

Celebrating

1841

175

2016

Years of help



HEROES UNITE!

Pharmacist Support is looking to recruit a team of heroes for a special 175th anniversary assignment.



YOUR MISSION: to help secure the future of the profession's charity.

YOUR TARGET: to raise a minimum of £175 in any way you wish!



Pharmacist Support

working for pharmacists & their families

We want you to be a 175 hero

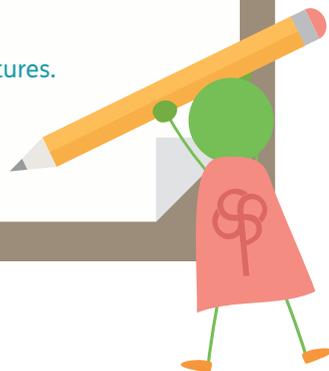
2016 marks the 175th anniversary of Pharmacist Support and we want you to join our team of heroes and take part in the mission to secure the future of the profession's charity. Your mission (should you choose to accept it) to raise a minimum of £175 would mean a lot to us and to the people we help every day facing life changing events.

How you choose to raise this money is entirely up to you – you could gather your colleagues or fellow students together for a coffee morning, take part in a fun run or sponsored swim, or wear something silly for a day. All we ask is that you keep us updated on your activities so that we can help you in achieving and exceeding the magic £175 goal. Connect with us on Facebook, Instagram, JustGiving or Twitter and share your photos. We know that joining forces and combining super powers in this way will only make us stronger!

Pharmacist Support relies entirely on the generosity of people like you. Last year the charity provided over 1800 individual acts of support to pharmacists, their families and pharmacy students in times of need. Donations from your mission will help us reach our target of raising £175,000 across our anniversary year (2016) and ensure that this support continues.

In your pack you'll find a paper sponsorship form and instructions on setting up a JustGiving online donations page. Do get in touch if there is anything else we can help you with.

We look forward to hearing about your heroic adventures.
Good luck and may the PS force be with you!



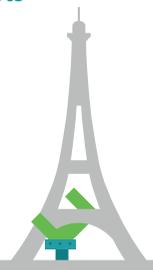
What will you do?



Do your own thing or get your colleagues or fellow students together for an adrenaline or fun fuelled day. Or why not climb a virtual mountain? Ben Nevis will take you 8810 steps or 587 flights of stairs. On our website you'll find lots of examples of events other fundraisers have organised or taken part in.

For more ideas email fundraising@pharmacistsupport.org to get our Hero Power Pack filled with lots of goodies to get your fundraising event started.

The options are endless; the only limit is your imagination!



How to get started?



#175 Hero Bake Off

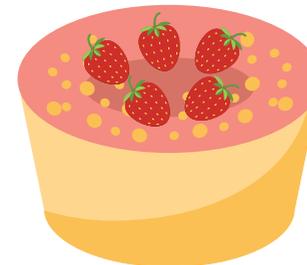


Everyone loves cake - Ok, perhaps not everyone, but most cannot resist the temptation of a good Victoria Sponge or Chocolate Brownie. So why not become Mary Berry or Paul Hollywood for the day and host your own Bake Off Party! Judge your friends efforts, crown star baker sell your cakes and raise lots of money! To help you on your way here is a recipe from our very own Information Officer Wendy for Easy Peasy Strawberry Cheesecake.

Easy peasy no bake Strawberry Cheesecake

250g digestive biscuits
100g butter, melted
600g cream cheese
115g icing sugar
275ml double cream
600g strawberries
Juice of ½ lemon

- Crush biscuits and combine with melted butter. Press into base of a greased 23 cm flan tin. Chill for an hour (the cake, not you)
- Beat together the cheese and all but 1 tbsp of the icing sugar until smooth. Add cream and beat until combined
- Finely chop 450 gr of the strawberries and stir in
- Spoon mixture onto base, smooth over top and leave to set for 3-4 hours
- Puree all but 3 of remaining strawberries in a blender with remaining icing sugar, lemon juice and 1tsp of water
- Slice the strawberries and arrange them in the centre of the cheese cake, then pour the puree over
- Eat cake, sharing is nice!



Decide what you are going to do

1



Explain why you are raising money; you might like to carry a few leaflets with you (included in your pack)



2

Set a date, tell us what you're going to do and perhaps set a target



Set up an online donations page (instructions included)

3

6

5

4

7



Don't be afraid to ask all your contacts, friends, family and colleagues to donate or attend. Most people will give to charity but only if they are asked. Remember if you don't ask you don't get!



Share your fundraising mission on social media. Remember to use lots of pictures and #175hero

9



If you've received cash donations for your event, you could add these onto your online donations page, send us a cheque, make a bank transfer or you could call us with your card details.

8



Your employer might even want to match it or nominate us as their chosen charity



Other ways to help smash your target of £175

Direct Debit donations

A quick and easy way to reach your target is to set up a direct debit donation via our website. A donation of £3.65 a week, that's just £14.60 a month will help you raise £175 a year.

Payroll Giving

If you receive your pay or pension through PAYE you can support Pharmacist Support through Payroll giving. Payroll giving is an easy, tax efficient way to make a regular donation to Pharmacist Support.

Buying and Selling online

Did you know you can support Pharmacist Support when shopping or selling online? Thousands of stores will donate to us a percentage of every pound you spend online when shopping through Give As You Live or Easyfundraising, or by selling through eBay. It is easy to sign up and there is no cost to you.

Collecting stamps

You can help Pharmacist Support raise money by doing something quick and easy: collecting stamps! It really is very simple. Request freepost envelopes online, then all you need to do is fill it with stamps and pop it in the post.

More information about these options can be found on our website.

A few important things

Make sure that your event is safe. Pharmacist Support cannot accept liability for dangerous events!



Raffle

If you are holding a raffle, please make sure you comply with local authority regulations. If you are selling and drawing tickets on the same day as the event you do not need to apply for a licence, however if you are selling raffle tickets prior to an event, you need to register as a 'small society lottery'. Your local council or the Gaming Board of Great Britain will be able to help with further enquiries.

Licences

Also if you sell alcohol at your event, play music or show a film, or your audience will be over 500 people, please make sure you have the necessary licences in place well before your event.



Fundraising on private property

If you are raising funds on private property please make sure you have permission from the owners. On public property you will need permission from your local council.

Logo

Please let us know if you wish to use our logo so that we know where it is used and we will send it to you in the correct format. Also quote Pharmacist Support with our charity number 1158974 on any paperwork.



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Pharmacist Support - helping those in the profession for 175 years

Here's how you can support our work

Set up a direct debit donation from as little as £1.75 a week

Become a 175 hero and commit to raise £175 in whichever way you like

Take part in a challenge or donate proceeds from your event

Get in touch

Email: fundraising@pharmacistsupport.org

Visit: www.pharmacistsupport.org

 [@pharmasupport](https://twitter.com/pharmasupport)

 facebook.com/PharmacistSupport

 linkedin.com/company/pharmacist-support

 [@pharmacistsupport](https://www.instagram.com/pharmacistsupport)

Pharmacist support is a charitable company limited by guarantee registered in England & Wales, company number 9237609 & charity number 1158974



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