



Bolton Hospice
caring from the heart



**YOUR
FUNDRAISING
PACK**

HOW TO SET UP YOUR ONLINE FUNDRAISER



- 1 Join our 30 for 30 Years Facebook group - **Bolton Hospice 30 for 30 Years Challenge**

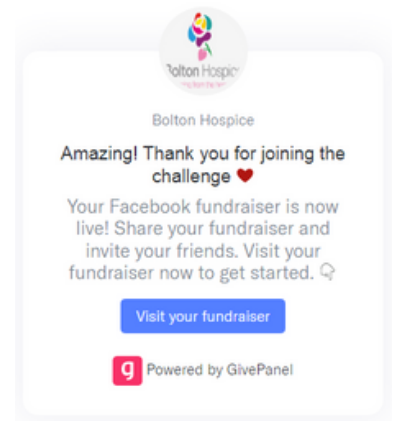


Bolton Hospice 30 for 30 Challenge

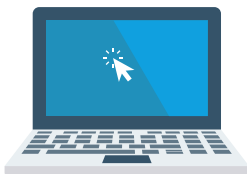
Public group

Join Group

- 2 Follow the link on the pinned post to start your 30 for 30 Years challenge for Bolton Hospice
- 3 Fill in your details and click '**Submit & Activate a Fundraiser**' to create your unique Facebook Fundraiser
- 4 Click '**Continue as [your name]**' then '**Continue**'
- 5 '**Visit your fundraiser**' and check out your unique Facebook Fundraiser page. You can now share the fundraiser to your Facebook feed, and invite your friends to follow your challenge
- 6 Edit your fundraiser to increase your fundraising goal, or add more detail about your unique 30 for 30 Years Challenge



facebook



Your fundraiser is now ready to accept donations and to be shared with your friends & family. Facebook will send the money that you raise directly to Bolton Hospice.

Thank you!

30 FUNDRAISING IDEAS



Your Fundraising journey starts here... 30 ideas to get you started!

We hope that some of these ideas inspire you, but don't feel limited to our suggestions! The sky's the limit when it comes to fundraising, no idea is too big or too small. Feel free to give us a call on 01204 663065 if you would like to discuss any ideas or for general advice.



Take on a team challenge

Team up and do something '30' - maybe a group 30 km hike or a 30 mile exercise bike relay



Read 30 books

One for the bookworms! Head to your local bookshop or library and choose 30 books which take your fancy,



Complete 30 jigsaws

A great challenge for anyone who loves puzzles, let's just hope there aren't any pieces missing!



Raffles & tombolas

A great activity that can also boost fundraising as an extra activity at an event. You could sell 30 tickets for a special rate



Walk 30 miles

Lace up your walking boots and head to the hills. Or pavement. Or treadmill!



Do 30 push ups

Challenge yourself to do 30 push ups a day for 30 days.



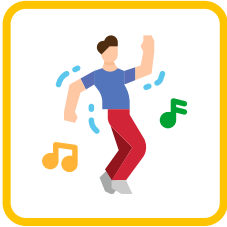
Bake and sell 30 cakes

Everyones favourite! Buy your baking ingredients, get creative and let them eat cake!



Daily yoga

Whether you're an experienced yogi or total novice, have a go at doing 30 minutes of yoga everyday for 30 days.



Daily dancing

Putting the fun in fundraising! Get your boogie on for 30 minutes a day for 30 days.



Play an instrument

Piano? Saxophone? Guitar? Pick up an instrument and play it for 30 minutes for 30 days.



Give up alcohol

Do you think you could manage 30 days without a drink - now's the time to try!



Wash 30 cars

Hold a sponsored car wash and wash 30 cars.



Cycle 30 miles

Complete your challenge in a day, few days or month.



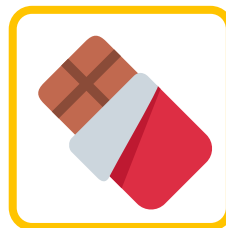
Bag it for Bolton Hospice

Why not have a 'clear out' at home and take 30 pre-loved items to one of our charity shops?



Afternoon tea

Host your own afternoon tea for 30 guests and ask everyone to make a donation to Bolton Hospice



Give up chocolate

The ultimate challenge for the chocoholics amongst us - ask your friends and family to sponsor you to give up the tasty treat for 30 days



Grow a beard

Grow a beard or mustache for sponsorship for 30 days, and share your progress along the way.



Climb a mountain

Can you get 30 friends together and challenge yourself to reach a summit?



Spend £30 in our shops

Head to one of our Bolton Hospice charity shops and spend £30 on a selection of fabulous second-hand clothes



Cook 30 new recipes

Flick through a recipe book and choose 30 which take your fancy. Try them all out over 30 days!



30 good deeds

Spread some kindness in your community and do 30 good deeds to help others



Learn a language

French? Spanish? Japanese? Learn a language for 30 minutes everyday for 30 days



Try 30 new foods

Try a new food everyday for 30 days. A particularly good challenge for fussy eaters!



30th birthday party

Host a 30th birthday party for us, to mark our anniversary and to raise money



Set up a tuck shop

Everyone loves sweet treats! Stock up on goodies from your local wholesaler and sell on for a profit. Why not charge 30p or £3.00



Swim 30 lengths

Grab your goggles and head to the pool. What stroke will you be swimming?



Paint 30 pictures

Whether you are a skilled artist or have never picked up a paintbrush before, see what you can create every day for 30 days



30 minute litterpick

Grab a bin bag and head outside to make your local area look spick and span



Do your own thing

Take on 30 different daily challenges of your choice - what will you do?



Donate £30

Last but not least, you could donate £30 to our birthday appeal!

HOW TO PAY IN YOUR DONATION



JustGiving™



facebook

JustGiving/Facebook Fundraiser

If you have set up a Facebook Fundraiser page all your online donations will automatically come straight to us.



By Cash

You are welcome to bring your cash donations in to us at our Fundraising department based in Giles House at the hospice, which is open from 10am-4pm on weekdays.



By Cheque

Cheques should be addressed to Bolton Hospice and sent to:

Bolton Hospice, Queens
park Street,
Off Chorley New Road,
Bolton
BL1 4QT



By Card

Payments can also be made using a debit/credit card.
Please call the Fundraising department on 01204 663055



Donate Online

You can pay money from your fundraiser in through the Online Donation page on our website - www.boltonhospice.org.uk/one-off-donation
Please select '30 for 30 years' from the list when making your online donation.

Gift Aid

Gift Aid allows us to reclaim tax on donations made by UK taxpayers. This means that for every £1 donated, Bolton Hospice may be able to claim an additional 25p from the Government. Ask your supporters to tick the Gift Aid option on your sponsorship form or when donating online. If you will be collecting donations please ask us for Gift Aid envelopes.

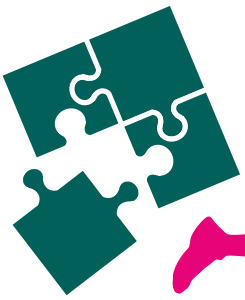
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We're fundraising for



Bolton Hospice
caring from the heart

30 FOR 30 YEARS



Proudly Supporting



Bolton Hospice
caring from the heart

Registered Charity No. 518704.

DATE:

TIME:

LOCATION:

Visit www.boltonhospice.org.uk

to find out how your support helps local people facing life-limiting illnesses