



Ensure no one in our pharmacy family has to face
challenging times alone

Fundraising Pack

Your handy guide to fundraising for
Pharmacist Support



PHARMACIST
SUPPORT

#TEAMGreen



Welcome to TEAMGreen!

Thank you for choosing to fundraise for Pharmacist Support and welcome to TEAMGreen!

By joining TEAMGreen you are helping to ensure that no one in our pharmacy family has to face challenging times alone.

The wellbeing of our pharmacy family has never been more important. Pharmacists and trainees across the country are on the front line, facing their biggest challenge in generations. Stress levels are high and prioritising wellbeing is difficult. We want to champion the wellbeing of our pharmacy family and make good things happen, but we can't do that alone.

In these difficult times, we, like many charities, are having to find new ways to deliver our support to ensure that our service users are not cut off from help when they need it most. Additionally, we're having to find new ways to engage donors and generate income that don't rely on face to face activities, large scale events or gatherings.

As part of TEAMGreen you're helping to make a difference. The money you raise will help fund our free and confidential services. We can only continue to do this because of people like you. It is your fundraising that enables us to help the thousands of people who benefit from our support each and every year.

Fundraising Inspiration!

Whether you're making an individual commitment, or you'd like to raise funds collectively as a group or workplace, there are lots of ways you can get involved. Whatever you decide to do to raise vital funds for our pharmacy family, our number one tip is to choose something simple.



Team fundraising ideas

If it is safe and feasible for you to do so, you could do something together with your work colleagues or local pharmacy group/network. You may want to use this opportunity to take some time to connect as a team, host a charity wellbeing day where you all wear green, share a potluck lunch, host a bake sale or quiz or try out some of the wellbeing resources on our [Wardley Wellbeing Hub](#).

Find a simple activity to get your team and even your patients and customers involved! It may be that your company will support your wellbeing activity by making a donation to the charity, or by match funding the amount you raise.



Individual fundraising ideas

Why not get creative and put your talents and hobbies to good use. You may be a keen baker or crafter and wish to share your creations with your friends and colleagues – for a donation of course!

Perhaps you've always wanted to climb a mountain, start running or complete a marathon or endurance event – this may be the push you need to set yourself a challenge.



Got a bigger idea?

If you or your team are looking to fundraise on a large scale and would like more support from us, please get in touch and email

fundraising@pharmacistsupport.org

Whatever you decide, be sure to spread the word! Tell people about what you are doing, when and for whom. Decorate your space if necessary (print off the poster, DIY bunting and collection box in this pack), set up a fundraising page (see below), share pictures and links to your fundraising page with friends, family and on social media. Be sure to tag us in social media and use the hashtag #TEAMGreen. You can also share your ideas and activities with us at fundraising@pharmacistsupport.org

Collecting & transferring donations

Once you've decided on your activity, you will need to decide how you want to collect the cash.

Online is the most cost effective and secure way to fundraise / donate. You could either set up your own **online fundraising page**, where supporters can safely transfer their donations which then automatically get transferred to the charity. See instructions on setting up a fundraising page below.

or

Visit our **TEAMGreen campaign page**, click on DONATE and transfer the cash collected in your donations box. Be sure to leave a message or your contact details so that we know how the money was raised.

Setting up your JustGiving fundraising page

Whether you're taking on a personal challenge or organising a fundraising event, setting up your Pharmacist Support fundraising page is easy and should be one of the first things you do.

Your friends and family will be able to visit your page and make

a donation online. They will be able to leave messages of encouragement and view any training updates or progress. Plus this money will come straight to Pharmacist Support and JustGiving will claim any relevant Gift Aid on our behalf.

1

Create your fundraising page

To set up your JustGiving page visit www.justgiving.com/campaign/TEAM-Green-20 and follow the easy on-screen instructions.

2

Share your story

Make sure you promote your fundraiser and page on social media and via email to encourage people to donate. Personalise the page and grab people's attention by adding your reasons for fundraising for Pharmacist Support - people are more likely to make a donation if they know why the cause is important to you.

3

Upload a photo

Fundraisers with pictures on their page often raise 14% more for each picture they share. Keep your page updated with new photos of you preparing for your event/activity and remember to post pics from the day when it's all over.

4

Set a fundraising goal

Did you know that JustGiving pages with a target raise up to 46% more sponsorship than pages without one? Share your target so people can help you to reach your goal.

5

Include your offline total

Don't forget to add your offline fundraising donations to your total. It will help keep everyone updated on how well your fundraising journey is going.

6

Keep everyone updated

Don't forget to post regular updates about your fundraising. It encourages people to re-visit your page and could even encourage them to share your cause with their friends.

