

Well Schools

Fundraising Guide

**Everything your school or youth group
needs to start fundraising for Northern
Ireland Chest Heart & Stroke**



Research
Prevention
Care & Support

**Chest
Heart &
Stroke**

Thank you for joining us

Your school's involvement will help us raise the funds we need to continue the care and prevention work we deliver to families across Northern Ireland.

This guide will provide plenty of tips and tricks on how to raise the most you can for NI Chest Heart & Stroke, from pupils asking friends and family for sponsorship, right through to running a school fundraising event.

Of course, our friendly fundraising team is also here along every step of the way to make sure your idea turns into reality! Contact us for advice and guidance, or simply to let us know about your wonderful idea.

Email: schoolsfundraising@nichs.org.uk
Call: 028 9032 0184



Where your money goes

Across Northern Ireland there are currently over 335,000 people living with chest, heart and stroke conditions, and almost 40% of adult deaths are directly related to one of these illnesses.

Furthermore, 25% of children in Northern Ireland are classed as overweight or obese, meaning they are much more likely to develop a chest, heart or stroke condition later in life.

Prevention is better than cure

As the leading local charity helping people living with these conditions, we know the importance of getting pupils and their families engaged in making healthier choices

– for the future.

Over 80%

of our work relies on donations from the public. Without your support we couldn't be here making a difference.

The power of your pounds



£25

Could pay for a NICHS Well Check for a vulnerable member of the community

£50

Could pay for one stroke survivor to attend our sixweek PREP (Post-Rehab Exercise Programme) class

£100

Could help us fund local research to diagnose and treat chest, heart and stroke illnesses

£500

Could pay for a stroke survivor to attend a full year of our Stroke Activity Group



Drummaul Parish Church Brownies

Check out Londonderry Primary School's fab fitness fundraiser

Londonderry Primary School organised their very own charity Fitness Day in aid of NICHS. The school recognised the importance of encouraging kids and families to lead a healthier lifestyle, and wanted to put on a fun day to promote positive changes – all whilst raising funds for a worthwhile, local cause. Our Health Promotion team got in on the action too and delivered health talks to staff and pupils. Everyone got involved including the office staff, dinner ladies, and the teachers who hosted the fitness classes for each year group throughout the day.

The school decided to keep the fundraising super simple by using NICHS sponsor forms and encouraging each child to collect donations from family and friends. They managed to raise an amazing £2163 from this one day.... And enjoyed it so much they already have next year's charity Fitness Day booked in!



“All our staff and pupils thoroughly enjoyed organising and taking part in our Fitness Day for NICHS. The educational support given by the charity is first class. Our pupils loved the information workshops and then at the end, the whole school put the theory into practice with our Fitness Day. We are a very proud supporter of this local charity and we are looking so forward to working with them again this year.”

Jillian Wallace, Principal



Fundraising Ideas

There are so many different ways you can get involved and raise money to support us. Here are a few ideas to get you started – we're sure you can come up with plenty more!



Hold a non-uniform day

It's a classic school fundraiser because it's so easy! Why not ask us for our sponsorship forms and request each pupil to donate £1 or £2 to come in in their favourite clothes for the day. You could even make it red-themed and support our Dress Red campaign!



Hold a static cycle

One for the older pupils (or staff!) Ask a local sports team or gym to lend an exercise bike, set a target of miles or £, create a rota and get cycling for donations and sponsorship!



Red Dress Month

Why not get involved in any of the activities and events during our annual Red Dress campaign months during February/March. You could enter your school team into our big Red Dress Run in Stormont, hold your own Red Dress Run at school or nearby, or simply create your own 'red'-themed fundraiser!



Sponsored Sports Day

Use your school's annual sports day as an opportunity to raise funds! Pupils can use our sponsorship forms to ask for donations from friends and family, and we can give you collection buckets and banners for the big day!



Charity of the year

We would love to discuss any bespoke opportunities to become your school's Charity of the Year partner.



Commit-to-be-fit Sponsored Challenge

Our commit-to-be-fit sponsored challenge will encourage pupils, staff and parents alike to adopt a healthier lifestyle for a whole week, at home and in school. This will include keeping track of fruit and veg consumption, hours of sleep, and levels of activity. We have teachers' and parents' resources to support this activity!

Reindeer food

Sell our festive 'Reindeer food' at your Christmas concert, school fair, or simply at a lunchtime stall. Pupils can even take packs of it home to give to their family and friends for a suggested donation of £1



Jolly Jumper

Pupils can wear their most festive woollies and get sponsorship for NICHS at Christmas. You can even get creative and have pupils decorate their own jumpers!



Christmas play

Use your annual school Christmas play to raise some money for a good cause. Charge a suggested donation for parents and staff at the door or even hold a raffle to be drawn at the end

Online fundraising

Don't forget the benefits of online fundraising, too! You can set up a Justgiving page for your school to accompany your activity, and encourage the whole school community to donate. Go to www.justgiving.com/chestheartstroke, click "Fundraise for us" and follow the instructions.

giftaid it

If you're using online or paper sponsorship forms, make sure sponsors tick the Gift Aid box and complete all their details. Then their donation will be worth 25% more to us. So, if you are sponsored £100, that may be worth £125 to NICHS.



Does your school have a facebook page? Use our social media assets to change your profile picture and cover photo to show that you're fundraising.

How we can support your school

Our community fundraising coordinators are on-hand for any advice and assistance, and to provide you with our branded materials to help you promote your activity including sponsor forms, posters, balloons and collection buckets. They are also available to come out to your school for cheque presentation photos or a Thank-You assembly.

We can even arrange for one of our Health Promotion Schools officers to come out to your school and talk about the importance of leading a healthy lifestyle, and the impact your fundraising will have on the wider community.

For older pupils, we offer a range of school "Well Talks" which are interactive health and wellbeing sessions covering a range of topics including; healthy eating, stress and smoking.

Depending on your chosen fundraising activity, we could even talk to you about health checks for staff to measure cardiovascular risk factors such as blood pressure, cholesterol and body composition, or staff / parent-specific "Well Talks" to encourage individuals to make positive changes to their lifestyles.



Lisnasharragh Primary School

The important part How to get your money to us

You can pass money along to us through any of the following ways:

We'll collect it

One of our community representatives in your local area would be delighted to meet the pupils and staff, collect your funds raised, and maybe even do a cheque presentation photo with you! Contact us at schoolsfundraising@nichs.org.uk or 02890 320 184

Online or at the bank

Contact our community fundraising team for our bank details and you can make a deposit straight into our account

Send us a cheque

Please make any cheques payable to Northern Ireland Chest Heart & Stroke and post or hand in to our office at 21 Dublin Rd, Belfast, BT2 7HB

Payment by card

You can pay card over the phone 028 90 320 184



Remember that **JustGiving** and other online fundraising pages transfer the funds to us directly, so there is no need to worry about organising it yourself.





Thank you.

Without your support we couldn't
be here making a difference.



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