



Easy ways to get sponsored for taking part in Dash of Colour!



We rely heavily on the support of our community in the form of sponsorship at our events so please consider the following ways to raise as much sponsorship as possible as your registration fee only covers the cost of running the event, and providing you with a Dash of Colour t-shirt, medal, bottle of water and goody bag.

All the money you raise will go directly towards helping us care for our patients and their families. However small the amount, it all adds up, so please consider asking your friends, family and colleagues to support you as it's so easy! We are truly grateful for your support in this way.

Set up an online sponsorship page

- Visit: www.uk.virginmoneygiving.com and click on 'Create A Page' or 'Start Fundraising'
- Click on 'Organised Event'
- Type in - Dash of Colour to find us.
- If you haven't set up a fundraising page before, you will be asked to enter your contact details and create your fundraising page.
- Make your page personal. Add photos and explain why you are taking part, as it really does increase your donations - let people know why they should support you and Phyllis Tuckwell!
- You will then be given a link to your personal fundraising page, which you can email or share on your social media pages to encourage everyone you know to sponsor you for a special cause.

As all the money you raise will automatically be sent to Phyllis Tuckwell, you don't have to do anything else!

For the social media savvy fundraiser

Did you know you can raise money for Phyllis Tuckwell through Facebook?

Well you can, and it's easy! Recent statistics say that people spend an average of 35 minutes on Facebook every day, so why not set up a fundraising page so they can support you and an amazing local cause?!

- Find Phyllis Tuckwell Hospice Care on Facebook, then click Fundraisers in the left hand menu options.
- Click Raise Money and then Get Started.
- Type in your fundraising target and enter a date after the event - people are still likely to sponsor you after you have taken part, when they see all the photos you put on Facebook!
- The next stage will already be pre-filled with Phyllis Tuckwell info - please feel free to add your own 'story', about why you are taking part.
- Next choose a cover photo - we have uploaded a Dash of Colour logo for you to use.
- Click Create, and invite your Facebook friends to support you and Phyllis Tuckwell.

As all the money you raise will automatically be sent to Phyllis Tuckwell, you don't have to do anything else!

Or you could stick with the traditional way

As part of your registration pack, you will be sent a few sponsorship forms - ask your friends and family to pop down their details on the form, and you can then collect the money from them after you have completed Dash of Colour.

If your sponsor is a UK taxpayer, please ask them to tick 'YES' in the Gift Aid box, as this will increase the value of their sponsorship by 25% at no extra cost to them. All they need to do is make sure their full name and address is on the form. Please assure them that their name and address will only be used for gift aid purposes.

After the event, collect your donations and send us a cheque for the total amount, or pop in and see us!

However you decide to raise sponsorship,
we are really grateful that you are!



For 40 years Phyllis Tuckwell has provided supportive and end of life care for adult patients and families living with an advanced or terminal illness such as cancer, in West Surrey and North East Hampshire.

Every day we support over 250 patients, relatives and carers - in their own homes, in the community, at the Hospice in Farnham and at the Beacon Centre in Guildford - through a mix of medical and nursing care, therapies, counselling, social work advice and practical support.

As the funding we receive from the NHS/Government only covers 20% of our costs, we have to raise over £20,000 a day to be able to offer all of our services, free of charge, to patients and their families in our community.

Here's a few figures to help encourage your sponsors - please feel free to use them on your fundraising pages!

All the money you raise (no matter how small!) will go directly towards supporting patients and their families in our local community at a critical time in their lives.

Everything we do at Phyllis Tuckwell is only possible through the generosity of our community - people like you.

£5

...could pay for some craft materials for a child attending our Little Rays group for bereaved children, or plants and seeds for our horticultural project where our patients find joy and relaxation through contact with nature.

£10

...could pay for lunch at our Day Hospice sessions, where patients can enjoy lovely food and share in the company of others. Or £10 could pay for a complementary therapy goody bag for a patient to take home after treatment, with a personalised massage oil, aromatherapy stick and pulse roller, so they can continue to feel the benefits of our care at home.

£20

...sponsorship could pay for a Physiotherapist for an hour, helping patients to regain strength in their muscles. Or £20 could pay for one teenager to attend one of our Storm activities designed for bereaved young people.

£25

...could pay for a counselling session for a patient or family member, to provide them with emotional and practical support.

Thank you so much for your support!