



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! TEAMGreen is our fundraising campaign that runs all year long so you can fundraise for us at a time that suits you.

As demands upon the pharmacy profession increase, demand for assistance through our free and confidential Support Services is also growing. Because we are a small, independent charity, we rely on the support of individuals and organisations to continue delivering these services and looking after our pharmacy family's wellbeing.

This is where you can play a part in making good things happen!

By joining TEAMGreen you are helping to ensure that no one in our pharmacy family has to face challenging times alone. As all the money you raise will go towards funding our services, it is your fundraising that enables us to help the thousands of people who benefit from our support each and every year.

Within this fundraising pack and on our website, you'll find lots of resources, guidance and tips to help you host an impactful fundraising event.

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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.



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.

Team fundraising ideas

You could do something together with your work colleagues or local pharmacy group/network as a way to connect whilst fundraising for Pharmacist Support. There are many fun activities you could do together, such as hosting a charity wellbeing day where you all wear green, sharing a potluck lunch, hosting a bake sale or quiz or tapping into sporting prowess in the group. We recommend getting together to see what creative ideas you come up with to get the whole team involved ... and even your patients and customers if feasible. 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.



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

FIND OUT MORE →

Promote your fundraising event

Whatever you decide to do for your fundraising event, be sure to spread the word by telling people about what you are doing, when and for whom. Here are some tips on how to promote your event:

1

Set up a fundraising page
(see pages 8-9)

4

Spread the word on social media (see page 7). Don't forget to tag us and use the hashtag #TEAMGreen

2

Share links to your fundraising page with colleagues, friends and family and on social media

5

Decorate your space if necessary (print off the poster, DIY bunting and collection box in this pack)

3

Download and print off free fundraising resources and share case studies to show who donations support.

6

Tell us about your fundraising event by emailing fundraising@pharmacistsupport.org so we can help promote it too!

Visit our website for more tips on how to promote your event

MORE PROMOTING TIPS →

Social media images and suggested posts

Social media can help you to galvanise support and encourage donations from people and organisations beyond your usual networks.

Images

Here are some images you can download and post on your social media accounts to help promote your TEAMGreen fundraising activity (right click to save image):



[For Facebook](#)



[For LinkedIn](#)



[For Instagram](#)



[For Twitter/X](#)

Suggested text

Here's some suggested text if you need some inspiration for what to say in your social media posts:

I've joined Pharmacist Support's #TEAMGreen because 97% of pharmacists said they needed help from the charity. Please help me to raise vital money to help fund their support services [\[link to your donation page\]](#)

We're doing a [\[insert your event, such as a charity auction\]](#) to raise money for Pharmacist Support's #TEAMGreen fundraising campaign. If you can, please donate so we can help more people across our pharmacy profession! [\[link to your donation page\]](#)

Calling all pharmacy colleagues and friends! Please help me to raise vital funds for Pharmacist Support by donating what you can to my fundraiser. Follow and support my #TEAMGreen fundraising journey here: [\[link to your fundraising page\]](#)

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.

1

Create your fundraising page

To set up your JustGiving page, visit www.justgiving.com/for-fundraising/how-to-create-a-fundraising-page and follow the easy on-screen instructions. Don't forget to link to the [Pharmacist Support JustGiving page](#).

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 13% 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 17% 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

You could also ask them to share via their social media pages and internal communications.

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!

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.

Visit the JustGiving website for more effective fundraising tips!

