



Supporting NHS care

Fundraising guide



Thank you!



We are delighted that you're interested in fundraising for our charity. Your support holds the power to truly transform the lives of patients across our Trust. Money raised for SHINE and specific funds enable us to offer therapeutic activities, provide items of comfort and enhance patient spaces. These 'extras' can significantly improve the hospital experience for patients and those receiving care in our community services.

Whether you're fundraising alone or joining forces with a group, your efforts have the potential to create a lasting impact.



Project: restoration of the therapeutic garden at St. George's Park

This guide is a handy starting point to give you some fundraising ideas, as well as plenty of tips on running a successful fundraiser. Take a look through examples of previous fundraisers and be inspired by what can be achieved!

We are also here to support you with whatever you need, so please get in touch with our team if you need further advice.

Get in touch



charitablefunds@cntw.nhs.uk

0191 2467215

Your impact

128 projects

funded by our charity from April 2023 - March 2024
across the North East and Cumbria, thanks to you!

£154,399 spent

improving patient spaces,
purchasing musical instruments,
sensory equipment, games, gym and
sports equipment, craft materials,
specialist seating and much more!



HUG therapeutic dolls for patients
living with dementia, Ruskin unit



Exercise equipment
at Carleton Clinic



Cycle hub and bicycles for patients
at St. George's Park

Whether you raise £100 or £1000, your efforts
will make a big difference to our patients.

£30

could pay for craft
materials for our
Children and Young
People's services

£100

could support
Occupational Therapy
cooking activities by
paying for utensils

£370

could provide musical
instruments for
patients on a ward

£420

could provide a ward
with a basketball
hoop, weights, football
equipment and a
badminton set

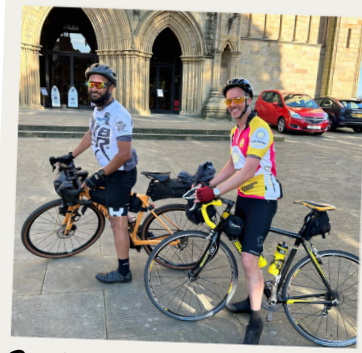
Our fantastic fundraisers

Here are some of the amazing fundraisers that have been organised in support of SHINE.

"I've seen the impact that Shine has made, and it inspired me to think about how I could help."

Colleagues Paul Wales and Dr Mohammed Elhamshary took on a challenging long distance cycle to raise money for two charities close to their hearts, SHINE and Brain Tumour Research.

After cycling together from Newcastle to London, Mohammed participated in the Great North Run, while Paul continued solo from Calais to Nice, covering 1,3000 miles in total. Their remarkable effort raised an amazing **£8000** for the two charities.



Paul Wales and Dr Mohammed Elhamshary long distance cycle



Peter Prest and Paul Hewitson, 'The Mop Heads'

Two skilled members of the St. Nicholas Hospital Domestic team, Peter Prest and Paul Hewitson, wrote a song titled "Where Hope Begins" for SHINE, inspired by the end of the Covid pandemic. Through live performances and CD sales, they've raised over **£1000** for the charity so far.

Staff regularly run bake sales and raffles across hospital sites, often involving patients in the baking process or running ward competitions.



Valentine's Day bake sale organised by Gemma Sage

Every year the charity has 10 places for runners who would like to raise funds for SHINE. In 2023, our amazing runs raised an incredible **£3,438** for SHINE.



"I work with patients facing neurological difficulties, often caused by head injuries, who might be in hospital for quite some time. Without money from the SHINE fund, some of my patients wouldn't have the means to access things to make their time in hospital more joyful." Kat Nicholson, Clinical Nurse Lead and 2023 runner for SHINE

Ideas to get you started

Organise a sponsored walk!

Challenge yourself to walk 10,000 steps a day for a month or organise a group or solo walk.

Have a clear out and head to a car boot sale

Lose the clutter and gain some funds!

Run a bake sale

at your workplace or at school. Sell bakes you've made yourself or make it a competition by picking a theme and giving a prize to whoever makes the best bake.

Pack bags at your local supermarket

Get in touch and see if you can pack bags and collect donations.

Grow out your facial hair or dye your hair a funky colour!

Get sponsored for changing up your look! You could even auction off the right to choose the colour.

Celebrate a wedding, anniversary or birthday

Ask for donations instead of gifts at your next big milestone celebration.

Host a party!

Organise a dinner party, watch party or rave and ask for donations upon entry or raise money by holding a sweepstake.

Organise a skill workshop

Are you skilled in a creative hobby like pottery, macrame, flower arranging or painting? Organise a workshop and charge a participation fee.

Run a clothes swap

Secure a space and organise a local clothes swap. Give clothes a new lease on life whilst raising funds!



[Take a look at our A-Z fundraising ideas guide for more!](#)

Getting started



Find a venue

Once you've decided how you'd like to fundraise, consider if you require a venue. When making enquiries, let the venue know that you're fundraising for SHINE - you may be lucky enough to get a discount or freebie!

Make a plan

Planning will help your fundraiser run smoothly - think about making a to do list with deadlines. What do you need for your event/fundraiser?



Promote

Set up an online fundraising page and spread the word on social media! Share your fundraiser with your friends, family and colleagues. If you're fundraising at a venue, ask if you can stick some posters up ahead of the event.



Get in touch with our team if you'd like us to help promote your fundraiser once it has been set up.



Fundraising safely

Responsibility

Our charity cannot assume any liability for your event or for any individuals participating in it. If your event involves the general public, please seek guidance regarding public liability insurance.

Raffles and lotteries

There are strict regulations governing all lotteries and raffles, so please adhere to these guidelines when conducting your auction or raffle. For further details, check the Fundraising Regulator or Gambling Commission websites.

Handling personal data

During your fundraising activities, you may handle personal data. It is your responsibility to ensure that any data you possess complies with the Data Protection Act 2018. Remember to securely store and protect any data, avoid retaining it longer than necessary, and refrain from sharing information without consent.

Gift Aid

Gift Aid can only be claimed for individual donations and cannot be applied to group contributions or collections. Additional information is available at www.gov.uk/donating-to-charity/gift-aid

Cash handling

When dealing with cash, prioritise its safety and security. Always assign at least two individuals to count and transport cash, and deposit it to your local cashiers office promptly.



Food safety

Exercise caution when handling food and ensure proper labeling. The Food Standards Agency offers guidelines for safely preparing, handling, and cooking food.

Safeguarding children

If your fundraising involves children, take extra precautions. Ensure adequate adult supervision and obtain permission from parents or guardians before capturing or sharing photos.

Please note:

- When fundraising, make it clear that you are fundraising 'in support of' SHINE or a specific fund and that your activities have not been organised by our charity directly.
- Please do not use our charity logo or Trust name without permission from our team
- If you are raising money for a specific fund, please let us know when making your donation in person or online

Please get in touch with us if you have any queries about fundraising safely.

Thank you

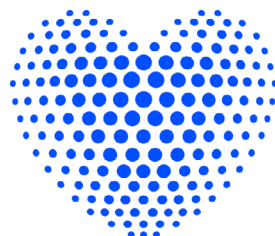
for choosing to fundraise for SHINE.



www.cntw.nhs.uk/SHINE

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