




St John's Hospice

FUNDRAISING PACK

sjhospice.org.uk - 01524 382538

October 2022



THANK YOU!

Your support makes a real difference to the patients of St John's Hospice

We are already in your debt. Without supporters like you who want to help, who want to contribute and raise money for us, we simply would not be here. This is not an exaggeration!

St John's Hospice provide its services freely both in the Hospice and out in the community from Garstang to Grasmere and from Morecambe to Sedbergh.

But these services are not cost free. Currently we need to raise £412 per hour to keep St John's doors open and its teams caring for patients and families in the community. So, every penny you raise makes a huge positive difference.

Meet David – Fundraiser

Amongst the amazing fundraising efforts David has undertaken, at 90 years old he did a sponsored sky dive!



How much government funding do you think we get?

We only receive around one third of our funding from the NHS.

That means that we need to raise around £9882 a day to keep our vital services going!

Even during the Covid-19 Pandemic, St John's Hospice continued to operate its services. Critically during this time, we were not able to fundraise like we normally do – through huge mass participation events like our races and walks.

That's why we need you now more than ever!

Every penny that you raise for us goes directly towards helping patients and their families during one of the most difficult times we face.

Thank you for choosing St John's Hospice. Our amazing Fundraising Team will help you every step of the way in raising funds for us, to help ensure the work continues.



IDEAS FOR YOU

The sky's the limit when thinking of fundraising ideas!

It's very important that whatever you do to raise money for the Hospice, that you do it in a safe way. This means that you think about your own safety and the safety of those around you. This can be especially important when organising events or taking on challenging activities. Contact our fundraising team if you have any questions about fundraising ideas!



Have a clear out! Hold a garage sale on your drive or sell pre-loved items on ebay or Facebook selling sites. You can also donate items to our shops!



Everyone loves cake! Have a cake sale in the office or at home, you could also set up a 'bake off' tent in your garden.



Hair today, gone tomorrow. Hold a sponsored clip, shave or wax (best to ask permission from partners/responsible adults)



Take up a physical challenge for sponsorship - run a 5K or even a marathon! Climb a mountain or cycle to work or school for a month or more!



Is singing or music your passion? Organise a concert or even an online concert on YouTube or Facebook. You could even take requests for extra donations.



Organise a quiz night / bingo night with family or friends.



Hold a virtual class on something you're very knowledgeable or passionate about – ask for donations for entry.



Host a coffee morning - serve drinks and cakes. You can add to the fun with raffles and tombolas.

IDEAS FOR YOUNGSTERS

Get crafty - make wristbands / jewellery / homemade biscuits to sell to friends, family and neighbours.

Do chores around the house! Make the beds or put away clothes and toys.

Sponsored car wash - Clean the family car or hold a street car wash for friends and neighbours.

NEED SOME HELP WITH IDEAS OR HAVE QUESTIONS?

CALL THE ST JOHN'S HOSPICE FUNDRAISING TEAM ON 01524 382538

OR EMAIL FUNDRAISING@SJHOSPICE.ORG.UK

MATCH FUNDING

Many companies throughout the UK offer their employees the chance to boost their fundraising efforts by matching the money they raise. Matched funding can also be known as Match Giving and it is a really simple way to maximise fundraising.

We know that not all companies offer matched funding, but those that do will pledge to donate a sum of money relating to the amount their employee has raised to the charity of their choice.

Some companies will match fund on a £ for £ basis and others will stipulate what they can give. It is best to ask your employer directly if they already have a scheme in place or if they would be willing to set one up?

ONLINE FUNDRAISING

Share your fundraising far and wide with online fundraising tools

To maximise your fundraising be sure to set up an online fundraiser as well as using a paper sponsor form. This can make it easier and much quicker to collect contributions.

Going online also means you'll be able to reach well beyond just your immediate family and friends to generate funds and maybe even inspire others to take part too!

Ben and Max Yates
Along with their friends
they raised **£4200**
through their online
fundraising, running 19
miles every 3 days of
lockdown.



TIPS FOR GETTING STARTED

- Include a photo so people can recognise you along with a personal message.
- Explain WHY you are supporting St John's Hospice and what the hospice means to you as well as explaining your activity.
- Share your fundraising page on your personal social media profiles and ask your friends to share it with their friends too.
- Give people updates with photos and videos – especially if your challenge is going to take a while or you have to put in lots of training. Keep people interested.
- REMEMBER: Be sure to ask your parent or guardian's permission when setting up a fundraiser if you are under the age of 13.

JustGiving™

Visit: www.justgiving.com/stjohnshospicelanc and click 'Fundraise for us'. Your JustGiving fundraiser will appear on our St John's Hospice JustGiving page along side other fundraisers.

Using JustGiving, sponsors can if they wish include the cost of the donation on top of what they sponsor you – meaning we will get the full amount!



You can also set up a fundraiser on Facebook. Go to www.facebook.com/fund/sjhospice to set up a fundraiser on our Facebook page. You'll appear alongside other fundraisers and can quickly share to your own profile and groups.

KEEP CONNECTED WITH US

- Tell us when you've set up a fundraiser – email fundraising@sjhospice.org.uk
- You can upload your own events to our website – visit sjhospice.org.uk/addmyevent
- Be sure to tag us in your posts on social media:
Facebook / Twitter – sjhospice Instagram - stjohnshospice



FUNDRAISER STORIES



St John's Hospice fundraises come from all parts of our community

Meet some of our amazing fundraisers, all with the own challenges, targets and reasons for supporting St John's Hospice.

Raising money for St John's Hospice can take on all shapes and sizes – it's up to you!
Every penny raised makes a difference.

