

ONE BIG WALK

A Challenge with Heart 



FUNDRAISING PACK



Northern
Ireland
Hospice



Northern
Ireland
Children's
Hospice



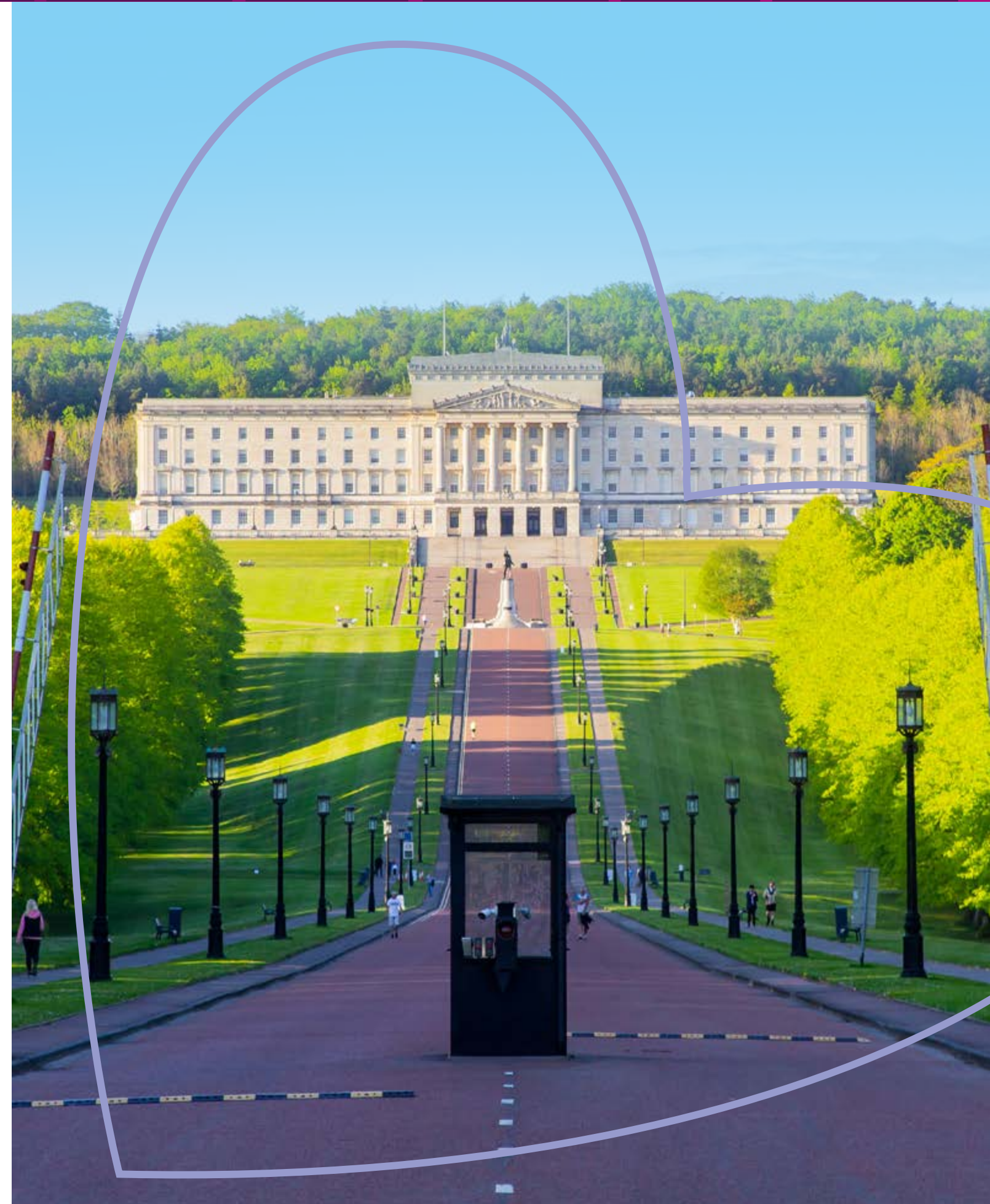
ONE BIG WALK OUR BIGGEST WALK YET!

Thank you for signing up to our One Big Walk this May! Your support will help us continue to care for babies, children and adults across Northern Ireland who depend on our vital care services! Held at the beautiful Stormont in Belfast, One Big Walk is a day filled with fun-themed laps finishing with a moving Luminary Candlelit Walk at 11pm to honour and remember loved ones.

