



Become an RCN Foundation FUN-DRAISER!



Nurses, midwives, and healthcare support workers care for us at every stage of our lives. Together, we can make a lasting difference to support them when they need us.

However you choose to fundraise for us, know that you'll be raising vital funds and awareness for nursing and midwifery professionals, and that we'll be there to support you along the way.



THANK YOU!

By fundraising for the RCN Foundation, you're helping us support nurses, midwives and healthcare support workers across the UK through our hardship and education grants.

Your support will have a long term impact on patient care and the health of the nation.

Every penny you, your family, friends and colleagues donate will support nursing and midwifery professionals at a time when they need it most.

This is your opportunity to give something back and make a real difference.

We hope you enjoy your experience of fundraising for the RCN Foundation and importantly, have fun!

Without the support of fundraisers like you, our work simply would not be possible - thank you.



YOU'RE HELPING CHANGE LIVES

By fundraising for the RCN Foundation, you're helping us help nurses, midwives and healthcare workers across the UK through our hardship and educational grants.

Here's a snippet of what fundraisers like you helped us achieve in 2024:

£206,000

in total was awarded in hardship grants, an average of £358 per grant

576

individuals benefited from hardship grants

122

education grants were awarded



HINTS AND TIPS

DON'T KNOW WHERE TO START?

We've got you covered!

Whether you're planning a team fundraising activity or a solo adventure, our fundraising tips and guidance contain everything you need to know to achieve fundraising success!

From a sponsored walk, a daredevil abseil, to a mouth-watering bake sale - there are endless ways to raise money and have fun whilst you're doing it.

GET IN TOUCH

If you need more information or support, please get in touch with our team:

fundraising@rcnfoundation.org.uk

We're here to help.

FUNDRAISING IDEAS

Foodie Fundraisers

- **Bake sale** - tried and tested and guaranteed to be a hit and raise funds! Plus, a great option to fundraise at work and you never know, your employer may even offer to match funds!
- **Supper club** - have an evening of fun by hosting friends and ask them to come armed with their favourite dish!



Be adventurous!

Have you always wanted to cycle from Land's End to John O'Groats, run a marathon or do something daring like a skydive? Now is your chance!

Get active. Grab your trainers, hop on your bike or pull on your wetsuit! You'll find year round events across the UK so there's sure to be something suited to you.

Make it worth your while and ask friends, family and colleagues to sponsor to you.

Have a birthday coming up?

Do something different this year and celebrate your birthday by setting up a fundraiser.

It's simply and easy to set up on Facebook and you can ask friends and family to donate to your cause.



FUNDRAISING TIPS AND GUIDANCE



1 Set up your fundraiser

If you're looking to choose a platform to raise funds on, we're part of JustGiving. It's secure, easy to use and, you can personalise your page. To set up a page, visit:

<https://www.justgiving.com/rcnfoundation>



2 Tell your story

Don't forget to tell your story. Tell them why you're fundraising for the RCN Foundation, what it means to you and how their donation - big or small - can make a difference.

The more personal the story, the more impact it will have and encourage support.

3 Set your target

Sky's the limit! Set your target higher than what you're aiming for. The higher it is, the more nurses, midwives, and healthcare support workers we can help!

Having a goal is a great motivational tool. Not only will it spur you on but also shows your progress and encourages people to donate.



4 Don't forget...

- **Gift Aid** - maximise your fundraising efforts by asking supporters to Gift Aid their donations. Gift Aid means that the RCN Foundation can claim 25% extra at no extra cost, meaning money goes even further
- **Say thank you** - it's important to say thank you to everyone who supports you and let them know what their donations means. Each donation, no matter how big or small, will make a difference.

FUNDRAISING TIPS AND GUIDANCE

5

Prioritise

- **Assign roles** - if you're fundraising as part of a team, it's important that everyone know what their role and responsibilities are. This will make sure everyone feels included and that the process is smooth and straightforward.
- **Sponsors** - if you know someone is likely to donate generously, ask them to donate first. This can encourage others to donate and be just as generous. As a bonus, why not try get your employer onside? You never know, they may want to match and double your funds!



6

Share, share, share!

- **Share your page far and wide** - email your fundraising link to colleagues, text it to family and friends and be sure to share it on social media and tag @RCNFoundation!
- **Spreading the word** to let people know what you're doing and the progress your making could lead to more supporters which means raising more money!
- **Training for a sporting event?** Link to your Strava account and share your training with your donors. Make sure you share it before and after the event to update donors on how you've done.

7

Remember, have fun!

There's no fun-draising without fun!

Taking part in fundraising activities is a great way to raise money for worthy causes and give something back to communities that give to you everyday.

We hope you have a great time and thank you for supporting us to support nurses, midwives and healthcare support workers.



FUNDRAISING HALL OF FAME

Looking for your next fundraising activity? Read inspirational stories from those who have raised vital funds for nurses, midwives, and healthcare support workers.



Justina

Artist Justina created this one-of-a-kind, hand embroidered nurse piece which was auctioned off, with all proceeds donated to the RCN Foundation – raising a total of £565!



Jack

In 2023, Jack, an avid football player was diagnosed with a brain tumour and successfully underwent surgery to remove this. Inspiring his teammates, in March they organised a charity football tournament to raise awareness of the condition, whilst raising money for the RCN Foundation and Brain Tumour Research - raising a staggering £1,375 for the RCN Foundation!



Colin

Flt Lt Colin Bell, who was 102 at the time, broke the Guinness World Record for the oldest person to abseil! He abseiled from the helipad on the roof of the Royal London Hospital Building, which is approximately 86 metres (284 ft) high – light work for the former WW2 RAF pilot. Colin incredibly fundraised over £16,000, which will make a significant difference to nursing and midwifery communities across the UK.



Chris Difford

During the pandemic, singer and songwriter Chris Difford, organised several Zoom concerts in aid of the RCN Foundation. Chris and his guests raised over £5,000 which directly supported nurses, midwives and healthcare supporter workers who were adversely affected by COVID-19.



RCN Group

In 2023, a group of 8 staff from around the RCN took part in the Vitality London 10K and fundraised close to £2,000. Each of them crossed the finish line, raised vital funds for the RCN Foundation, and made an undoubted difference to the lives of countless nurses, midwives, and healthcare support workers.

COLLECTING DONATIONS



If you've raised money online, the hard work is done and you don't need to lift a finger - the money comes straight to us!

If you have collected offline donations:

- If you need to collect cash at your event, download our sponsorship form below
- Bank any cash donations and send us a personal cheque to cover the amount with a copy of the sponsorship form
- If you want to send cheques, or credit or debit card details to us, fill out the sponsorship form
- If you have an online fundraising page you can donate to your own page to pay in any offline sponsorship
- All cheques should be made payable to the RCN Foundation (our address is on the form below)
- Do not send cash through the post. If you want to make a credit or debit card payment over the phone, please call 020 7647 3645

Don't forget...

- Quote your RCN Foundation contact number when you make any payments so we can track how much you've raised
- Your contact number should be emailed to you shortly after you register. If you do not receive this, please let us know
- Send completed sponsorship forms to us so we can collect Gift Aid and make your donations go even further

Download our sponsorship form [here](#)

Have any questions? Email us at fundraising@rcnfoundation.org.uk

