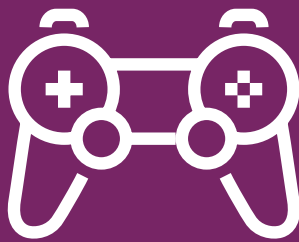
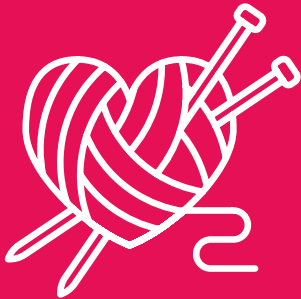


St Cuthbert's Hospice



QUIZ



Fundraising from Home for
St Cuthbert's Hospice

Have fun trying some 'at home' fundraising for St Cuthbert's Hospice!

Thank You!

It is thanks to the local community that the Hospice was founded, and it is that same support that sustains it today.

Whilst some of the fundraising activities you might usually have taken part in have been put on pause, we have lots of great ideas of how you can help fundraise for St Cuthbert's Hospice from the comfort of your own home.

Your support is so important to us and will help us to continue to provide free care and support to people with life-limiting illnesses, people approaching the end of life and people that are bereaved.

We are determined that nothing will prevent families in our care from creating special memories and focusing on precious times, for however long they can.

Your fundraising really can make a difference:

£20 — an hour of nursing care

£40 — a nurse to plan individualised care for a guest in our Living Well Centre

£50 — a Dementia Specialist Nurse to assess the needs and support someone living with dementia and their family



Our Community and Events Team can't wait to hear all about your fundraising ideas! Tell us about them by emailing fundraising@stcuthbertshospice.com or calling 0191 386 1170 ext. 5

When times are tough, it's great to focus on all the things you CAN do, not the things you CAN'T!

You CAN still be social!

Virtual Get Tea-gether

Set up a virtual Get Tea-gether - enjoy a cake and cuppa with your friends and family over Zoom or WhatsApp. You could donate the cost of your cake to the Hospice or run a little quiz such as 'Guess the weight of the cake,' and ask friends and family to make a small donation to take part.

Host a Virtual Movie Night

There are lots of apps and websites that allow people to watch movies together. Why not have a movie night with your friends? You could donate the cost of a cinema ticket or a bucket of popcorn to the Hospice.

Run a Virtual Class

Are you an expert knitter or could you teach Pilates or piano? If you've got a skill you can share, why not host a live stream tutorial. You can set up a fundraising page and collect donations from all those participating.

You CAN stay connected with your colleagues!

Virtual Lunch Date

Why not get together with your work bestie on Zoom or Face Time whilst you are working from home - then donate the cost of your lunch to the Hospice.

Baby Photos

Get your colleagues to submit a baby photo and then you all have to guess who is who! Donate to guess and have a laugh whilst revealing the answers over a virtual coffee break.

Fancy Dress

Whether it's a virtual pyjama day, superhero costumes or dressing up as your favourite film star - don your best themed outfit and have some fun with your colleagues on your next conference call. Decide on a theme and then each pay £1 to take part.

Get Tea-gether



Don't forget to share your photos with us, we'd love to see them!

Email fundraising@stcuthbertshospice.com or tag us #StCuthbertsHospice on Facebook, Twitter or Instagram

You CAN still challenge yourself!

Step Up Challenge

Take on our Step Up Challenge - set an amount of steps you'd like to complete in a month and get sponsored! Our nurses step an average of 11,000 steps per shift on our In-Patient Unit - could you match their steps for a month?

Let's Roll! Cycle, skate or scoot!

There's nothing better to clear your mind and help you look after yourself than getting out into nature... it's time to get on your wheels! You could take on the Coast to Coast route if you're a keen cyclist, or why not challenge your children to scoot a mile a day on their way to school. Whether it's roller-skating or mountain biking.... make sure to collect sponsorship for your challenge ... its wheeley easy!

Living Well Challenge

Here at St Cuthbert's Hospice we place great value on health and wellbeing. So why not take on a healthy living challenge for a month to improve your quality of life whilst raising sponsorship. Ideas include healthy eating, quitting smoking, giving up alcohol, taking up an exercise routine or any challenge personal to you.

Step Up Challenge



You CAN still make time for what you love!

Online gaming

Love video gaming? Why not host a livestream on Twitch and raise funds for the Hospice in the process? Or are you more of a classic board game fan? Why not set up a board game tournament with your family? You could even get online and go head to head with other households in a battle of the board games!

Online shopping smile.amazon.co.uk

Every time you treat yourself and loved ones, why not treat the Hospice? If you switch to shopping through smile.amazon.co.uk instead of amazon.com, they will donate 0.5% of the price of your eligible purchases straight to us, meaning your everyday shopping can help us make every day count.

Pamper Evening

Make sure to look after yourself, enjoy some me time at home - you could donate the money you've saved by doing an at home facial or manicure to the Hospice.



Please make sure to follow the latest government guidelines

You CAN still do your own thing!

Do you have an 'at home' fundraising idea you would like to take on? Let us know! Our team will be there to support you every step of the way - we can call, email or Zoom to provide help and advice to make the most of your fundraising!

Call us on 0191 386 1170 ext. 5 or email fundraising@stcuthbertshospice.com or drop us a message on social media to let us know your great ideas.

JustGiving™



Ways to donate

Online Giving Page:

You can set up an online giving page at the touch of a button! We'd recommend you set up a JustGiving Page or a Facebook Fundraiser.

Donate online:

Visit www.stcuthbertshospice.com to make a donation online.

Donate by post:

Please make cheques payable to 'St Cuthbert's Hospice' and mail to:

St Cuthbert's Hospice,
Park House Road,
Durham,
DH1 3QF.

Donate by phone:

Donations can be made over the phone Monday-Friday 9am-5pm. Please call us on 0191 386 1170 ext. 5 and have your payment details to hand.