



Fundraising Pack

Welcome to #TeamMHA

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Thankyou! Thankyou! Thankyou!



Welcome to #TeamMHA

By downloading this fundraising pack you're helping MHA in its mission to help people live later life well and you'll be having lots of fun along the way!

The MHA Way. For over 75 years MHA (Methodist Homes) charity have provided care, hope and compassion to older people in your community.

We **nurture** mind,
body and spirit

We **inspire** the best
in each other

We **respect**
every person, treating
them with dignity.

Through specialist care homes, thriving retirement living and vibrant community groups and befriending, we inspire the best care and wellbeing at every stage of later life. Your fundraising is vital to MHA to continue this work and help eliminate isolation and loneliness across Britain, enabling people to live later life well.

We can support your fundraising journey and give you helpful hints and tips, cheer you on and work together to make your event a success.

So whether you want to take part in a charity event for the first time or organize a group experience MHA will be with you for every step, song or swim.

Contact us - Our fantastic team are happy to help you with any aspect of your event, just contact us on fundraising@mha.org.uk or phone **01332 221 641**

Thankyou again for choosing to fundraise for MHA, you are making a real difference to the lives of older people in the UK. Let's have some fun!

Your impact

How you will help



Your fundraising, big or small, will truly help people live later life well.

£25



would enable us to match a befriender with a socially isolated older person, giving them weekly telephone calls, friendship and support.

£30



would enable us to host a digital zoom dance class for the most isolated in the community.

£100



would allow us purchase dementia residents in our care a robotic pet to provide reassurance, happiness and comfort every day

The last year has been particularly challenging for many people living with dementia. Our fundraising appeals have given us the opportunity to purchase a number of exciting products for residents living with dementia that promote activity, engagement and enjoyment. The magic tables and robotic pets we now have are making a huge difference to the long term well-being of our residents.

David Moore
MHA Dementia Lead





MHA makes a difference in many different areas from care homes to community groups and we will either allocate the money you raise to the area where it's most needed or you can specify which area you would like to support such as our dementia care Music Therapy or Chaplaincy, you can tell us where you'd like it to go when you send in your donation.

“ Every penny counts – whether it is running a marathon or bag packing at the local supermarket every fundraising effort enables us to help improve the lives of older people. Funds raised support us to continue activities such as Green Care and Music Therapy or make life enhancing Befriending calls to those socially isolated or lonely in our community

Beth Finch
MHA Communities Development Manager



Case studies



Cerys Mainwaring on why she chose to fundraise for MHA:

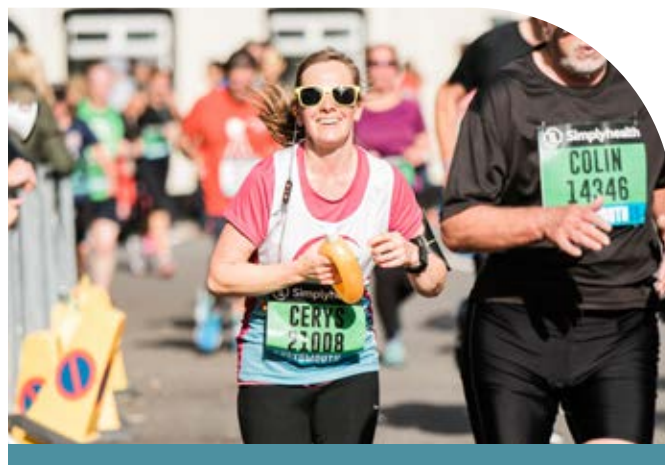
“I started running about 2 years ago using the couch to 5k app. One day my Mother-in-Law showed me your local booklet that advertised that MHA were looking for volunteers to run the Great South Run for the charity. My Father-in-Law and his neighbour are greatly supported by MHA at two local MHA singing groups they attend. I used the information sent from MHA to set up a Just Giving page and used social media to share my fundraising. I set my fundraising goal at £200 and was worried I would struggle to reach it, however I was overwhelmed at how generous family and friends were.

Race day soon came. I was excited and nervous. The MHA team were there for support and I got a lot of cheering and encouragement from them.

I think people should fundraise for this charity because we have an ageing population and MHA does great work for older people in our communities, no matter what their requirements. I personally felt a great sense of

achievement for completing the race but also proud that I managed to benefit others by raising money to support the local MHA branch, who directly support my Father-in-Law and his neighbour.

Finally to anyone thinking of raising money for MHA but is worried about collecting money or finding sponsors the Just Giving system takes all that stress and hassle away from you so you can concentrate on doing your chosen activity that is raising money for the charity.”



Chris Wilson, MHA Music Therapist on the impact fundraising has for Music Therapy at MHA:



“Why should you fundraise for MHA? Because we really do make lives better.

