

# NORTH TEES + HARTLEPOOL TOGETHER

Let's get inspired

# A word from our Fundraising Co-Ordinator

Thank you for fundraising for North Tees and Hartlepool NHS Foundation Trust's charity, North Tees and Hartlepool Together.

Your efforts will go on to support our staff and patients, ensuring that we can continue to deliver high quality care to our local community.

This booklet is designed to give you inspiration for your fundraising activities, get as creative or innovative as you like. My contact details are on the last page if you'd like to reach out to me directly.

Happy fundraising!

**Suzi Campbell**



# A



## Afternoon Tea

hold an elegant afternoon tea with friends or family

## Abseil

reach new heights with an abseiling challenge



## Auction

encourage local businesses to donate items to be auctioned off



## Bake Sale

get your local community baking to sell some delicious treats

## Art Exhibition

showcase local artists and raise money through an entry fee



## BBQ

fire up the grill for a charity BBQ day with friends or neighbours



## Arm Wrestling Contest

see who's crowned the arm wrestling champion



## Book Sale

raise money through your community selling unwanted books



## Birthday Giving

ask your loved ones to donate instead of buying you gifts

## Bingo

who will be the first to check off all their numbers at a bingo night?

# B



# C

## **Car Wash**

help shine up local cars in a community car wash event

## **Crafts**

turn your hobbies into a fundraising activity and get crafting



## **Cycling**

get sponsored to hop on your bike for a charity cycle



## **Drawing Contest**

challenge people to show off their drawing skills



## **Dog Show**

let those pups strut their stuff to see who is voted the winner

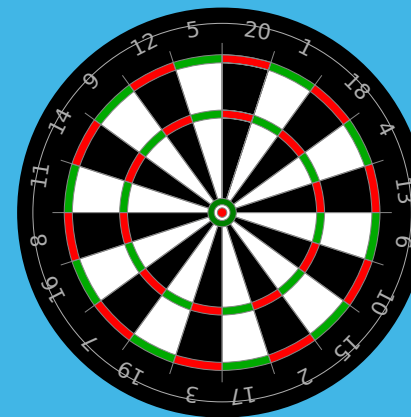
## **Cocktail Night**

mix up your favourite drinks in a charity cocktail evening



## **Darts Contest**

take aim to see who lands the bullseye in a round of darts



## **Dinner Party**

pick a theme and host your own charity dinner party

# D

## **Dance-a-thon**

see who can last the longest on the dancefloor



# E



## Exercise marathon

hold a day long event to see who can go the distance

## eBay

sell any unwanted items you have lying around

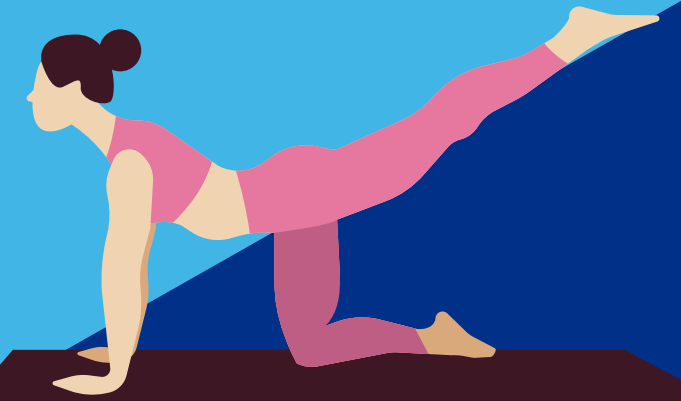
## Etsy

use your crafting skills to sell your awesome creations on Etsy



## Eurovision party

everyone can represent a different country at this party



## Facebook fundraising

use Facebook fundraising tools on your social media posts

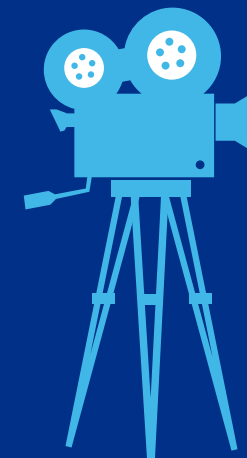


## Fancy dress day

hold a fancy dress day at school or work for a donation

## Film night

host your own film night, you can even get creative with themes



## Fashion show

rock your best outfits in a local charity fashion show

# F

The eBay logo, with the word 'ebay' in its characteristic multi-colored font, inside a light gray circle.

