

# Get involved in fundraising!

If not now, then when?



Registered Charity No. 1035089

**Tel:** 01582 707940  
letmehelp@keech.org.uk  
[www.keech.org.uk/fundraising](http://www.keech.org.uk/fundraising)

## Open your heart to fundraising

At Keech Hospice Care, we depend on supporters like you to ensure we can continue making the difference when it matters the most to our seriously ill patients and their families.

Our specialist care supports children and adults to live pain and symptom free, to spend untroubled time with their family and friends, to understand what is happening to them, to stay out of hospital and to make the most of the time they have.

As a charity, we rely on our local community and supporters for around **70%** of our funding. This means we need to raise around **£6 million** every year to provide our care services.

We're enormously grateful for whatever you can do or give and hope this idea-inspiring booklet guides you towards your ideal fundraising activity.

### Find your challenge level

We've made it easy to choose the fundraising activity that suits you best by including ratings for time, effort and money raised.



Low



Medium



High



**£32**

One hour of nursing care in our in-patient unit.

Music therapy to help a patient come to terms with a diagnosis.

**£37**



**£59**

Bereavement care to help a family come to terms with their loss.

Holistic therapy sessions to help alleviate pain.

**£150**



## Ready, set, bake!

Get sifting, stirring and sprinkling for this tasty fundraiser.



## Glitter ball

Help to make a difference with a party night of dazzling glitz and glamour.



## Fundraising for schools

Have fun, be creative and make a difference whether you challenge your class to a fun run or dress down for the day. Let your imagination run free!

Time:



Low/mid

Money raised:



Low/mid

Effort:



Low/mid

## Quiz night

A tried and tested favourite that we've made even easier to arrange and run with our Big Keech Quiz resource pack. Simply go to [www.keech.org.uk/quiz](http://www.keech.org.uk/quiz) and download your free quiz pack.

Time:



Mid

Money raised:



Mid

Effort:



Mid



## “Kieran and Keech made me carry on.”

The Coniam family started fundraising for Keech Hospice Care in memory of Kieran Coniam, who was born with complex special needs and, at age 10, died

from double pneumonia caused by problems arising from his cerebral palsy. Members of the family have taken part in marathons, treks and skydives as well

as organising race nights, quiz nights and supermarket bucket collections. Kieran’s uncle, Ross, tells the story.

“For several years Kieran was supported by Keech Hospice Care and they were there for the family when we needed to have a break. After Kieran died, we stayed with him at Keech before his funeral and having those final few days was so special. The bereavement support Keech gave us was invaluable - Keech looked after us.



Kieran Coniam, age 10

“It was the same week Kieran died I got accepted to run the London Marathon and that kick-started all the fundraising. On the day, fundraisers from Keech were dotted along the route cheering me on. Even at that moment, Keech was still there supporting me. As a family we did the 100km London to Brighton walk together: we walked through the night and, when it got to sunrise, we still had 15km to go. It was right then I wanted to quit. But Kieran and Keech made me carry on.



Uncle Ross with Kieran

**“Fundraising isn’t just about raising money - it’s about challenging yourself. You’ve got to find something you’d love to do or where you can use your skills to help others. It’s that simple and everybody wins.”**

## Tastes of the world

Whether it's a spicy samosa or pepperoni pizza, invite your guests to an evening of international cuisine.

Time:



Mid

Money raised:



Mid/high

Effort:



Mid

## Celebration donations

Birthday, anniversary or wedding - whatever your occasion, make Keech part of the celebrations with Keech Hospice Care wedding favours, donation envelopes, collection pots and e-cards. We can be part of the fun!

Time:



Low

Money raised:



Low

Effort:



Low/mid



## Coffee morning

Coffee and friends are the perfect blend for fundraising – special moments captured with a cup and *cake*.

Time:



Low

Money raised:



Low/mid

Effort:



Low

## Your ultimate challenge

What have you always wanted to do? Tick your greatest challenge off your bucket list and raise money for a fantastic cause at the same time. Check out Keech Hospice Care's great challenges at [www.keech.org.uk/whats-on](http://www.keech.org.uk/whats-on).

Time:



High

Effort:



High

Money raised:



High

## Volunteering

Raising money for Keech Hospice Care isn't the only way you can help us continue making the difference when it matters the most. Donating your time is just as valuable - we rely on the support of our dedicated team of volunteers. We have a wide range of volunteer roles - from gardeners, lifeguards and sales assistants in our shops to trustees - so there's something to suit everyone.

To find out how you can be part of the Keech family, go to [www.keech.org.uk/how-to-volunteer](http://www.keech.org.uk/how-to-volunteer).



## There's so many other activities you can do!

**FUN RUN**

**Computer-game tournament**

Head shave

**Bingo**

**Music quiz**

GET ACTIVE

**Garden party**

**BBQ**

**Karaoke**

Face painting

Golf day

**Fashion show**

**Sponsored cycle**

Abseil

**Cake sale**

**Egg and spoon**

Dress-down or dress-up day

DANCE COMPETITION

**Car boot**

Auction

**Afternoon tea**

Leg wax

**Chocolate ban**

Wine tasting

**Assault course**

**Craft fair**

**RAFFLE**

FILM NIGHT

SPORTS TOURNAMENT

We love to hear what you're up to! Let us know what you're planning to do so that we can support your event.

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