Be the Difference

Ideas, guidance and support to help you make an impact

www.nhstayside.foundation

NHS Tayside
Charitable Foundation

Your Journey Starts Here

We are absolutely delighted that you want to fundraise and help support healthier, happier lives across Tayside.

Every pound you raise makes a meaningful difference for NHS Tayside patients, families and staff — from creating more welcoming and therapeutic spaces, to funding innovative projects, advanced training, specialist equipment, wellbeing initiatives and much more. Your support helps us go above and beyond what core NHS funding can provide, ensuring people receive the very best care and experience possible.

Thanks to the generosity and dedication of supporters like you, NHS Tayside Charitable Foundation funds dozens of impactful projects every year, improving comfort, dignity, connection and wellbeing for people across our communities.

Inside this pack, you'll find inspiring fundraising ideas, practical tips and useful tools to help you get started. Whether you're planning a personal challenge, hosting a community event, or bringing colleagues together for a team fundraiser, we're here to support you every step of the way.

We can't wait to share the difference your fundraising makes — right here in Tayside.

About Us

From the everyday to the innovative, we support NHS Tayside and communities to empower patients, families, donors, carers and staff.

We are the official charity of NHS Tayside.

Together, we help make people's lives better and longer. We are dedicated to supporting NHS Tayside patients and staff, and improving health and wellbeing for the people of Tayside.

NHS Tayside Charitable Foundation holds endowment property and funds for purposes relating to health services or research. The activities and projects are funded by donations, fundraisers and legacies received from patients, their relatives, the general public and other organisations.

Our Vision

The vision of the charity is to help people in Tayside live better for longer. This will be done through a new funding programme distributing funds to NHS Tayside services and the third sector, fundraising to increase the impact of the charity and wraparound support offering partnership opportunities, advice and collaboration.

Fundraising Inspiration

However you choose to fundraise, every effort makes a difference.

Rebecca

THE FUNDRAISER: **Kiltwalk**
RAISED: **£800+ for Ward 4 & Ward 5, Royal Victoria Hospital**

In 2016, Rebecca received life-changing care in the Traumatic Brain Injury Unit at Royal Victoria Hospital. Wanting to give back to the teams who supported her recovery, she took on the Kiltwalk and raised over £800 for Ward 4 and Ward 5.

"The staff played a pivotal role in my recovery journey. This donation is a small way for me to say thank you and give back."

Her gift will now help support patients, staff and ward resources in the very place that helped her rebuild her life.

Rhiannon and Neil

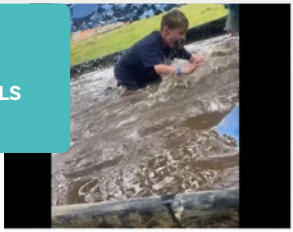
PERSONAL FUNDRAISER
RAISED: **£20,000 FOR THE TULIP SUITE IN NINEWELLS HOSPITAL**

Rhiannon and Neil, who—following the heartbreaking loss of their baby boy, Murphy—turned their grief into an incredible act of generosity in his memory by donating £20,000 to the Tulip Suite in Ninewells Hospital. This will be used to make the suite more comfortable and hopefully benefit those who find themselves in this unimaginable situation.

Jaxson

THE FUNDRAISER: **Tough Mudder**
RAISED: **£900 FOR THE NINEWELLS PERINATAL GARDEN.**

Jaxson, who was a patient in NICU as a baby, came up with this amazing fundraising idea all on his own and tackled every single obstacle in the Tough Mudder! He personally handed over his kind donation, asking for the money to go towards the Perinatal Garden.



Grant

THE FUNDRAISER: **Spider-Man Bungee Jump**
RAISED: **£585 for Tayside Children's Hospital**

Grant took fundraising to new heights — literally — by completing a bungee jump dressed as Spider-Man, raising £585 for the Tayside Children's Hospital.

"I wanted to do something meaningful, bring smiles and give something back to the staff who do so much. Visiting the kids afterwards was amazing — they're incredible."

His superhero-style challenge brought joy to young patients and staff alike.

Holliegh

THE FUNDRAISER: **GT24 Mountain Bike Challenge & more**
RAISED: **£9,500 for Paediatric Audiology, King's Cross Hospital**

Tackling 189 off-road miles and more than 5,000 metres of climbing, Holliegh pushed herself through the GT24 mountain bike challenge — plus several additional events — to thank the Paediatric Audiology team who cared for her son, Nate, after his cochlear implant surgery.