## Football match

see who will score the winning goals in a charity game



## Egg painting contest

get creative to see who can paint the best egg

# G

**Guess how many**  
challenge people to guess  
how many items are in a jar



**Games night**  
get competitive in  
a board games or  
video games night

**Golf day**  
get outside and take to  
the green in a charity  
golf day event



**Give something up**  
get sponsored giving  
up something you  
love

**Harry Potter party**  
discover Hogwarts with  
your own Harry Potter party



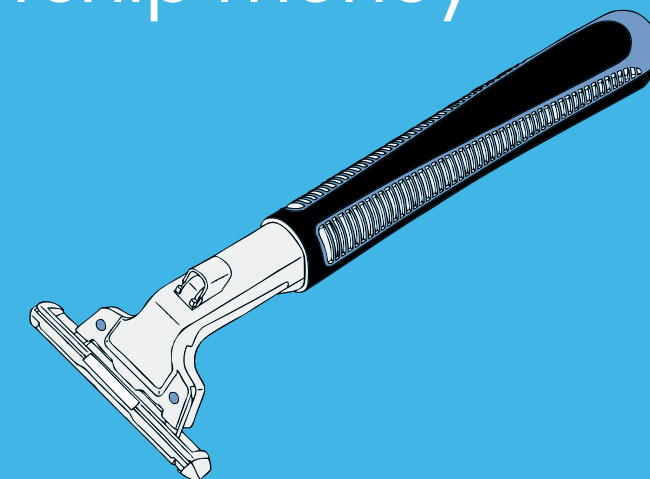
**Grow a beard**  
let it all grow out  
while raising money  
for charity



**Hiking**  
take a sponsored hike and  
see how long you can trek  
for



**Head shave**  
shave all your hair off for  
some sponsorship money



# H

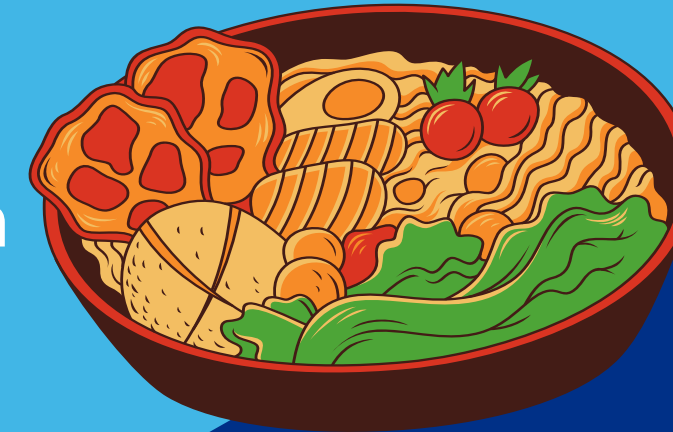




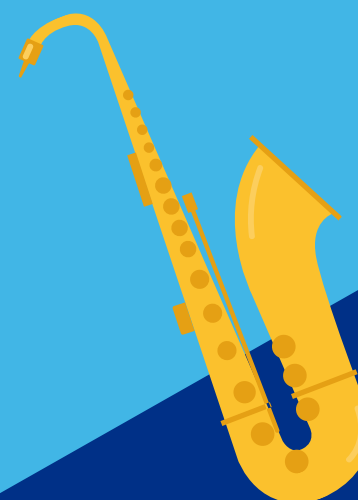
**Ice cream tasting**  
discover all the different  
flavours in a tasting  
event