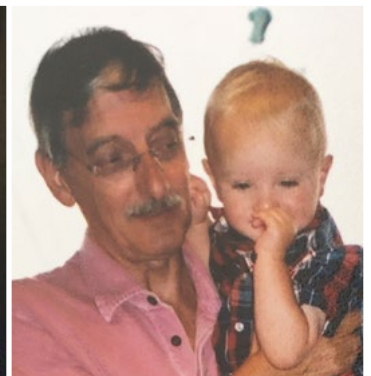
OLIVER'S STORY



Oliver's Granddad died while in the care of St John's Hospice. Oliver remembers him as such a memorable and eccentric man who had more life experiences than any one person could hope to imagine!

His condition deteriorated in 2019 and St John's Hospice were there working tirelessly and compassionately to make sure his final days were as comfortable as possible.

The team took excellent care of him and made sure Oliver's Nanna was right by his side at every possible moment. For this reason, Oliver set himself the challenge of running the equivalent distance of St John's Hospice to Wembley Stadium, an incredible 326km, in memory of his Grandad.



ARABELLA'S STORY



Arabella, who is just 4 years old told her Mummy that she wanted to make the nurses and doctors at St John's Hospice smile. So she decided to get creative and make lovely rainbow bracelets to sell in her very own shop to family and friends.

She has raised a fantastic £420 for the hospice. To give our staff and extra smile she also brought in lots of lovely sweets for everyone to enjoy!

JULIE'S STORY

Julie, who also works at St John's Hospice decided to turn her baking hobby into a cake selling fundraiser for the hospice.

As well as baking cakes herself, she asked for baked donations from colleagues, family and friends and set up a special cake stall at the bottom of her garden on the canal tow path.

With so many people enjoying a walk along the canal these days, Julie was able to tempt them with an amazing selection of cakes over the weekends during summer, finally raising over £3000 for the Hospice.



THEO & DANIEL'S STORY



Theo who is 7 and his friend Daniel who is 6 have set themselves the humongous challenge of a sponsored walk of the 40-mile Wainwright Peaks in the Lake District!

Despite being so young Theo with his best friend Daniel decided to take on this challenge because St John's Hospice looked after his Grandad and cared for him while he passed away a few years ago.

As well as loving walking with their Dads, they were inspired by seeing his Mum sign up to do the challenging Keswick to Barrow walk – which was called off due to Covid-19.

By taking on this huge challenge for their age, the duo has raised an amazing £1500 for the Hospice.



**NEED MORE
INSPIRATION?**

Our amazing fundraisers are always thinking of more fun and exciting ways to raise money for their hospice. Visit the St John's Hospice website, Facebook and Twitter feeds for more stories from our amazing fundraising community!

HOW YOUR SUPPORT HELPS

David, Tina and the search for his family

David is a volunteer at the Courtyard Café at St John's Hospice. He's there three days a week, serving the lunchtime crowds and chatting to regulars and staff.

He started volunteer work at the Hospice after his wife of 46 years, Tina, died on the inpatient ward. His decision to become a volunteer was important to his own recovery as St John's is very familiar to him as a caring and supportive place to be.

When Tina and David met he knew extremely little about his past – his mother was evacuated from Germany during World War Two. During this process of resettlement in the UK, David was born and moved a number of times, eventually losing his connection to his entire family, leaving him as an adult with just three key memories of his childhood. Tina was instrumental in reconnecting David with his past; spending

the next twenty years meticulously researching his and other family members' history, which took them across the globe via paper, email and eventually in person. For years they kept these remarkable stories between the two of them as they were too upsetting to share further. Tina then went on to publish this work in the book 'David's People' so that their children, the wider family and community could learn about the Stern Family from 1775 onwards.

Tina was originally a nurse and later became a social worker. Sadly after years of caring for other people she developed Motor Neurone Disease, which is a life-shortening illness, and received valuable support from the St John's social workers and later the care of the St John's Hospice at Home team before moving to the inpatient ward.

David told us more about Tina and how he is working through his next steps with the support of his family and St John's,

"Tina was extremely organised; as organised as Tina was in life, she also wanted to prepare for what would happen after she was gone. I made sure all of her wishes were carried out and it was a comfort to know she was getting exactly the funeral that she wanted. It's hard enough to organise a funeral without worrying that you aren't doing the right things – thanks to Tina and our conversations I didn't have that stress.

"Since her passing I still find plenty to do outside of my volunteering at St John's. Long walks with my Patterdale Terrier Billy around Half Moon Bay and the Barrows at Heysham are some of Billy's favourite destinations." David still remembers when his dog Billy arrived; Tina had wrapped up dog treats and toys for Christmas. David was confused as he unwrapped them saying "But I don't have a dog!" Tina laughed and laughed telling him, "Well you will soon!" because she knew that Billy would play a huge part in David's life to come.

"My job was to care for Tina, that's what you do when you love someone and without her, life is not the same but every day a new memory or an old memory comes back to comfort me, make me laugh and sometimes make me cry. When you have been with someone for so long and then you are on your own you need to find a new routine and you need to give something back if you can."

David also enjoys spending lots of time with his family, especially granddaughters Ruby and Eleanor – regularly picking them up from the bus stop or encouraging them to explore music.

Before she died Tina wrote to David,

***"Don't cry because I'm gone,
laugh because I was here."***

— words of comfort to David and so many families.

'David's People' was written by Christina Stern and is published by authorhouse.



WE'RE RAISING MONEY FOR



St John's Hospice

WHAT:

WHEN:

WHERE:

Visit St John's Hospice online to see how YOU can help YOUR local hospice

sjhospice.org.uk