"Nate has been able to hear our voices, birthday songs and even the dogs barking. We have the team at King's Cross to thank for their determination."

Her outstanding fundraising will help create a more child-friendly, welcoming environment for families attending the department.

Susan

THE FUNDRAISER: **Skydive**
RAISED: **£1,200 for Speech and Language Therapy, Perth & Kinross**

After her father suffered a mini-stroke, Susan turned her Christmas-gift skydive into a fundraising challenge for the Stroke Unit and Speech & Language Therapy team supporting his recovery.

"We wanted to give something back — and we were delighted to raise £1,200."

Her donation will help enhance support for patients and families across Perth & Kinross.

Jigsaw Media

THE FUNDRAISER: **Monikie 10K**
RAISED: **£3,000 for Dementia, Alzheimer's and other Tayside projects**

As part of their charity partnership with NHS TCF, the Jigsaw Media team completed the Monikie 10K, raising an amazing £3,000.

Half of their fundraising will support dementia and Alzheimer's projects, with the remaining 50% directed toward a range of health initiatives across Tayside chosen with the Foundation.

Mixed Group Fundraising

THE FUNDRAISER: **The Kelpies Experience** RAISED: **£3175**

16 abseilers bravely took the plunge down the magnificent Kelpie Sculptures! Not only did they conquer a 100ft drop, but they absolutely smashed their fundraising goal, raising an amazing £3175.

Fundraising Tips

The following tips will help you choose the right fundraising activity, plan effectively and make the most of your efforts.

1. Do What You Love

Pick a fundraising activity you'll enjoy and feel confident taking on. Whether that's a physical challenge like a marathon or something creative such as hosting a workshop, choosing something you enjoy will help keep you motivated.

2. Plan Your Time

Think about how much time you can commit to fundraising. Some activities are quick to organise, while others need more planning, so choose an option that fits comfortably around your other commitments.

3. Set Your Target

Planning your costs and setting a fundraising target can help you stay focused. Having a clear goal makes it easier to track progress and keep your fundraising on course.

4. Ask for Support

You don't have to do it alone. Friends, family and local businesses may be happy to help — from volunteering their time to donating raffle prizes or resources for your event.

5. Share Your Why

If you feel comfortable, tell people why you're fundraising. Sharing what the cause means to you can help others connect with your story and encourage them to support your efforts.

Fundraising Ideas

Whether you're fundraising on your own or as part of a group, there are plenty of ideas to suit different interests and abilities.

Game On

Challenge friends, family or colleagues to a gaming marathon. Maybe it's a 12- or 24-hour stream, a tournament, or playing until someone finally beats that high score! It's a brilliant challenge for gamers big and small.

Coffee Morning or Bake Sale

A classic — and always a winner. Host a bake sale in your workplace, school or community space. Cakes, cookies and cuppas can raise an incredible amount while bringing people together.

Sponsored Walk, Cycle or Swim

Whether it's a stroll along the beach, climbing a local hill, or covering a set number of miles over a month, sponsored challenges are a great way to stay active while fundraising.

Community Challenge Event

Host a "24-Hour Read-a-thon", "Cycleathon", "Dance Marathon", or "Steps Challenge" where participants get sponsored for completing a goal (both in-person and virtually).

Upcycled Fashion Show

Encourage participants to create outfits from thrifted or recycled materials, then host a runway event with ticket sales and voting.

Dress-Up or Dress-Down Day

Theme it: superheroes, mismatched clothes, pyjamas, or your brightest colours! Schools and workplaces love this one — and a small donation from each participant adds up fast.

Host a Quiz Night

Get competitive with a charity quiz at a local pub, community centre or even online. Add raffles or bonus rounds to boost your fundraising total.

Declutter for Good

Turn unwanted items into donations. Sell pre-loved clothes, books or homewares online or host a car-boot stall and donate the proceeds.

£25 could fund a child's place in a local fitness club

£50 could help fund life saving technology within NHS Tayside

Have a fundraising idea but not sure where to start?

Email us at

tay.nhstcf@nhs.scot and we'll be happy to help.