**It's a Knockout**  
have some fun with  
an It's a Knockout  
event

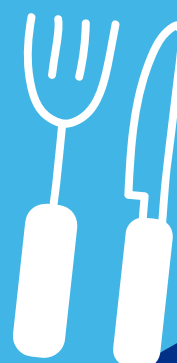


**International food party**  
ask everyone to bring a  
dish from a specific  
cuisine



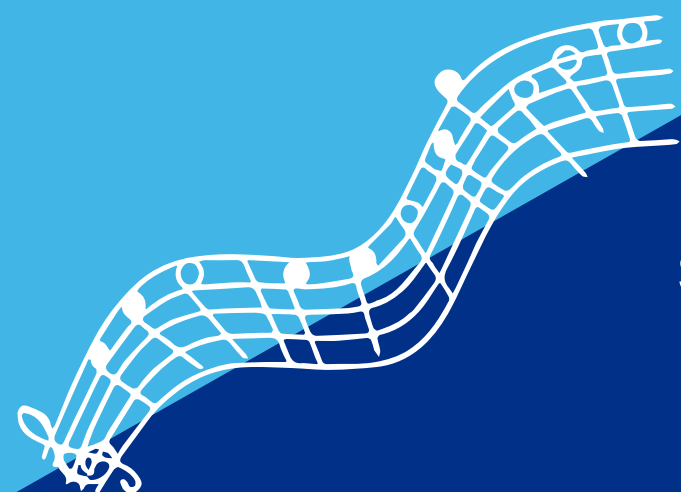
**Jam making**  
try your hand at making  
some jam at home to sell

**Iron man challenge**  
hold an iron man event  
and see who can  
tough it out



**Jazz night**  
take in some smooth tunes  
at your own jazz night event

**Jumble sale**  
see what old or unwanted  
items you have lying around  
to sell



**Jigsaw puzzle marathon**  
see who can complete the  
most puzzles fastest



**Joke-a-thon**  
crack out your best jokes to  
exchange laughs for  
donations





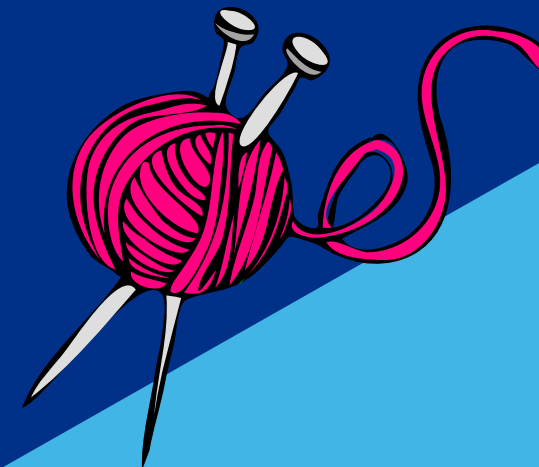
# K

## **Kick a habit**

challenge yourself to break a bad habit while raising money

## **Knitting**

use your knitting skills to create some items to sell



## **Kayaking**

take to the water to see who wins a charity kayak race

## **Keepy uppy contest**

who will keep the ball up in the air the longest?



