



Be a Hospice Hero!

How to fundraise for us at home

Social isolation doesn't have to mean your fundraising efforts have to come to an end. We've come up with a few ideas to make sure the donations keep coming in while everyone is stuck behind closed doors.

Digital ideas

Online giving pages

Set up an online giving page; [JustGiving](#) This service offers an easy way for people to sponsor you and is a handy way for you to update your supporters with your fundraising and training progress.

Social media

Networking websites such as Facebook, Instagram, YouTube and Twitter are more important than ever for reaching out to people who may support you while you are self-isolating. Try to utilise Facebook Live, YouTube Live, Instagram stories and much more to get your message across and share your fundraising ideas.

Make sure to tag us in on Facebook [@thameshospicare](#), Instagram [@thameshospice](#) and tweet us [@thameshospicare](#).

Raise money by browsing the internet

Another great website to look at is '[every click](#)' which raises funds as you browse the internet – no purchases required! Set up a page and ask friends to support you – all they have to do is use the internet as they usually would, and their browsing will bring in a donation to your cause!

Raise money by shopping on Amazon

[AmazonSmile](#) is an initiative supported by Amazon. When you shop using the [AmazonSmile weblink](#), you can raise money for Thames Hospice. A really easy way to shop and fundraise at the same time.

Host a virtual auction

You can do this online on sites such as [Jumblebee](#), or you can live stream a live auction on Facebook.

Make money from streaming music or playing online games

Sign up to [Givepenny](#) - this is an online platform that allows you to raise money while doing things you love like listening to music on Spotify or playing video games. All donations can be tracked to Thames Hospice.

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Netflix party

Netflix has a new feature which allows you to host long distance movie nights and TV watch parties. It synchronizes video playback and creates a group chat so you can still crack out the popcorn and have that movie marathon with your friends without any of you leaving your sofa. Ask people to donate to take part.

Fun for all ideas

Knitters and crocheters

Use your needle skills to raise money for us. Why not try to break a world record and knit or crochet the longest scarf! Set up a [Facebook fundraiser](#) or tweet about it and ask your friends/family to sponsor you.

Fancy dress day

Fancy dress isn't just for Halloween. If you're a dab hand on a sewing machine, why not make your own costumes to raise money? You could even let your friends/family cast votes on the costume you have to wear for the day for a donation.

Showcase your talents

If you're a musician, you could share your talent and provide music lessons online or do a Facebook live stream of you performing for donations.

Sponsored silence

If someone in your household is a chatterbox who finds being quiet a challenge, ask friends and family to support you and sponsor a day's silence!

Save the Change

Work out how much you would normally spend on commuting to work - your fuel, train or bus fare - over a week or two and [donate](#) this to us.

Food and drink ideas

Lunch money

If you or your colleagues are working from home, or avoiding your local shopping area, why not donate what you would normally spend on lunch.

Coffee money

If you or your colleagues are working from home, or if you're avoiding your local shopping area, why not donate what you would normally spend on coffee.

Nights out money

If you're stuck at home, why not donate what you would normally spend on your night out.

Smarties tubes

Give your friends, family and colleagues a tube of smarties and, once they have eaten them, ask them over a period of weeks to fill the empty tube with £1 coins and give it back to you - you will be surprised how much a tube can hold.

Master Chef or Bake-Off challenge

Ask friends or family members to use a set selection of the same ingredients and to come up with the most attractive dish to win a prize.

Fitness and sporting ideas

Virtual Challenges

Sign up and take part in a virtual challenge from the comfort of your own home. Get sponsorship for climbing the equivalent number of steps it takes to get to the top of the Eiffel Tower or cycle the distance from Lands End to John O'Groats on your exercise bike. Run a 10k on your treadmill, march the length of the Coast to Coast on the spot, hold a sports relay in the garden or bounce on a trampoline non-stop for a few hours. The possibilities are endless and it's a great way to get some training in too! [Sign up here](#)

Push up, squat or lunge challenge

Ask competitors to pay £2 then film themselves doing as many of the exercise as they can. The most repetitions completed wins a prize. A great way to keep the whole family entertained and fit! If you want to make it tougher, why not try a 'Bring Sally Up' challenge. Play the song 'Flower' by Moby and when the lyrics say, "bring Sally down" you will start your rep, such as a squat or press-up, then complete the rep when the lyrics say "bring Sally up", e.g. standing up from squat position or pushing up with a press-up. In the gaps between those lyrics you must hold the position. Continue until the song ends or you can't do anymore! Nb. please ensure this is done safely and after taking advice from a personal trainer or doctor.

