

40/40

EVENTS, CHALLENGES, ACTIVITIES AND MORE



Help us celebrate our 40th anniversary
by ticking something off your bucket list.



Registered with
**FUNDRAISING
REGULATOR**

IT'S OUR 40th ANNIVERSARY!

We're appealing to the local community to collectively tick everything off of our list. What will you choose to do to celebrate with us in 2020?

As Prospect Hospice celebrates its 40th anniversary in 2020, we've been inspired by people's '40 before 40' lists and have created our own take on this; a list of 40 ways you can support your local hospice and help raise the £9million it takes to deliver our services and to help people like Lorna Watkins tick things off of their list.

WATKINS FAMILY DISNEY PARTY



"We had hoped to take the children to Disneyland but Lorna became too unwell for it to happen so the family support team put on a Disney-themed party for the children. It all meant so much. We couldn't have asked for more." Graeme Watkins, Lorna's husband.



JUMP OUT OF A PLANE

Take part in one of our tandem skydives and enjoy 30 to 60 seconds of complete freefall. As your parachute deploys, and if you're brave enough to look, you'll revel in the magical journey back to base with panoramic views over the beautiful Wiltshire countryside below, looking out as far as the Isle of Wight.

To find out more visit
www.prospect-hospice.net/parachute-for-prospect

ORGANISE AN EVENT

Whether it's a small scale activity among your friends, family or colleagues, or a large event that's open to the public, our fundraising team is here to help. From advice on venues to help with posters and invitations, we can provide you with step-by-step guidance. With our help you'll find that organising an event can be stress-free and great fun.

If you're stuck for ideas, why not organise a Make a Brew coffee morning or a Chill 'n' Grill BBQ. Find out more at
www.prospect-hospice.net/plan-your-own-event



JOIN OUR LOTTERY

When you play our weekly lottery, you're in with the chance of winning £1,000 every week. What's more, it's a great way to help make a big difference to the expert care and services we provide to patients and their families in the local area. Join from just £1 a week at www.prospect-hospice.net/lottery



VOLUNTEER

Join our team of over 900 fantastic volunteers.

We offer a wide range of volunteering opportunities to suit you depending on your skills, experience and interests. You can find more details about volunteering and the full list of roles available at

www.prospect-hospice.net/volunteering

Alternatively, call our friendly volunteer services team on **01793 816193**

or email

volunteering@prospect-hospice.net



RUN A MARATHON

A popular bucket list item is the London Marathon but we know how hard it can be for people to get places. If that all seems a bit daunting then get in touch and we can talk you through it or let you know about other marathons and half marathons you can sign up to.



BREAK A HABIT

Whether you want to quit smoking or stop swearing, why not kick the habit for a good cause? Getting sponsored to break that bad habit is a great way of raising funds and achieving your goal all at the same time.

SWIM THE THAMES

The Thames stretches for 346km (215 miles) or 13,760 lengths of your local pool, that's an average of around 1,147 lengths a month, 270 lengths a week, or 38 lengths a day. Set yourself a time frame, get sponsored and get swimming.

For support and fundraising ideas, give our

fundraising team a call on **01793 816161**

or email

fundraising&events@prospect-hospice.net





HAVE A CLEAR OUT

Prospect Hospice has 18 charity shops in the Swindon, Marlborough and north Wiltshire area. Between them the shops raise a significant proportion of our vital income – around a quarter of the total amount needed to run the hospice. You can help toward this by donating pre-loved items.

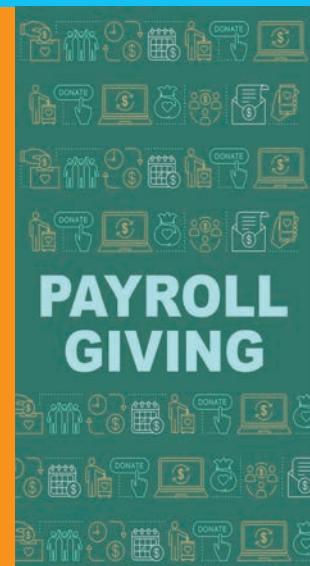
To find out how to make donations and what we are able to accept, visit www.prospect-hospice.net/retail/how-to-donate

GIVE AS YOU EARN

Payroll Giving is a flexible scheme which allows anyone who pays UK income tax to give regularly and on a tax free basis to the charities and good causes of their choice.

Donations are deducted before tax so each £1 you give will only cost you 80p, and if you're a higher rate tax payer it will only cost you 60p.

Get in touch today and we'll provide you with all the information you need.



TREK TO MACHU PICCHU

Machu Picchu is one of the most iconic sights in South America, and the culmination of our magnificent Inca Trail trek through the Peruvian Andes.