## **Loose change collection**

ask people to donate any loose change they have



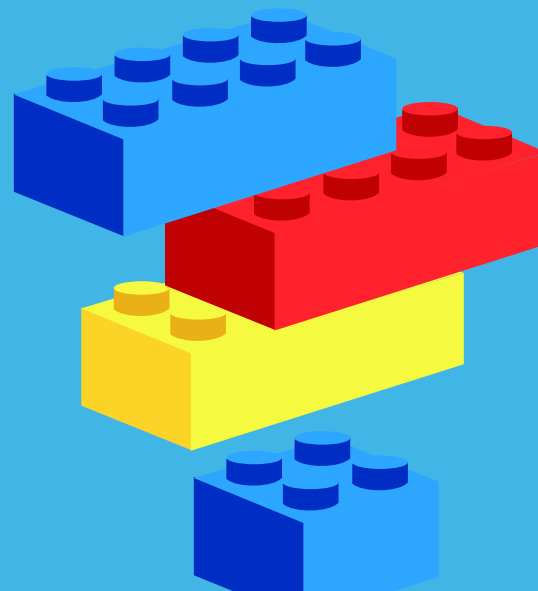
## **Karaoke**

find out who's got the chops to be the best at karaoke



## **Lego contest**

see who can build the most impressive lego creation



## **Learn a new skill**

get sponsored to learn a useful new skill



## **Litter pick**

raise money for cleaning up your local community

# L



# M

## **Murder mystery party**

find out who done it at a murder mystery night



## **Mountain climb**

rise to the top with a mountain climb challenge

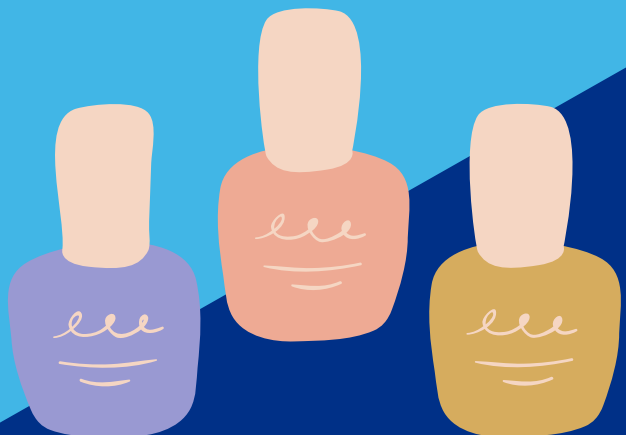


## **Name the [blank] contest**

challenge people to name the song or movie

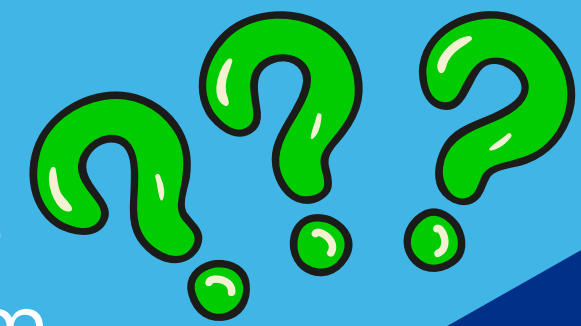
## **Nail art**

raise money through creating beautiful nail art on people



## **Miles**

How many miles can you walk, swim, run in a month



## **Night time walk**

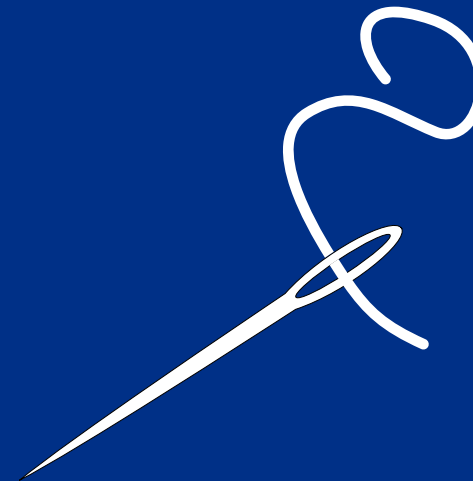
get sponsored to walk alone or with friends all night long

## **Netball tournament**

take to the court for charity netball matches

## **Needlework sale**

create some impressive needlework you can sell



# N



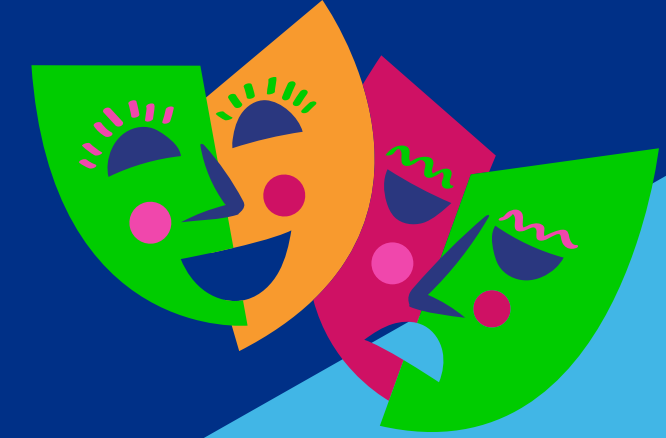
## Onion chopping challenge

who can go the longest without shedding tears?