VISIT JUST GIVING TIPS →





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

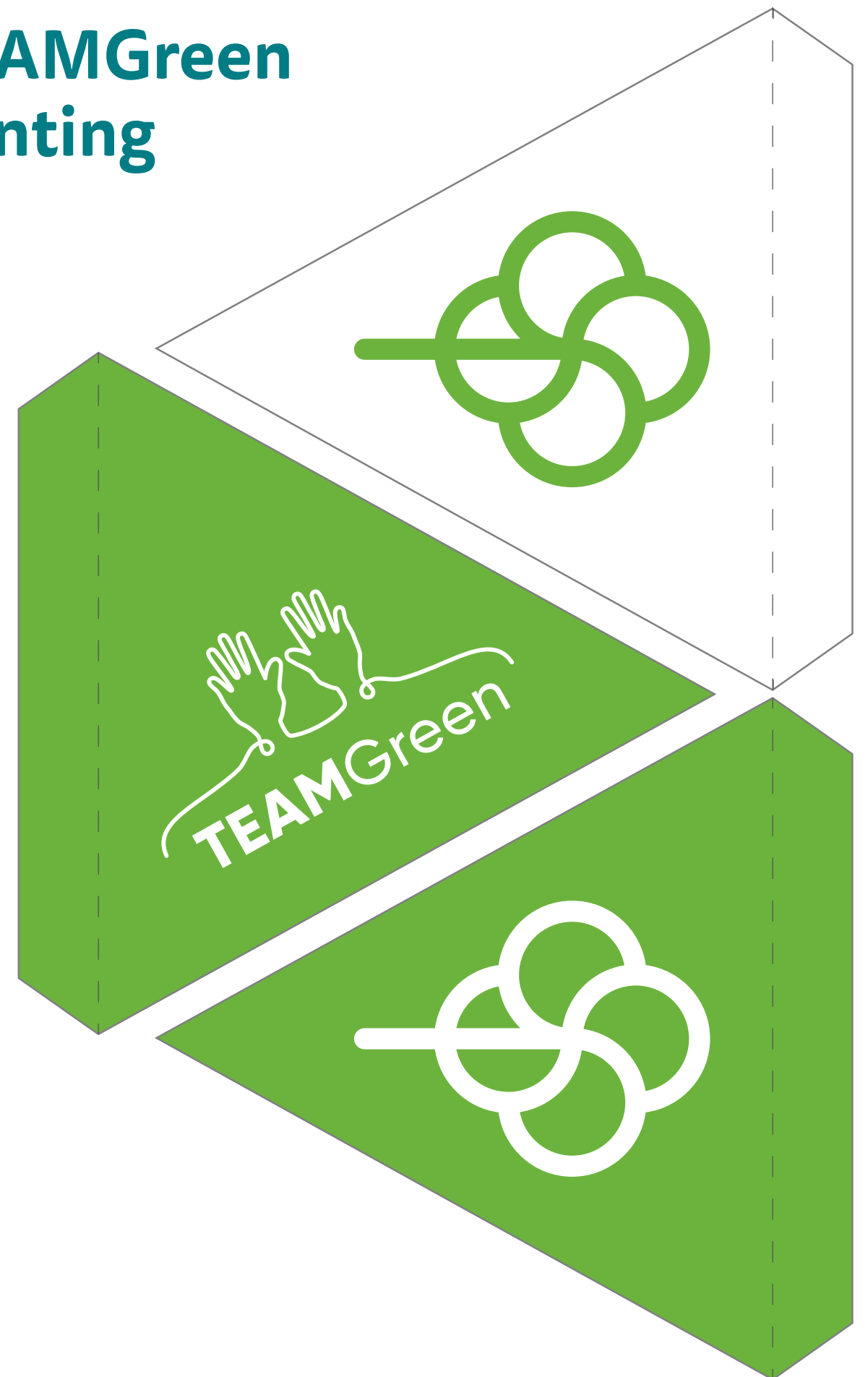


Pharmacist Support is a charitable company limited by guarantee registered in England & Wales, company number 9237609 & charity number 1158974