Music Therapy can visibly reduce a resident’s anxiety; they become more sociable and, dependant on where they are on their journey with dementia, recall memories associated with music. Family and staff see an improvement in socialisation after their therapy sessions.

One resident refused to leave her room and had become very apathetic and isolated in her life. I spoke with her daughter about music and she mentioned they’d enjoyed going to watch Il Divo concerts, I spent a little time talking to her and building a rapport

and played a song the band had covered in the concert ‘I will always love you’ on the guitar. Music has been shown to stimulate cognitive function and reduce depression and after a few sessions’ staff noted she had become more verbal and was engaging with other residents more positively. Her daughter phoned me to say how much her mother looked forward to each session.

To see a resident tapping their feet to the beat after not moving for months can be quite emotional and we simply couldn’t provide this service without fundraising and donations.”

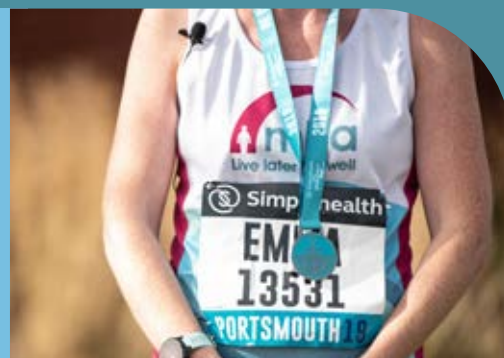
Event ideas



The only limit is your imagination!

Sponsored sports

Get a sweat on, raise money and get fit! A couch to 5k run, a 24 hour swimathon, Lands End to John O'Groats cycle or a sponsored egg and spoon race around the park. Any sporting event you can think of can be sponsored to raise funds for MHA.



Safari supper

Are you a Masterchef? Could you put on a Great British Menu? Each house hosts a course and everyone moves from one house to the next during the evening. Simply invite friends and family to join your Safari Supper of delicious food, good company and charge for tickets.

Life lessons

Bid for a half hour life lesson from someone with skills or stories you admire and share, wisdom, humour and lessons learned.



Bake sale

Muffin compares to a good bake sale. Make cake, biscuits whatever you fancy, don't be scared to take a whisk!

Talent show

Tell jokes, sing, or play the water glasses whatever you and your friends, family or colleagues talents, showcase them and charge for tickets and refreshments.



Crazy hair day

Get sponsored to wear crazy hair for the entire day – encourage family, friends and colleagues to join you.



Silent auction

Shushhhhhh... bid on a range of prizes in secret and the top bid wins.



Quiz night

Begin the Countdown to fun! Get competitive with friends and family for charity.

Car wash

Get friends and family involved and wash cars in your local community, at your local MHA care home or church. You never know who you might meet!



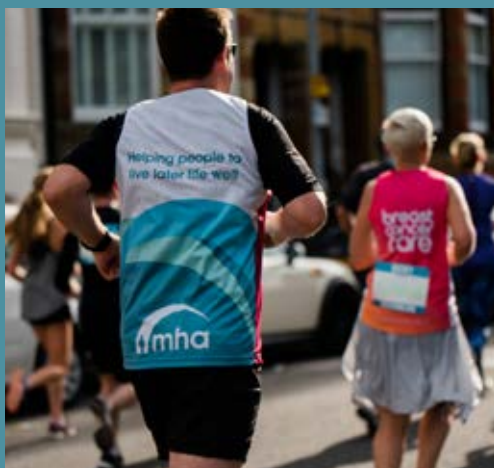
MHA event ideas



We have sponsorship places in organised events throughout the year, so challenge yourself and join us at #TeamMHA!

London Marathon

Run 26.2 miles through the iconic streets of London, from Greenwich Park to The Mall with crowds of thousands, plus all of MHA, cheering you on! We have ballot space available so please contact us for further information.



Great North Run

The Great North Run, truly is one of the world's greatest half marathons. You and nearly 60,000 other runners line up in the centre of Newcastle and head out through Gateshead and South Tyneside before arriving - sufficiently pleased with yourself and, quite probably, exhausted - in South Shields. Contact us for further information on how to run for MHA and help those in later life.

National Three Peaks Challenge

If you want a real adventure how about the 3 highest peaks in England, Scotland and Wales. Considered one of Britain's toughest outdoor challenges, the National 3 Peaks takes in the dizzy heights of Ben Nevis (1,344m), Scafell Pike (978m) and Snowdon (1,085m) and your challenge is to do all this in 24 hours!



Coast to Coast Cycle Challenge

You'll need all your pedal power to tackle big ascents and descents in the Eden Valley and Northumberland National Park. The aches and pains will be long forgotten, however, while the memory of this remarkable two day journey past former mining towns and Roman forts will endure for years to come.



Tandem skydive

Experience the thrill of jumping and free-falling in a sponsored tandem skydive to help beat loneliness for older people!