**Original recipe contest**  
bring out your best recipes to be crowned winner

**Open mic night**  
let anyone take to the stage in an open mic event

**Outdoor theatre**  
hold an outdoor theatre show with entry fee



**Pot luck event**  
everyone brings a dish to contribute to the pot luck



**Poker night**  
all money won in the game gets donated to charity

**Obstacle course**  
see who can complete the obstacle course fastest

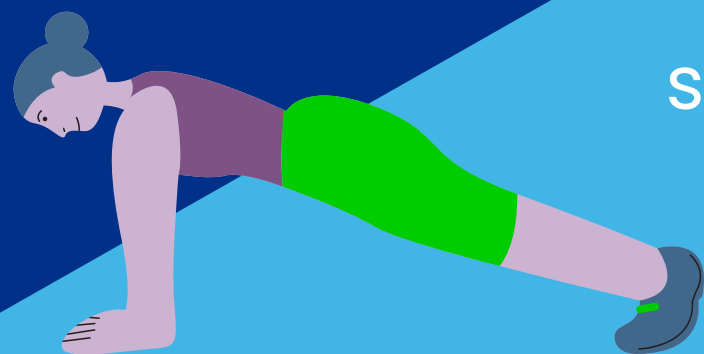


**Plank / press up challenge**  
see who has the strength to hold out the longest



**Poetry day**  
get lyrical and share your poems in front of an audience

**Penalty shootout**  
step up to the line for a penalty shootout tournament



# Q

## **Quintessentially British party**

tea, scones, and everything British



**Quiz night**  
test everyone's knowledge with a quiz night to raise money for charity



**Race night**  
get together with friends and family and half of winnings go to charity

**Quad bike racing**  
get the adrenaline pumping in a quad bike race

**Quiet hour**  
challenge people to stay quiet for an hour, donate for every noise



**Run**  
test out your endurance by challenging yourself to do a sponsored charity run

**Quickest time contests**  
see who can complete a task the fastest



**Read-a-thon**  
challenge people to get reading for charity



**Raffle**  
hold a local raffle with donated prizes and see how much you can raise



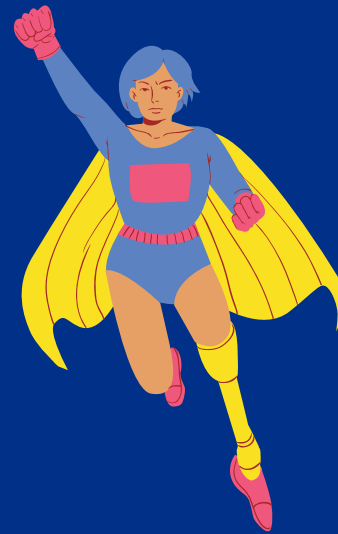
**Rock climbing**  
see who can reach the top in a rock climbing challenge

# R

# S



**Superhero party**  
dress up as the person  
you consider your  
superhero



**Short story contest**  
hold a contest to  
find the best short  
stories



**Treasure hunt**  
put together a treasure  
hunt around your town



**Sports day**  
get nostalgic with a  
school sports day  
themed event

**Street party**  
all your neighbours can  
get involved with a local  
street party



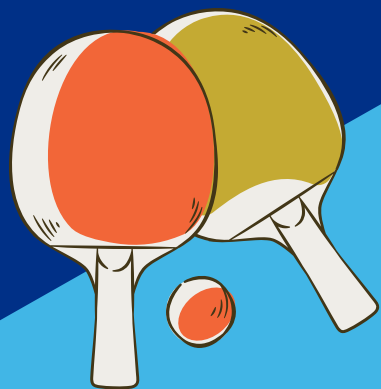
**Tombola**  
run a local tombola with fun  
prizes to help raise money