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 

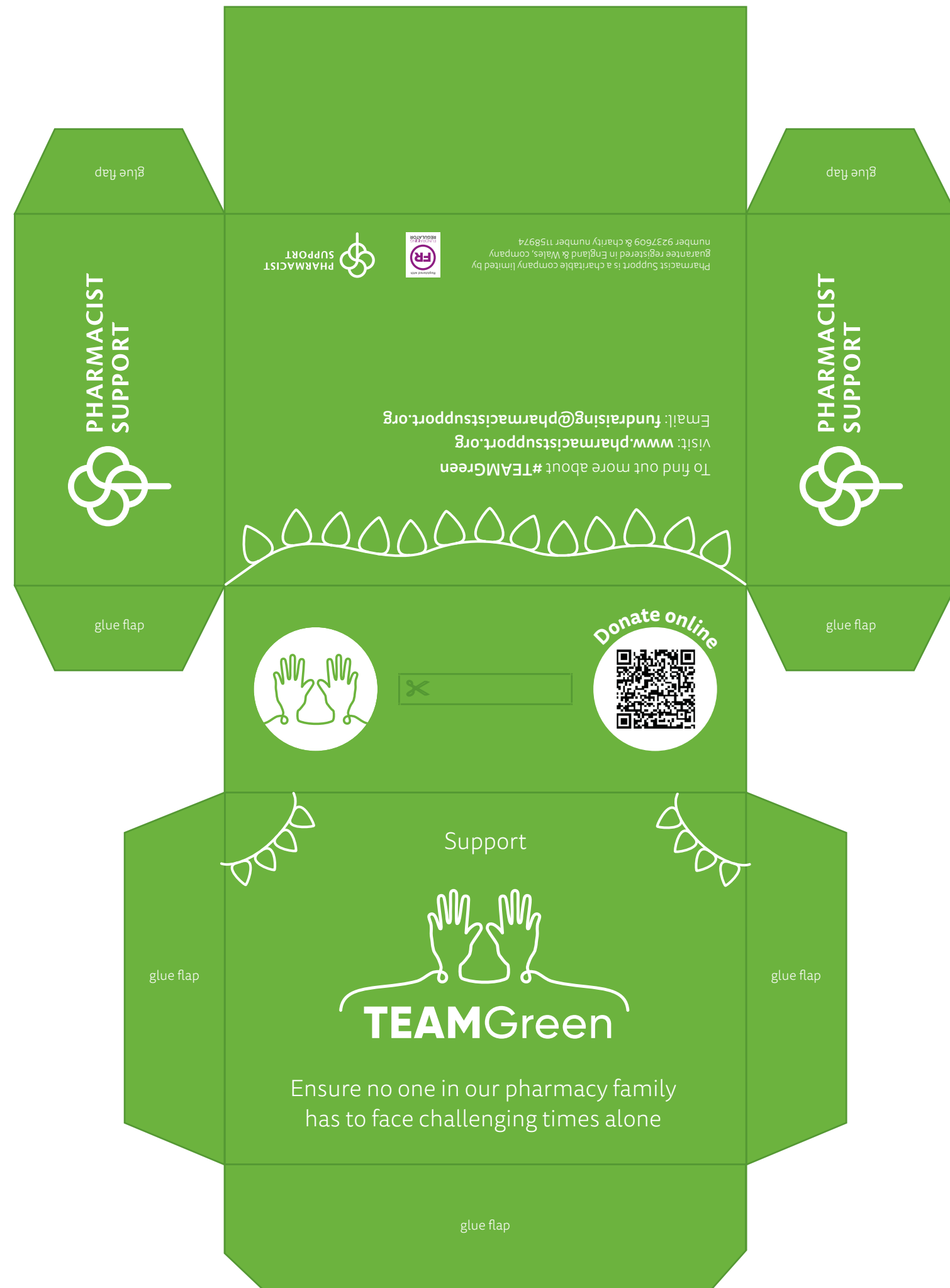
1 Firstly print off the box template onto a piece of card. Handy tip – if you don't have card you could glue the template to an empty cereal box.

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.

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Thank you!

Visit: pharmacistsupport.org

Email: info@pharmacistsupport.org

Call: **0808 168 2233**

Connect: 



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