A tandem skydive is the easiest and most popular of all skydives. After just 30 minutes of training you get to jump strapped to a British Parachute Association (BPA) qualified tandem instructor who does all of the hard work for you, allowing you to enjoy the exhilarating feeling of flying through the clouds from over 10,000 feet at up to 120mph!



To find out all about our upcoming events and get the full details visit the events section of our website or contact the Fundraising Team who will be happy to help: fundraisingenquiries@mha.org.uk or call 01332 221 888

Running your event

- a step by step to success



What do you want to do?

Decide on something you'll really enjoy doing that can also inspire others. Need inspiration? Then contact the Fundraising Team who will be delighted to help: fundraisingenquiries@mha.org.uk or call **01332 221 888**



Organise your event date, time and venue



Encourage colleagues, friends and family to help and join in with your event.

JustGiving



Create a JustGiving page

One of the easiest ways to fundraise online is setting up a JustGiving page:

1. Please make sure that you are using Google Chrome browser on your computer as Just Giving doesn't work on Internet Explorer.
2. Visit the webpage:- www.justgiving.com/mha
3. Click on the right hand side orange button which say "Fundraise for us" and this will take you to set a page up.

Remember - share your JustGiving link with friends and family!



Promotion, promotion, promotion!



**Enjoy your event!
Have fun and take lots of photos!**



Pay in your donations

Promotion, promotion, promotion!



Spread the word about your event to create a real buzz!

Before

Social Media

Make sure you regularly share details of your event, photos and the all-important JustGiving page with friends and family on Facebook, Twitter and Instagram and keep supporters up to date – and make sure you tag us in as we'd love to hear all about it! **#TeamMHA**

Posters and Flyers

You can download our poster and event invitation flyer to help you advertise your event.

During

Buckets and Collecting Tins

If you need collection buckets, tins, stylish MHA t-shirts or any other help just contact us Fundraisingenquiries@mha.org.uk or call **01332 221 888**

Local Press and Radio

Spread the word of your amazing MHA fundraising and why you are supporting us by contacting your local newspaper and radio office to attend, if you would like us to support you contact the team and we'll be happy to help.

Live stream your event - use Skype/Zoom/Facebook Live so even more people can get involved.

After

Remember to thank everyone who was involved and everyone who donated. Make them feel special and give them a shout out for how amazing they are.

Finally... share how much you've raised and the difference it's made to people's lives.

How to send in donations



Online:

Easy and quick, simply visit **donate.mha.org.uk** to pay online.

Gift Aid

Gift Aid allows charities to reclaim tax on donations made by a UK taxpayer, which means your donations will be worth 25% more to us at no extra cost to you!

Whether you pay online, by phone or post please make sure that you send all your filled-out sponsorship forms to MHA.

If we don't receive these completed forms, especially postcodes, we won't be able to claim Gift Aid.

Offline donations:

Post - Send in a cheque with this form made payable to 'Methodist Homes' to Fundraising Team, MHA, Epworth House, Stuart Street, Derby, DE1 2EQ

To request a bank paying slip or Giro please call 01332 221 883

Please do not send cash in the post

By phone - Call 01332 221 883 to make a donation over the phone or to request a Giro to donate monies directly to MHA from your local Barclays branch.

Contact details

For any additional support just get in touch with the Fundraising Team who will be delighted to help: **fundraisingenquiries@mha.org.uk** or call **01332 221 888**

More ways to support MHA



Volunteer - MHA needs YOU!

We're always looking for kind, positive and compassionate people, like you, to volunteer and help make a difference to the older people we care for and support.

Join our committed network of volunteers and make a real difference to your local community. There are a variety of opportunities and any time you can give will help those in later life live well.

Amazon Smile

Buying birthday presents, that latest book or your groceries on Amazon? You can support MHA at the same time, for free!

Shop at Amazon Smile and 0.5% of your purchase will be donated to MHA. Go to www.smile.amazon.co.uk select MHA as your charity and use the link whenever you shop.

Easy Fundraising

With 4301 retailers involved, www.easyfundraising.org.uk has already raised over £31 million for charities. Simply sign up at Easy Fundraising and go through their site to access your hotel bookings, shops, insurance. Each company then offers a % donation of what you spend to MHA.

eBay for charity

Clear out those cupboards and sell your unwanted goods on **eBay for MHA**. Visit eBay for charity and select MHA as the charity you'd like to support.

Leave a Tribute

Celebrate and remember loved ones cared for and supported by MHA with a lasting tribute on either our Memory Meadow dedication wall or create a personalised A Life Well Lived tribute. www.mha.org.uk/get-involved/tribute/

Contact details

For any additional support just get in touch with the Fundraising Team who will be delighted to help: fundraisingenquiries@mha.org.uk or call **01332 221 888**