Trekking on Inca-paved paths and steps, trek up through lush cloud forest to the demanding Dead Woman's Pass (4,200m). Continually climbing up or dropping down, the way is steep at times, and the altitude adds to the challenge. You'll finally come to the Sun Gate, which overlooks Machu Picchu, where your first magical glimpse provides an unforgettable reward for your efforts.

CONQUER A FEAR

Are you scared of spiders? Or perhaps you've got a phobia of heights? We'd like to see you conquer those fears in aid of Prospect Hospice. From experience, we know people's friends and family will pay good money to see them sweat, so if you're feeling brave get in touch.

Give our fundraising team a call on **01793 816161** or email fundraising&events@prospect-hospice.net





TAKE ON THE 24 PEAK CHALLENGE

If you have completed the classic Three Peaks, this is the next event for you – 24 peaks over two days. Tackling nine on the first day and a further 15 on the second day, the long and hard days trekking will all be worth it when you finish and can say you have conquered this amazing challenge.

SHAVE YOUR HEAD

Will you brave the shave?

Prospect supporters have raised thousands over the years in sponsorship for mop-chops and head shaves. It's a great way to raise money and raise awareness. We can get you started with a sponsorship form and online fundraising advice – just give us a call.



BREAK A RECORD

Breaking a record is a brilliant way to make your mark and to raise funds for your chosen charity. You can find lots of information on the Guinness World Records website and we'll help you along the way.

Any questions? Call us on **01793 816161** or email fundraising&events@prospect-hospice.net



LEAVE A GIFT IN YOUR WILL

Gifts made to us in wills can make up to 20% of our income each year. If you'd like more information on leaving a gift in your will, please get in touch.

Leaving a legacy in your will to Prospect Hospice could be your greatest gift of all. You can take great satisfaction from knowing that after you have died you will breathe life into the end of life care and services we provide.

Find out more and request a brochure here:

www.prospect-hospice.net/gifts-in-wills

TAKE PART IN OUR STARLIGHT WALK

Challenge yourself to a 10km or 15km sponsored starlit walk and take to the streets as part of a team of over 400 supporting the hospice. Dressed in your most illuminous colours and flashing lights, you'll walk around the centre of Swindon and pass through beautiful lighting installations along the way. We also host a family-friendly version of this event with a shorter route and earlier bedtime.

Search 'Starlight Walk' on our website for more information.



SEE THE NORTHERN LIGHTS

Discover stunning scenery on a fantastic trekking challenge in southern Iceland where you'll trek through a striking mix of geothermal valleys and beautiful mountain scenery, streams and waterfalls.

Staying in a spectacular environment surrounded by lakes and mountain scenery, miles from the nearest big towns, the dark skies offer a great chance of seeing the spectacular Aurora Borealis (Northern Lights) every evening – the icing on the cake on this memorable challenge.



WALK THE LONDON MARATHON

If you're not quite a runner but you dream of taking part in a marathon then the London Marathon Walk could be the perfect alternative. Join the team on this marathon walk around London, taking in some of the capital's iconic sights and less-visited corners.

In 2019, our London marathon walkers raised over £13,000 for Prospect Hospice through this event. Could you help to achieve this in 2020?

Search 'London Marathon Walk' on our website.



FUNDRAISE WITH YOUR TEAM

We have a variety of corporate challenges and initiatives to suit any size team, as well as a dedicated corporate fundraiser who's here to help you decide what to take on in aid of your local hospice. From bag pack challenges to volunteering days, we'll have the right thing for you and your team.



GO BUSKING

Can you carry a tune? Then why not use your talent to collect some donations? We can help you to obtain a collection permit and then you're good to go.

Not a singer? Get in touch with the team for information on general street collections.

PLAY OUR RAFFLES

Enter our spring and summer raffles and be in with the chance of winning one of the 13 cash prizes, from £50 up to our top prize of £3,000. Search 'raffle' on our website to find out more.





SPONSOR A NURSE

Nurses are vital to the care that we provide around the clock, every day of the year. A regular donation towards the care our team of clinicians delivers can make a real difference to the experiences of people who seek our help in their final weeks and days.

Without nurses, doctors, therapists and many more healthcare professionals, hospice care simply wouldn't exist, so please help us by signing up today.

www.prospect-hospice.net/sponsor-a-nurse



WALK THE GREAT WALL OF CHINA

One of the Seven Wonders of the World, The Great Wall of China has to be the ultimate building project the world has ever known; constructed by human hands over 2,000 years ago, it stretches across this hilly region with long spurs and watch-towers often disappearing into the mists.

This trek is varied, passing through woodland and terraced farmland, and following the contours of the beautiful hills and mountains in remote areas north of Beijing.

www.prospect-hospice.net/great-wall-of-china-trek



RUN 10K

Our challenging multi-terrain run, which takes place in March, will give you something to get stuck into early in the running season. Our 10km and 5km routes will cover woodland, farmland and rough track, a great event for regular runners and a good end goal for anyone taking on the couch to 5K challenge.

