



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 theirs.

Help us to care for them as they care for us.



fundraising

THANK YOU!

There has never been a more critical time to support those that give tirelessly to our communities every day.

By fundraising for the RCN Foundation, you're helping us support nurses, midwives and healthcare support workers across the UK through our hardship and educational 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 all nurses, midwives, and healthcare support workers at a time when they need it the 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 you helped us achieve in 2022:

873

nurses, midwives
and health care
support workers
awarded grants

£280,000

awarded in
hardship grants

Your support
in numbers

Callers to our advice line
gained on average

£535 a month

"The RCN Foundation were willing to help my situation when I thought I had nowhere else to turn to. They were kind, helpful and understanding. They really made a difference to my mental health and gave me a bit of hope."

We supported the professional development and training of 255 individuals through education grants, totalling £348,000



95%

reported that the grant had enhanced holistic, evidence-based, patient-centred care



95%

stated that they had increased competence



65%

said that they were more likely to stay in their current career



60%

had received positive patient feedback because of the funded activity

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 health care 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 donators. Make sure you share it before and after the event to update donators 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.



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