7

Collaborate with your workplace

Does your office have a JustGiving Company Profile? If so, linking up with them has the potential to boost your donations by up to 20%. You could also share via their Facebook or LinkedIn pages.

8

Thank people

Make sure you thank everyone who sponsors you. If you do it through social media it will act as a reminder to anyone who hasn't sponsored you yet!



Ensure no one in our pharmacy family has to
face challenging times alone

Event:

Where:

Date:

Time:

If you'd like more information please contact:

Pharmacist Support is an independent, trusted charity, providing a wide variety of support services to pharmacists and their families, former pharmacists and pharmacy students.

To find out more about #TEAMGreen
Visit: www.pharmacistsupport.org
Email: fundraising@pharmacistsupport.org

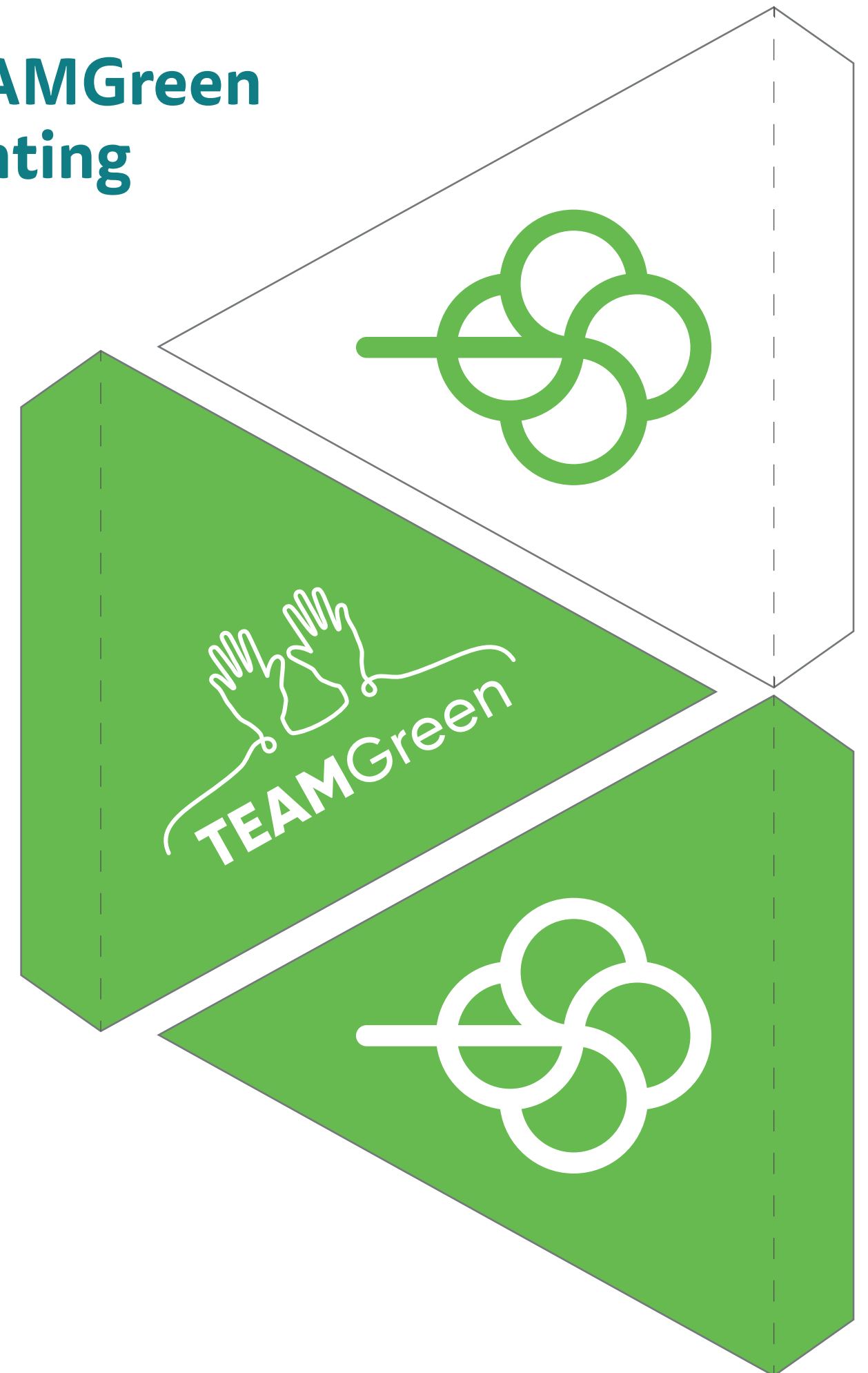


Pharmacist Support is a charitable company limited by guarantee registered in England & Wales, company number 9237609 & charity number 1158974



PHARMACIST
SUPPORT

TEAMGreen bunting



Your TEAMGreen collection box

A collection box is an easy way to grab people's attention and raise money for your fundraiser.

