

A-Z Fundraising Guide

A

Art exhibition
Afternoon tea
Auction

B

BBQ
Bake sale
Baked bean bath

C

Car boot sale
Coffee morning
Casino night

D

Disco
Dog walk
Dress up/down day

E

eBay
Eighties night

F

Fancy dress
Facebook fundraiser
Film night

G

Garden party
Guess the baby photo
Golf day

H

Head shave
Homemade treats
Hula hoop contest

I

It's a knockout
Ironman
Indoor games

J

Jazz night
Jeans day
Jailbreak

K

Karaoke
Knitting competition

L

Line dancing
Ladies night

M

Murder mystery
Mini olympics
Matched giving

N

Non-uniform day

O

Open garden
Office olympics
Obstacle course

P

Pamper day
Pancake race
Plant sale

Q

Quizzes
Quiet! sponsored silence
QR codes

R

Raffle
Record breaker
Race night

S

Silent auction
Static bike challenge
Strictly come dancing

T

Treasure hunt
Tea at 3
Tug of war

U

Unwanted gifts
University challenge

V

Variety show
Vehicle rally

W

Waxing
Wine and cheese

X

X factor competition
X-boxathon

Y

Yogathon

Z

Zumbathon
Zany clothes day

What your sponsorship can do for our patients and families

By joining **#TeamFarleigh** and taking part in the 2024 Walk for Life, you will help us to keep making a real difference, when and where it is needed most.

£25

Could help pay for an hour of family support to help patients manage practical issues such as housing, finance or welfare.

£45

Could help pay for a specialist physiotherapy assessment and personalised exercise plan to help improve a patient's mobility.

£60

Could help pay for two hours of complementary therapy to help a patient to relax and relieve their symptoms.

£80

Could help pay for two hours of specialist occupational therapy to help a patient continue to do the things they need to do in daily life.

£150

Could help pay for a 6-week 'Relax and Breathe' course to help a patient learn skills to manage their symptoms and improve their quality of life.

£250

Could go towards the cost of a workshop for bereaved children and their families.

For over 40 years, Farleigh Hospice has provided care and support to anyone affected by life-limiting illness or bereavement in mid Essex.

We help people to live as actively as possible until the end of their lives, by providing physical, clinical and emotional care, free of charge.

It costs around £21,271 a day for Farleigh Hospice to provide our services, and we rely on the support and goodwill of our community to help us provide this vital care and support.



It is because you care that we can

www.farleighhospice.org



Charity Registration No. 284670