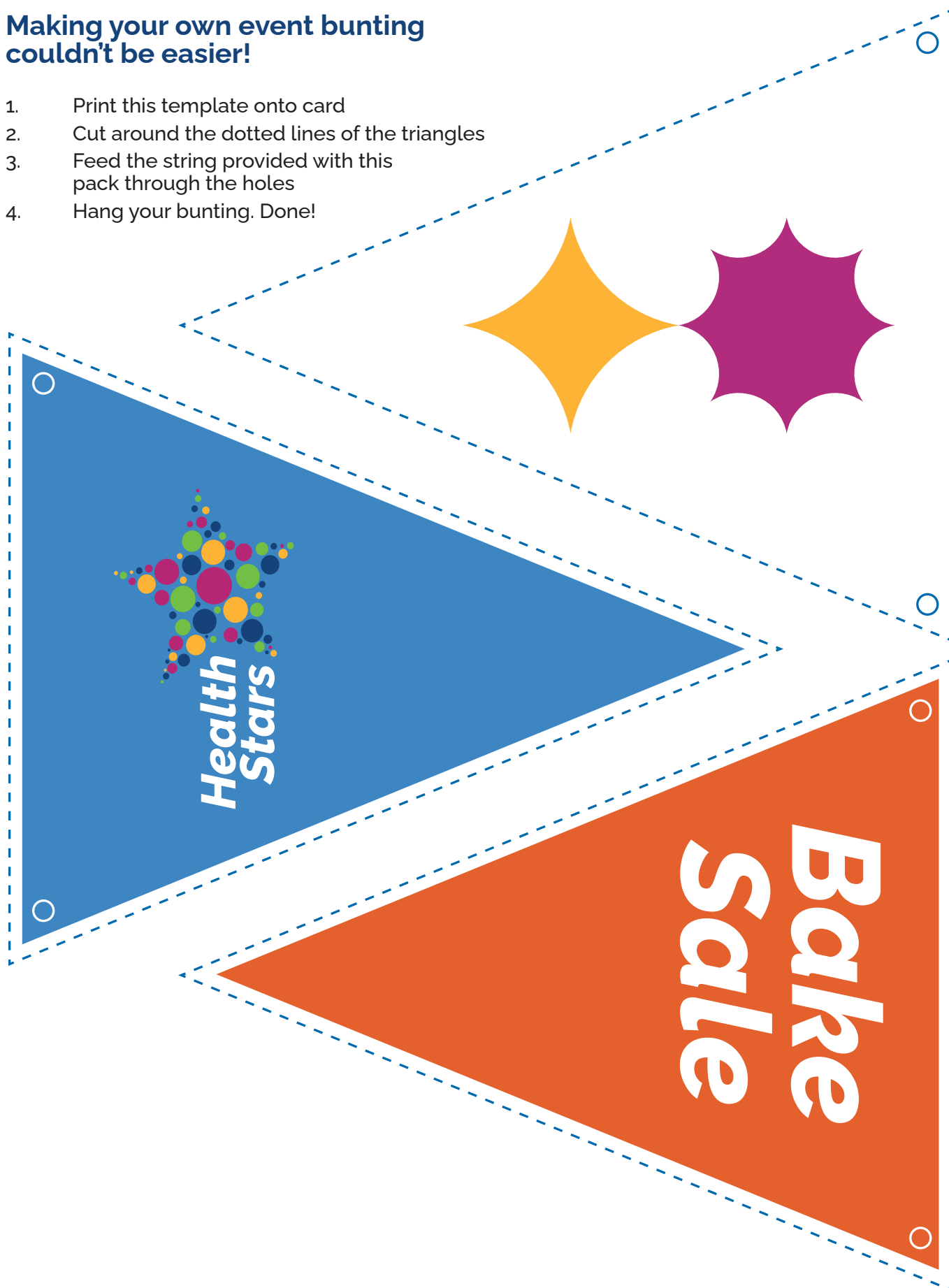
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Cupcake Place Cards

Follow these easy instructions to make your cupcake place cards.

- 1.. Print the template onto card or paper
- 2 Cut out the place cards
3. Fold over and write what cake it is
4. Place in your cupcakes or cakes.