Organise a sweepstake for a sporting event

Ask everyone to donate and get them involved in your fundraising.

Online dance

Host a virtual zumbathon/Bhangra dance/any dance! from your living room. Live stream your event and get people to donate to join in or watch!

Play virtual playground tig

Who didn't love a game of tig in the playground when we were kids? Encourage your followers to play online by donating £5 and tag five of their friends to do the same. TAG you're it!

Educational ideas

Master classes

Give online classes in something you are good at e.g. photography, cookery, pottery and social media.

Online tutorial

Find someone else who is willing to donate their services for an evening to host an online tutorial. For example, a beauty therapist could host a live make-up tutorial, a baker could show people how to decorate cupcakes.

Games of skill ideas

Online quiz and raffle night

Host an online pub quiz and a virtual raffle. Just because you can't get to the pub doesn't mean you can't take part in a good old quiz. Set strict rules on not Googling the answers!

We'll also be hosting our own Thames Hospice virtual quiz, keep an eye on our social media pages and website for details of how to join.

Virtual scavenger hunts

You don't have to leave your house to take part in an online scavenger hunt. Create a list of items (for example, a seashell, a blue teacup, yesterday's paper, a jigsaw piece) that participants must find within their homes within a set amount of time. They then share photos with other treasure hunters. You can host this as a live event – with people paying to enter a private Facebook group and release an item every 5 minutes. Or you can release the whole list and the winner is the person to 'collect' all items first.

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Online treasure hunt

Plan a virtual route. Give out directions at the start as cryptic clues that must be solved using Google Maps in order to find the next location. People pay to play, and the winner is the one to finish first. Be creative! Your clues can be all over the world. For example, start in London. Clue 1: Let's get started, keep an eye on the time. I'm the subject of a nursery rhyme. Answer: London Bridge. Clue 2: From this bridge you will find, this majestic ship that's not the Golden Hinde. Answer: HMS Belfast. Clue 3: A doomed ship started life here but where was it supposed to end up? Answer: The Titanic's destination was New York. Etc.

Sales ideas

eBay auctions or Facebook Marketplace

Make use of your time at home and have a Marie Kondo day, where you sort through your belongings and decide what you can give away or sell. List it on [eBay](#) or [Facebook Marketplace](#).

Asking for support

Flash fundraising

If you are cancelling an event hold a flash fundraiser to start and end at the time you were meant to be hosting the event. Get your guests to donate online instead.

Match-funding

Many employers and organisations are members of a matched funding scheme, where they will match the amount raised by an employee (or a friend or relative of an employee) for charity; ask them to match the amount you have raised. If you are approaching your employer, make sure that you present your ideas in an organised and professional manner detailing: - The challenge itself – Information about Thames Hospice - What benefits there are to the company - Your publicity/ fundraising plan - Ask to be included on your company's website and e-newsletter.

A birthday, anniversary or Christmas card amnesty

Ask your friends to send you a small donation instead of a card or present.

Daring ideas

The ice bucket challenge is a classic

Why not come up with a new challenge that's just as daring!

Brave the shave

Shave your head for donations live on social media. Set a target for how much you want to raise before undertaking this challenge, and set up a [JustGiving](#) page or [Facebook fundraiser](#) so your friends, family and colleagues can sponsor you.

Wax it

It's a classic charity fundraising technique that provides an interesting insight into how much your friends are willing to pay to hear you shout 'ouch!'. Create a [JustGiving](#) page, set a target and get waxing!