**Talent contest**  
give everyone the chance to  
show off their best talents



**Sky dive**  
take to the skies and  
get sponsored for a  
charity sky dive



**Table tennis tournament**  
see who edges out the  
competition at table tennis



**Teddy bear picnic**  
host a teddy bear picnic for  
families to enjoy

# T



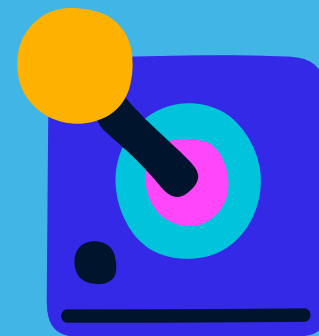
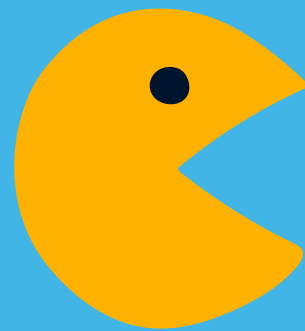
# U



## Upcycling

transform old items into something new that you can then sell

**Uniform free day**  
skip the uniform for a day in return for a small donation



**Unplug from tech**  
get sponsored to completely switch off from tech for a day

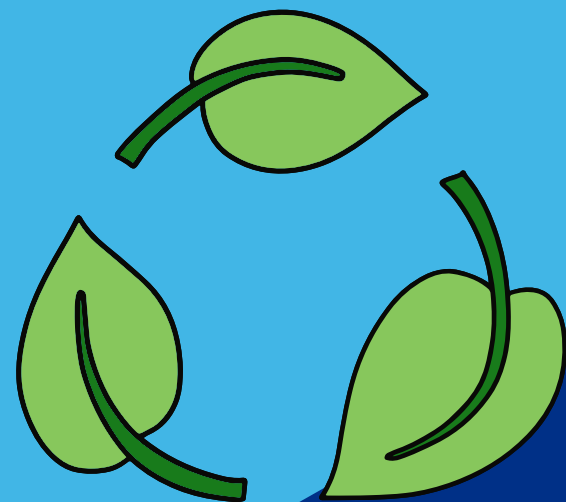


## Vintage sale

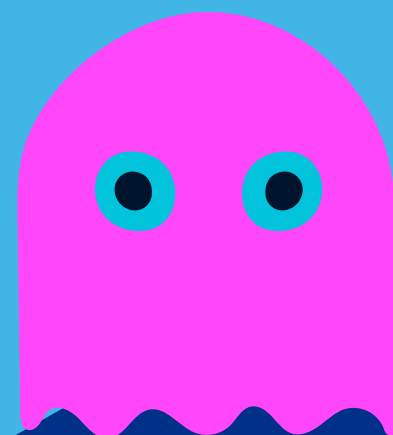
rummage through your closets to find vintage looks to sell

## Ultimate frisbee

take to your local park for an ultimate frisbee competition



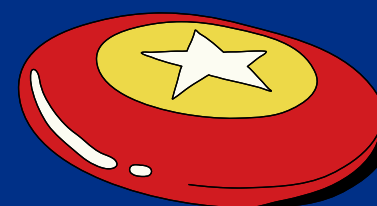
**Video game competition**  
discover who's the best when it comes to gaming



**Village fete**  
organise a village fete to help raise money



**Variety show**  
hold a local variety show and enjoy an evening of entertainment



**Vegetable growing**  
see what vegetables you can grow and sell

# V

W

**Wedding gifts**

instead of gifts, you can ask for donations to charity

**World record attempt**

challenge people to try and break a world record



**Zip wire**

soar through the sky as you take on a zip wire challenge

**Window cleaning**

offer to clean neighbourhood windows for a donation



**Yoga marathon**

release the tension and stretch out your body for longer

**Zero waste day**

challenge yourself to go fully zero waste for a week



**X Factor competition**

host your own X Factor style singing contest



X, Y, Z

# Get in touch



## Phone

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## Email

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## Website

<https://www.nth.nhs.uk/about/fundraising/>

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North Tees and Hartlepool Together is the official NHS fundraising arm for North Tees & Hartlepool NHS Foundation Trust.

**Registered charity number 1057682**