You will need:

Scissors



Card



Glue



1

Firstly print off the box template onto a piece of card. Handy tip – if you don't have card you could glue the template to an empty cereal box.

2

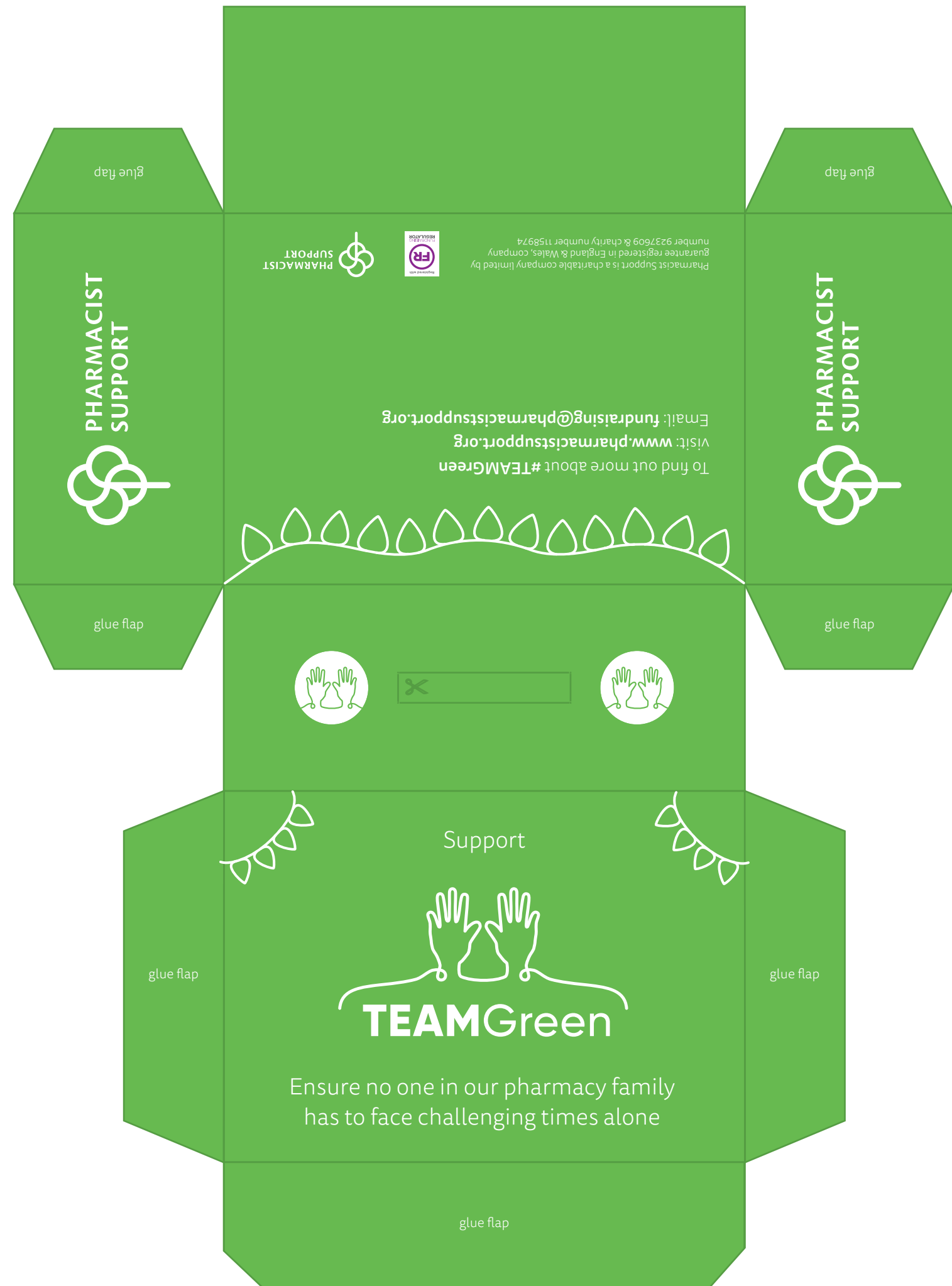
Cut around the template.

3

Finally, bend the cardboard along the dark green lines and, using the glue flaps, glue your box together.

4

Get collecting! Display in a prominent but safe and secure place. Then when ready, count up your donations and transfer the money raised to the TEAMGreen campaign page as per the instructions in the TEAMGreen fundraising toolkit.





Thank you!



Enquiries:

0808 168 2233

Email:

info@pharmacistsupport.org

fundraising@pharmacistsupport.org

Website:

www.pharmacistsupport.org