Whether you're walking as a meaningful tribute to a loved one, a way to show support to someone who is currently receiving care, or simply walking to celebrate the beauty of life, your support will ensure that we can continue to care for local people and their families. Thank you.

This pack makes your fundraising experience as easy as a walk in the park, but we're always here if you need us. Your dedicated fundraiser will contact you if you've registered for one of our events to support you. If you're creating your own fundraiser, give us a call at 02890 777 123 or drop us an email on fundraising@nihospice.org and we'll be in touch!

If you need any support or have a question or two, don't hesitate to get in touch by phone or email and we'll be happy to help.



OUR CARE SERVICES

Norah's Story

For 40 years, Northern Ireland Hospice & Children's Hospice has provided specialist palliative care to improve the lives and comfort of babies, children and adults living with life-limiting and life-threatening illnesses.

We support children and adults to have the best quality of life - from diagnosis to the end of their lives – delivering holistic and specialist care. We wrap our care around anyone affected by a palliative diagnosis; including patients, their family and friends.

Norah Ryan was a loving wife, mother and grandmother who passed away at home surrounded by her family in July 2022 following a battle with cancer. Norah's daughter, Susan, told us how Hospice gave her mum and the rest of the family joy in those precious final months.

There was no telling my mum to do anything! She was a warrior - so determined and strong-willed that when she got something into her head, she'd have been off doing it. Although she was 78 at the time of diagnosis, she had a youthful outlook on life. She was always active with gardening and loved being out every day walking her wee dog, Bubbles.

Mum was diagnosed in May 2021 - the skin cancer was malignant and had spread. She

was referred to Hospice, and a Community Nurse, Laura, came out to meet us to create a healthcare support plan – not just with physical and pain control, but also from an emotional and spiritual side. Laura was just brilliant, a breath of fresh air to lift Mum's spirits. It was Laura who was at the end of the phone every time I knew she needed her pain relief increased.

Mary Rose, Hospice's Complementary Therapist, provided Mum with some amazing aromatherapy at home. Mary Rose chatted away, had a laugh, a bit of a joke and gave some lovely, relaxing treatments with her wonderful oils, her music and her chat. Jackie, a Hospice chaplain, came to visit with pastoral and spiritual care. He really gave my mum peace, comfort and joy in the last three months



of her life, which made all the difference to us as a family. Mum couldn't talk to me about not being around, but she could with Jackie.

Together, the Hospice team gave Mum the reassurance that she would be making the decisions. It was always her wish, whatever happened, to end her final days at home, surrounded by Bubbles, her loving family and her beloved garden. Everyone at Hospice did their best to make that happen.

I was there with my mum too, to be constantly with one another on this journey. Hospice gave me and Mum another four months together. She had joy in her final months, and never lost her sense of humour through it at all.

I didn't realise how Hospice could give

someone more time and a better quality of life as they did for Mum, whether just watching her favourite TV programme, reading or listening to music - the small things in life that she used to take great pleasure out of doing. That was just wonderful.

Although I was my mum's daughter first and foremost, I was also her carer. In the final week, I just wanted to be her daughter, to be there with her 24/7. To help me get some sleep, Hospice sent a nurse out to watch over my mum - supporting me as well as my mum.

I just want to say a massive thank you to Northern Ireland Hospice, because for my mum, for me and for my family, they were invaluable. To give Mum her dying wish at home was incredible.

HOW YOU CAN HELP



£37

Could help pay for an hour of palliative and end-of-life care, supporting our patients and their families when they need us most.



£102

Could help pay for three of our bereavement sessions for the families and friends who have lost a loved one.



£208

Could help pay for one of our Specialist Hospice Nurses to meet with a patient for their first consultation and develop a tailored health plan for them and their family, in partnership with their GP and District Nurse.



£357.50

Could pay for half a day of care in our Adult Inpatient Unit at Somerton House where our multi-disciplinary team wrap their care around our patients and their families.



£1,300

Could pay for 24 hours of specialist nursing care in our children's In-Patient Unit in Horizon House for children with the most complex health needs in Northern Ireland.

SPONSORSHIP IDEAS

There are lots of ways that you can raise funds. We've given you some ideas below but feel free to come up with your own amazing fundraising event and let us know how we can help you!

Wear a zany wig!

