



Give It Up

for Bury Hospice

**New Year,
New Start,
Give It Up for
Bury Hospice**



Give something up. Feel better. Support Bury Hospice.

Welcome!

Thank you for joining the Bury Hospice Give-It-Up Challenge! The New Year is the perfect time to reset, reflect, and make positive changes. By giving something up — for a month or longer — you're also helping to raise vital funds for local hospice care.

This booklet will guide you through the challenge, help you choose what to give up, and give you tools to stay on track.

You can take part in two simple ways:

Option A:

Donate What You Save

Give something up, such as coffee runs, sweets, online shopping, or takeaways, and donate the money you would normally spend.

Option B:

Get Sponsored

Ask friends, family, or colleagues to sponsor your challenge. Every pound raised helps Bury Hospice provide specialist, compassionate care.



What Could You Give Up? (Idea List)

Chocolate

Crisps

Coffee shop trips

Alcohol

Online shopping

Social media

Gaming

Streaming services

Takeaways

Meat for a month

Swearing

Nail biting

Fizzy drinks

Impulse buys

Or choose your own meaningful challenge!

Your Challenge Plan

What are you giving up?

Start Date:

Why you're supporting Bury Hospice:

Your fundraising goal:

Your Cheat Sheet!

Nobody's perfect — and if you slip up, you can still help the hospice!

Supporters can “buy” one of the following Cheat Tokens:



Oops!
£2

Had a tiny slip? Donate £2

Temptation!
£5

Gave in once? Reset and carry on!

Crisis!
£10

A bigger wobble, but you're still in the game.

Wildcard!
£20

A full cheat day... but for a good cause!

Gift A Token!

You can also gift a cheat token to a friend who's also taking part.

All Cheat Token contributions support Bury Hospice's care and services.

Staying Motivated

Here are a few of our top tips & tricks to keep you motivated through January:

1 Tell people what you're doing
— accountability helps.



2 Put your goal somewhere visible.

3 Track how much you've saved.

4 Celebrate milestones
(without breaking your pledge!).

5 Remember who you're helping.



Fundraising Tools

JustGiving

1. Visit [justgiving.com/](https://www.justgiving.com/)
2. Set up an account, or log into your account and select *Start Fundraising*
3. When asked 'Are you fundraising for a registered charity?', select 'Yes, continue' .
4. Search for Bury Hospice. Choose your web address - this is the link you 'll be sharing with friends and family when asking them to donate. Click 'Create your page'

Job done! Your fundraising page is now set up and ready to accept donations. JustGiving will send donations to us on a weekly basis.



Scan the QR code
to visit JustGiving

Share your journey on social media!

Keep us up to date with your progress by posting and tagging us [@buryhospice](https://www.instagram.com/buryhospice) on your social media!

If you need a bit of help with asking for sponsors for this campaign, please check out our social media pack that's available for download on our website.

If you have any enquires about this campaign, please email fundraising@buryhospice.org.uk

Thank you.



#GiveItUpForBuryHospice

Where Your Money Goes

Bury Hospice provides invaluable end-of-life care and support to our patients and their families throughout the borough of Bury, and every donation makes a real difference and contributes to this care.

All of the teams across the Hospice work hard to ensure we are able to continue to provide this first class, compassionate care to the community. As a Hospice we are fortunate to have amazing support from our local community and none of our services would be possible without this support.

It will cost £4.4 million this year just to keep the Hospice running and we need to raise £3.8 million ourselves.

£10

could pay for a patient's evening meal

£25

could pay for a bereavement support session

£50

could pay for a visit home by our community outreach team

£75

could pay for a nurse for half a day

£150

could pay for a nurse for a day

£450

could pay for a bed for a day

Thank You!

Thank you for taking on the Give It Up campaign in support of Bury Hospice
... And good luck!

Give It Up Sponsorship Form



Use this form if you are asking people to sponsor you for participating in the Bury Hospice Give It Up campaign. Here are some quick guidelines on completing the form:

- ✓ Make sure you complete the details of each donation correctly and accurately in your donors own hand writing. If forms are completed in the same hand writing or printed they are not valid for **Gift Aid**.
- ✓ To ensure we can claim Gift Aid each donor, where relevant, will need to tick the box next to their home address.
- ✓ We cannot claim gift aid from companies, multiple donors e.g. Mr & Mrs Smith, donations made on behalf of some else, or a payment where something is given in kind or in return for the money e.g. proceeds from a sale, sweepstake etc. **GIFT AID ALLOWS US TO BOOST EACH £1 DONATION to £1.25, SO THE EXTRA 25P IS ALL FROM THE GOVERNMENT!**

Title	First Name	Surname	GIFT AID DECLARATION If I have ticked the box headed Gift Aid? I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the Bury Hospice to reclaim tax on the donation detailed below and given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.		
Address					
Post Code	Telephone				
Email address					

FULL NAME (IN CAPITALS) FIRST NAME & SURNAME PLEASE	HOME ADDRESS (IN CAPITALS), EMAIL ADDRESS & PHONE NUMBER - PLEASE DO NOT PUT YOUR WORK ADDRESS	POSTCODE (IN CAPITALS)	AMOUNT	DATE PAID	GIFT AID?	We believe you have a legitimate interest in hearing more about the work of Bury Hospice by: (please tick) You can change your mind at any time by contacting the fundraising team on 0161 797 1748 or by emailing them on fundraising@buryhospice.org.uk. Please note that the data collected on this form will be securely held on the Bury Hospice database and will be held in line with the current data protection legislation.			
ANNE EXAMPLE	1 EXAMPLE ROAD, BURY fundraising@buryhospice.org.uk 0161 797 1748	AB1 2CD	£	DD/MM/YYYY	✓	Email	Phone	Letter	Text
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My Donations

Please list here any links to your online donation pages. Please list the total amount **EXCLUDING** gift aid:

Link:

Page Expiry

Total Raised

-

Date:

online:

-

Link:

Page Expiry

Total Raised

-

Dated:

online:

-

Thank you for your support!

Once you have collected your donations from your donors either send us a cheque made payable to Bury Hospice, come along to the Hospice with your donations or contact the fundraising team who can advise of other ways to pay your fundraising money into us. Tel. 0161 797 1748 or email: fundraising@buryhospice.org.uk

Keeping up to date!

Become part of the Bury Hospice community and stay in touch with our news and updates. We believe you have a legitimate interest in hearing more about the work of Bury Hospice, just let us know how you would like to be contacted:

By email

Yes

No

By Post

Yes

No

By Text Message

Yes

No

By phone

Yes

No

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FOR OFFICE USE:

DATE MONIES RECEIVED

TOTAL DONATIONS RECEIVED

GIFT AID TOTAL £