Other sources of publicity and support

Local groups

Organisations such as local youth clubs, Women's Institutes, Rotary Clubs, and Lions Clubs often are keen to help individuals raising sponsorship money. Many have online groups so you can still drum up support during this time of social distancing. Offer to give a short talk at one of their meetings on your return (and once things have gone back to normal!) – it will show them who benefited from their support and may encourage others to also take part next time.

Contact the press

Press releases to local newspapers are a great way to advertise your fundraising efforts for your challenge, and they also create more interest from local individuals and businesses that may be willing to donate prizes or to sponsor you. Editorial coverage is great, especially if you can get a photo too; if your company has agreed to sponsor you then try to wear a t-shirt or show something with the company's logo.

Approach your local radio station and try to persuade them to give you some airtime. They could interview you to discuss the challenge: a before and after story would be a really good idea and may create local interest. If you are holding an event invite your local radio station along, many will cover events like this for free and it is great publicity as well as the chance to drum up more support.

Try to get a feature in as many newsletters as you can, through friends and family, clubs you may belong to - in fact any organisation that will help you to raise local interest about what you are doing and increase your potential for sponsorship.

General tips

Keep in touch

There is nothing stopping you from making phone calls or sending emails, texts or letters to let people know what you are up to. We all know more people than we think, and through friends, relatives and colleagues we often have links to other organisations or people who could help. Use your contacts to help build up your ideas. Let your friends, family and colleagues decide how they would like to help and get them involved. Don't feel you have to do everything by yourself.

Plan ahead and know your goals

Work out how much you need/want to raise and split this amount into smaller chunks which are less daunting figures (see example below).

Make a list of all the people to contact, the digital events you would like to hold and the sponsored activities you could do well in advance. Fundraising usually takes several months! Allow plenty of time to raise your sponsorship; it will be less stressful this way.

Use your time wisely; don't spend too much time on events that will only raise a small amount. Know how much you need/want to raise and what your goal is for every fundraising activity. Compare how much you expected to raise against what you do. Some ideas work, others might not, you'll know which ones to avoid next time.

Keep the FUN in Fundraising

Be creative! Hold events that draw attention to you and your goals – it's then much easier to get publicity from companies and local press.

Combine and conquer!

Try to combine more than one fundraising idea at one event. For example, hold a raffle during your online quiz night, or shave your head for a fitness challenge!

Tell everyone!

Remember - original ideas create interest! Make sure everyone you know - and their friends and families - know exactly what you are doing. Give them full details of the challenge that you are taking part in and why you are raising money for Thames Hospice and how important their support is.

Share your fundraising story on your social media, and make sure to tag us in on Facebook [@thameshospicare](#), Instagram [@thameshospice](#), and tweet us [@thameshospicare](#).

Focus on why you're doing it

A huge desire to help Thames Hospice in the current climate, will bring in donations so share your story and explain what your motivations are. Explain how your fundraising will impact Thames Hospice.

Keep on going!

You may get turned down by some, but overall you're likely to be overwhelmed by the generosity of the people you ask.

Fundraising breakdown

When faced with or if you have set yourself a seemingly huge target, it is easy to become overwhelmed and concerned about hitting the target. The secret to successful fundraising is to start early, make plans and consider the target in smaller, more manageable chunks.

In the table below you can see how easy it is to raise a significant amount of money just through a few simple fundraising activities:

ACTIVITY	FUNDS RAISED
Online quiz night	£100
Virtual Challenge	£150
Sponsored silence	£50
Sponsored head shave or leg/chest wax	£200
Save the change	£80
Online gaming tournament	£120
Virtual Scavenger Hunt and Treasure Hunt	£100
Smarties tube collection (30 tubes)	£150
Birthday/Christmas/Anniversary amnesty	£100
Online auction	£200
Netflix watch party	£100
eBay sale	£150
Just Giving Sponsorship	£500
Total raised	£2,000

For more information about Thames Hospice and further fundraising inspiration, please visit www.thameshospice.org.uk

Good luck and thank you for your support during these challenging times.

Thank you to The Different Travel Company for your inspiration!



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