Everybody loves a silly, wacky wig – especially at our Hospice Celebration Walks. After all, the best way to encourage donations is to get people laughing! By pledging to complete your Walk wearing a weird or wonderful wig, you can add to the fun and colour our events are famous for whilst netting even more donations to support us in our work. Get your hairpiece on for Hospice!



Dig out your costume...

Superheroes. Monsters. Cartoon characters. At our Hospice Celebration walks, you could end up meeting anyone! Get some friends together as your favourite characters, or go it alone and be a one-person show. Whether it's leotard and tights or a scary Halloween mask, making an effort with a fun costume will bag more donations and more laughs along the way!



Do a wacky walk!

Have you ever seen someone walk like a chicken to raise funds for charity? At our walks, you see it all! You can approach your walk in whatever way you like, and pledging to do your walk in a way that's whacky will show just how committed you are to helping Hospice. Penguin walk, chicken walk, backwards walk – the list is endless!

Get the need for speed!

Our walks are available to all walkers, regardless of ability. However, if you want to encourage donations, you can always set yourself an extra challenge by pledging to complete your walk within a set time. Time yourself, get the trainers on and get sweating for Hospice – we'll cheer you on!

Step up to a challenge!

Walk it your way. To raise extra money, you can pledge to complete your walk whilst carrying a heavy weight. If there's a challenge, there's a chance for more donations!



Get your pets involved

Everybody loves having fun, especially with animals involved! Whether you've got a group of dogs, a cat who loves to stroll or a ferret who needs a stretch of the legs, we'd love to meet your furry friends! You can raise extra money by taking your friends' or family's pets with you. Go on – your pets will thank you for it!



SPREAD THE WORD



The more people that know about your fundraising efforts the more successful it will be. Here are a few useful tips:

- Contact your local newspaper/radio
- Include fun and engaging photos!
- Use social media
- Share photographs and videos capturing your journey and why you're supporting NI Hospice
- Include @nihospice in your Facebook, Instagram and TikTok posts and #TeamNIHospice on Twitter. Include a link to your fundraising page if you have set one up.

Don't forget that you are fundraising for NI Hospice, so if you're not sure of any key information, then call us on 02890 777 123 to make sure it's accurate, or email or email communications@nihospice.org



ONLINE FUNDRAISING enthuse

As soon as you sign up for One Big Walk, an Enthuse fundraising page is automatically created for you — it's your personal hub for raising money and sharing your story. It's easy to use and designed to help you reach your goal with minimal fuss and maximum impact.

What is Enthuse?

Enthuse is our official fundraising platform for One Big Walk. It's secure, mobile-friendly, and lets you:

- Collect donations online
- Track your fundraising total
- Thank your supporters
- Share your story and photos

All donations go directly to Northern Ireland Hospice and Children's Hospice - and Gift Aid is collected automatically where eligible.

How to Use Your Page in 5 Easy Steps:

- 1. Personalise it** - Add a photo, a short message about why you're taking part, and your fundraising goal. Pages with a photo and a personal story raise up to 50% more!
- 2. Set Your Target** - We ask each adult participant to aim for £150 — but don't stop there! Set an ambitious goal and you might just surprise yourself.
- 3. Share, Share, Share** - Use the share buttons on your page to post to Facebook, WhatsApp, Twitter, LinkedIn or email your link to friends and family. Tip: People are more likely to give when you ask directly — and even more likely when they see others doing the same.
- 4. Say Thanks** - Enthuse lets you thank donors with a personal message. A simple "thank you" goes a long way and encourages others to give too.
- 5. Keep it Updated** - Share training updates, photos, or fundraising milestones along the way. It keeps your page active and engaging.

Need Help? If you need help accessing or editing your page, you can visit support.enthuse.com or contact us directly at events@nihospice.org. We're here to support you every step of the way!

STRAVA

USER TIPS



What is Strava?

Strava is a free fitness tracking app that allows users to monitor and share their accomplishments with family, friends, colleagues and other members of the Strava community.

