



Humber Teaching
NHS Foundation Trust



Be a Fundraising Star

**Your guide to organising
a fundraising event**

**Better healthcare and brighter futures
for people across Hull, East Yorkshire and North Yorkshire**

About Health Stars

Hello!

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.

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



"Many of our patients are vulnerable with a variety of health needs. The portable ECG machines funded by Health Stars will allow recording and monitoring of people's heart rate and rhythm, in a patient's home rather than being transferred to hospital or a GP surgery."

How your support helps

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 to for our Speech and Language Therapy Service to support a young person's treatment.

£500 could provide

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.

Dreams

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 on our website to find out more!

Get Inspired

Sometimes it is hard to know how to help.

There are lots of ways that you can raise funds that will directly benefit people in your community or give back to a service that has supported you or someone you love.

Whether you want to organise your own event or take on a challenge, we will be there to support and guide you to reach your fundraising goals. Here are some fundraising ideas to get you inspired!

Fundraising with Family and Friends

Let's get quizzical

Hold a quiz night at your local pub, in your home, or virtually and charge each team an entry fee.

Karaoke night

Get your family and friends together and belt-out your favourite tunes in an X-Factor style competition. You could set a donation fee to take part.

Dinner party

Gather your friends for an evening of delicious food. You could ask each person to bring a different dish and charge for the plate.

Party on!

Parties are an excellent way to raise money. From a small party in your living room to a charity ball, bring your friends and family together and party in style.

Fundraising with Sport

The sky's the limit

If you've always wanted to do a sky dive, then why not do one for charity?

Sports tournaments

From golf days, 5-a-side football matches and sports days, there are many team events that you can organise to raise money for Health Stars.

Sporting challenge

Swim, run, walk, climb or dance...the choice is yours! Whether you take on a solo or group challenge, we'll be there to support you.

Fundraising at Work

Bake sale

Host a bake sale for work colleagues. Maybe you could add a bake-off challenge and charge a fee to enter, with a fun prize for the winner.

Fancy dress

Get your colleagues to come to work in fancy dress. You could make it themed with a prize for the best costume! If you wear a uniform to work, please check your Dress Code Policy before organising a fancy dress event.

Sweep stake

Whether it's the World Cup, Euros, or Grand National, holding a sweep stake is an easy way to raise money.

Office olympics

Challenge your colleagues to waste paper basketball, a three-legged race or table football. Make sure your activities comply with your work's health and safety policy.

Other ways to show your support

If taking on a challenge is not your thing, there are plenty of other ways to show your support.

Play our lottery

You could win up to £10,000 every week in our charity lottery draw. You can feel good winning knowing that every pound you play will make a difference in your local community.

Give in memory

You can celebrate the life of a loved one by making a donation that will have a real and lasting legacy.

Give in celebration

Whether it is a birthday, wedding or special anniversary, asking your friends and family to make a donation on your behalf is a great way to make your celebration even more meaningful.

Donate in kind

By donating your products, service or time you can help us support ideas of our patients and their loved ones. Pledging your support will help us save costs and grant more wishes for NHS services in your community.

Support an appeal

Our appeals fund the biggest and most important projects across our NHS services. There are so many ways you can give to an appeal. Whether it's a one-off donation, ongoing support or taking part in a charity event.

We can't wait to see the other creative ways you use to raise money for Health Stars. Head over to healthstars.org.uk for more detail.

"It's great to be able to provide handheld fans to patients who may struggle to buy their own and help manage their difficult symptoms of breathlessness."

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.

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. Tips for creating your page can be found on page 7.

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 @humberhstsft 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 and young people. 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.

Fundraising Support

We can provide a wide range promotional items for your event such as t-shirts, bunting or a bake sale pack. Just visit healthstars.org to request your items or download printable resources.

Create an 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!

[1] Just Giving website

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 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.

You're a Fundraising Star!

You really are! It's down to people like you who take the time to raise money for Health Stars which means so much to our patients and their families, and our staff who provide their care.

With your help we get to enhance health care experiences and outcomes for thousands of people across Hull, East Yorkshire and North Yorkshire.

hnf-tr.healthstars@nhs.net

healthstars.org.uk

Facebook/X/ @Health_Stars