Useful Templates & Resources

- Sponsorship Form
- Bake Sale Bunting
- Bake Sale Cake Flags

Get your NHS TCF branded merch by emailing **tay.nhstcf@nhs.scot**

Collecting Donations

Creating an online fundraising page through JustGiving is one of the easiest ways to support NHS Tayside Charitable Foundation. Your supporters can donate securely at any time, from anywhere, and all funds come directly to us—no extra steps needed. Getting started only takes a few minutes.

justgiving.com/nhstaysidecharitablefoundation

How to Set Up Your Page

1. Visit our JustGiving page
Click the link above and select **"Fundraise for Us"** to begin creating your personal fundraising page.

2. Create or sign in to your account
If you're new to JustGiving, simply enter your details to register. If you've fundraised before, log in using your existing account.

3. Tell your story
Choose a page title, personalise your web link, and upload a meaningful photo. Share why you're supporting NHS Tayside Charitable Foundation—personal stories inspire others to donate.

4. Select your activity
If you're taking part in an organised event, choose **"Taking part in an event"** and search for it.

Creating your own fundraiser? Pick the type of activity from the list provided.

5. Set your fundraising target
Choose a goal that feels achievable but motivating. You can select one of the suggested targets or enter your own amount.

6. Keep your page updated
Post updates, photos, and thank-you messages throughout your fundraising journey—your supporters will love following along.

Prefer paper fundraising?

If you'd rather collect donations in person, you can download a sponsorship form from our website.

Download a Sponsorship Form

Make Your Donations Go Even Further

Did you know that supporters can increase their donation by 25% at no additional cost simply by adding Gift Aid?

Gift Aid allows charities to claim an extra 25p for every £1 donated, helping NHS Tayside Charitable Foundation do even more for patients, families and staff.

Encourage your donors to complete the **Gift Aid declaration** whenever they give — it's quick, easy, and makes a big difference.

Checklist

- [ ] **Pick your fundraising idea**

  Choose the activity or challenge you'd like to take on.

- [ ] **Let us know what you're planning**

  Get in touch so we can support you and help make your fundraising safe, enjoyable and successful.

- [ ] **Set up your online page**

  Create a JustGiving page or download a sponsorship form if you prefer offline fundraising.

- [ ] **Plan your goals**

  Use our fundraising planner to map out timelines, targets and next steps.

- [ ] **Request NHS TCF fundraising materials**

  From t-shirts and running vests to posters and branded resources—just ask, and we'll help you get kitted out.

- [ ] **Spread the word**

  Share your fundraising page with friends, family, colleagues, neighbours—anyone who might like to support you.

- [ ] **Keep everyone updated**

  Post photos, milestones and progress updates on social media and your fundraising page.

- [ ] **Complete your event or challenge**

  Enjoy the moment—you've earned it!

- [ ] **Submit your donations**

  Send in the funds you've raised so we can put them to work helping people across Tayside.

- [ ] **Celebrate your achievement**

  You've done something amazing. Thanks to supporters like you, NHS Tayside Charitable Foundation can continue enhancing care, wellbeing and community health across Tayside.

Stay Involved With NHS Tayside Charitable Foundation

We'd love to continue our journey with you. There are so many ways you can stay connected and keep making a difference across Tayside.

Sign up for our newsletter

Receive monthly updates showcasing the impact your support has on patients, families, staff and communities across Tayside.

Email tay.nhstcf@nhs.scot to be added to our mailing list.

Volunteer your time

Whether it's helping at events, supporting fundraisers, sharing your story, or lending a hand behind the scenes, volunteers play a vital role in what we do. Let us know if you'd like to get involved.

Help spread the word

NHS Tayside is home to thousands of staff, patients and local families — and we'd love more people to know about the work of the Foundation. Tell your friends, colleagues and community groups about us; your voice can inspire others to support, donate or fundraise.

Fundraise again

Loved your fundraising experience? We'd be delighted to support you with your next challenge or event. Get in touch and we'll help you plan your next steps.

T. 01382 633917 | E. tay.nhstcf@nhs.scot
Unit 12, Main Concourse, Ninewells Hospital, Dundee, United Kingdom

Registered Scottish Charity (SCO 11042)

www.nhstayside.foundation

disability confident COMMITTED

OSCR Registered Charity SC011042