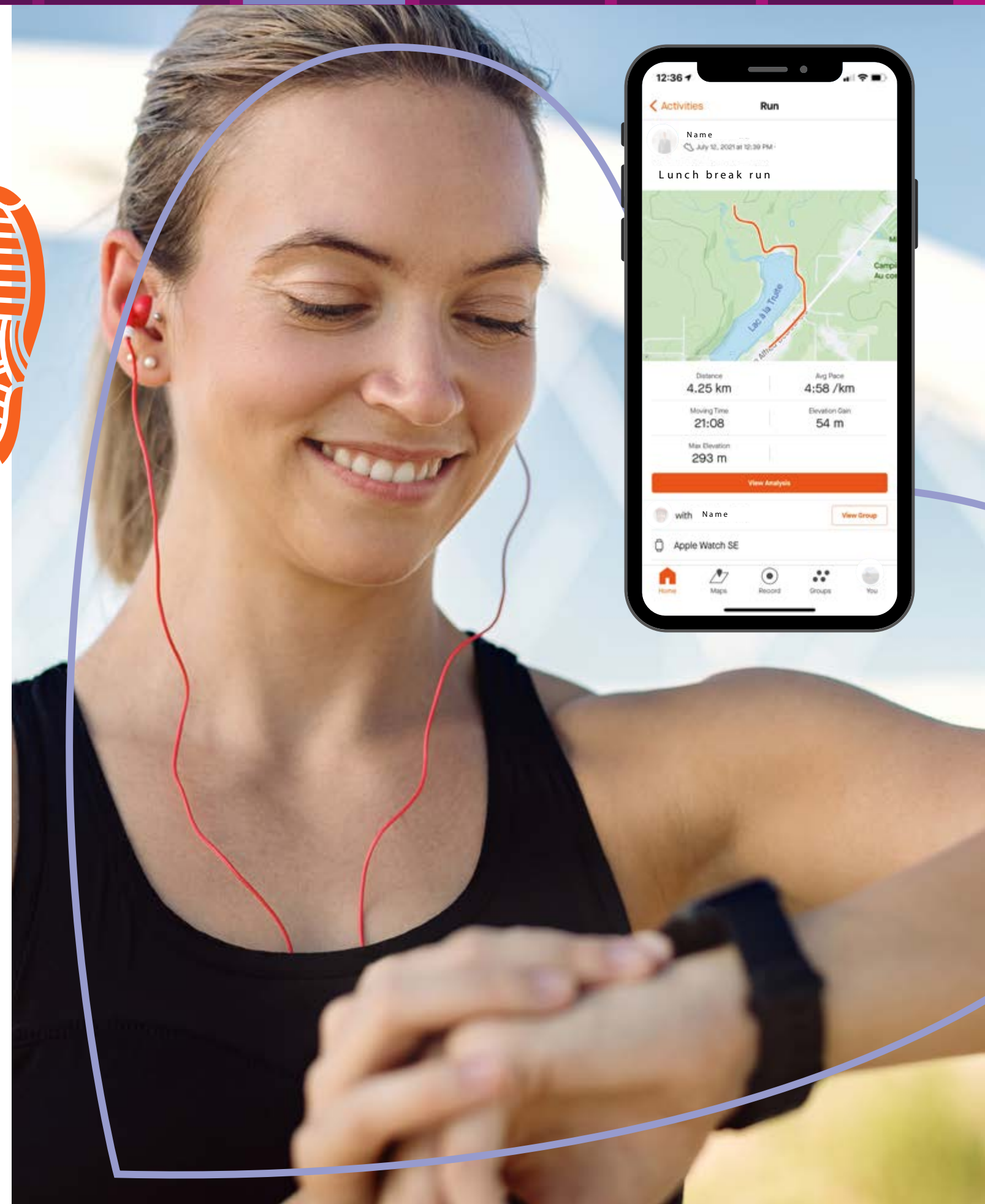
Why get involved?

Strava is perfect for your One Big Walk Fundraising, as it can be easily linked with your **Enthuse** fundraising page to help increase the total you raise for Hospice! You'll be able to share details of your One Big Walk route, your progress and your photos, to inspire people to support your efforts for a good cause – so it's especially useful if you are planning a DIY Hospice Walk.

How do I use Strava?

Here's a simple step-by-step guide to connecting your Fundraising Page to Strava:

- 1 Download the app and register with Strava at www.strava.com – it's free!
- 2 Log in to your **Enthuse** account and view the fundraising page you wish to connect with – search for **Northern Ireland Hospice**. Scroll down and select the 'Connect Strava' button.
- 3 Confirm the Strava permissions and select and save your fitness settings/preferences.
- 4 Track your chosen exercise in the **Strava app** and watch as it automatically updates on your page!
- 5 Got any questions on using the Strava platform? **Don't sweat it.** You can find out more about how this app can help your fundraising efforts by visiting support.strava.com or by contacting Hospice on 02890 777 123 or by email at events@nihospice.org



HOW TO DONATE

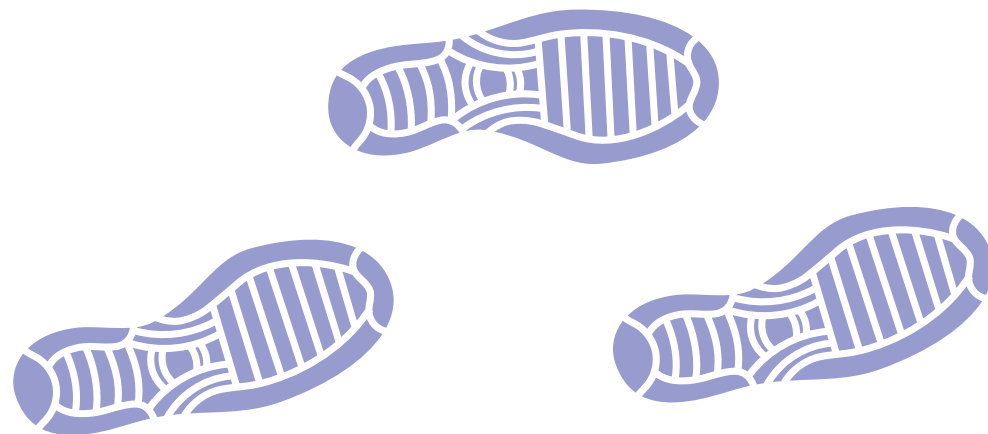
With **online fundraising** pages, you don't have to worry but these are extra ways to give us your fundraising money.

If you want to donate through our website, simply visit nihospice.org/donate and you can pay us directly. Please make sure you write 'One Big Walk 2025' in the box marked 'In memory/celebration of' so we know how to label your donation correctly.

You can call our **Supporter Care Team** and they can take payments **over the phone** or get **bank details for a transfer**, just call 02890 777 123. Our lines are open 9am to 5pm Monday to Friday. Or you can leave a message out-of-hours and we will call you back as soon as possible.

To donate via a **cheque, postal order or charity voucher** simply make payable to **Northern Ireland Hospice or Northern Ireland Children's Hospice** and send to our Head Office address:

NI Hospice
Head Office
Horizon House
18 O'Neill Road
Newtownabbey
BT36 6WB



Please let us know if your donation has been made in memory of a special loved one.



FAQS



Do I need a letter of authorisation from NI Hospice for my fundraising?

Yes, your fundraiser will supply this for you but if you don't have a fundraiser yet. Call 02890 777 123 and our Fundraising Team will get this sorted.

Can I use the Hospice logo for my fundraising?

You can use our 'In aid of' logo so that everyone knows you are supporting NI Hospice. You can download these logos as well as the brand guidelines in our [Fundraising Resources](#) on the website.

Are there any materials I can get to help me, like collection buckets, posters or t-shirts?

We have a lot of materials that you can download in our [Fundraising Resources](#) section but for anything else simply call our Fundraising Team on 02890 777123 and they will help you out.

How can I claim Gift Aid on the money I raise?

If you are a UK taxpayer you can claim Gift Aid through online giving or let our Supporter Care team know. For every pound you donate the Government will give NI Hospice 25p. If your sponsors are UK taxpayers, they will need to follow a few simple steps when they make a donation to your [sponsorship form](#), or complete their details on this [Gift Aid form](#) if they are making a cash donation.

I want to organise a photograph with my grand fundraising total, how do I do that?

Simply let your Fundraiser know and they will organise the photo for you or call the Fundraising Team on 02890 777123 and we'll get it sorted.



DOWNLOAD A SPONSOR SHEET

Need to download a sponsor sheet?

Visit

www.nihospice.org/fundraising/fundraising-resources

or click below

**CLICK TO
DOWNLOAD**



**WE'LL SEE YOU AT THE STARTING
LINE OF OUR BIGGEST WALK YET!**





**ONE
BIG
WALK**

**THANK
YOU!!**



nihospice.org  **Head Office, 18 O'Neill Road, Newtownabbey, BT36 6WB**  Registered with
FUNDRAISING
REGULATOR

Northern Ireland Hospice is a Company Limited by guarantee incorporated in Northern Ireland and is a charity recognised by the Inland Revenue.
Company Registration No: NI 14817 Charity No: NIC102337