For more information visit:
www.prospect-hospice.net/springrun

BUNGEE JUMP

Not for the faint hearted, bungee jumping offers the ultimate adrenaline rush to anyone brave enough to take the plunge.

If you think you could take that one step off a bridge, platform or even skyscraper for the greater good, then taking on a charity bungee jump is for you.

Start that plunge with a phone call to our fundraising team today on **01793 816161**.





ORGANISE A BAKE SALE

Sell your cakes for a donation to the hospice and why not gather a selection of judges to award a prize to your star baker.

GET WAXED

Beauty is pain and sometimes so is fundraising. Do you have friends who would pay for the pleasure of watching your pain? Get in touch today for a fundraising pack... and some aftercare advice.



ABSEIL

If you're scared of heights then this one also ticks the 'conquer a fear' box on your bucket list. If the thought of scaling down the side of a building with just a rope holding your entire body weight makes you feel a little nervous then just think of how many people will sponsor you to do it.



Give our fundraising team a call on **01793 816161** or email fundraising&events@prospect-hospice.net



TAKE ON A TOUGH MUDDER

There are lots of different events like Tough Mudder, all of a muddy nature. These endurance obstacle courses are great fun and high energy, they're also brilliant team building days.

The endurance element of these events makes them great sponsorship fundraisers too.

CYCLE ACROSS BRITAIN

A popular cross-country cycle ride is Land's End to John O'Groats or LEJOG. LEJOG is a classic challenge across the entire length of mainland Britain that every keen cyclist should experience at least once in their lifetime.

The cycle covers roughly 1,000 miles, encompassing some of the UK's most stunning and remote countryside, and usually takes around two weeks.

Get in touch with the fundraising team to find out more on 01793 816161 or email: fundraising&events@prospect-hospice.net





TREK TO ANGKOR WAT

Covering varied terrain of hills, valleys and dense rainforest, this hot and often dusty trek will challenge you. Along the tough route you'll discover the rich history and rural way of life in this beautiful landscape before finishing at one of the most renowned and impressive sights in south-east Asia, Angkor Wat.

TOUR DU MONT BLANC

The Tour du Mont Blanc is a 170 km trek that encompasses the whole of the Mont Blanc Massif; with nearly 10,000m of cumulative descent and ascent it is usually completed in a number of days.



RUN THE RAINBOW

Great for the whole family as well as groups of friends or colleagues, this event sees runners, joggers and walkers take on a 5km route and pass through five different coloured paint stations where coloured powder paint will be thrown at them. Everyone starts in a white event t-shirt and finishes rainbow coloured. Visit our website to see how we're going bigger and better with this event in 2020.



CELEBRATE WITH US

If you're celebrating something special this year, perhaps a wedding or a big birthday, and you're stuck for gift ideas then please consider having donations made to Prospect Hospice in lieu of gifts.

Some people choose to set up online fundraising pages and some choose to borrow our party post box to pop on the gift table. Whatever way you do it, please get in touch and we'll help as much as we can. We can even give you Gift Aid envelopes to increase donations by 25%.

TREK THROUGH SNOW AND SAND

The Snow and Sand Charity Challenge captures Morocco's diverse environments beautifully by trekking to the snow on the highest, and potentially the coldest, point in North Africa (Jbel Toubkal at 4,167m high) to one of the lowest and hottest; the sand of the vast Sahara Desert. A true contrast of snow to sand in just 36 hours.

www.prospect-hospice.net/snow-and-sand-trek





CLIMB A MOUNTAIN

The mountain climb that gets the highest reviews from our supporters is Kilimanjaro and, lucky for you, we're organising another Kilimanjaro climb for January 2021, so get in touch and we'll tell you all about it.

CYCLE AROUND KILIMANJARO

Traversing vast open grasslands rich in wildlife, lush green forests, farmlands, villages and towns, you'll find this cycle around the base of Kilimanjaro one of the most challenging but satisfying journeys you will ever make.



IT'S A KNOCKOUT

In July 2020 we'll host our first ever It's a Knockout tournament where teams come head to head on a fantastic range of vibrant games! This fantastic team building game is great for all ages and ideal for bringing people together as they plough through the inflatable obstacle course dressed in whacky costumes and beaming grins. It's as fun to watch as it is to take part.



TAKE ON THE TRANSYLVANIA WINTER WILDERNESS TREK

This short but spectacular snowshoe-trek takes you to the snowy forests and mountains of wild Transylvania, where you'll discover a pristine winter wonderland.

Negotiate the lower slopes as you follow paths through silent forest and, in sharp contrast, head high above the tree-line into the frozen mountain wilderness surrounding Lake Balea (2,034m). Sleeping here in the Hotel of Ice – a remarkable construction beside the frozen lake – is a real highlight, and a truly unforgettable experience.

www.prospect-hospice.net/transylvania-winter-wilderness-trek

MAKE A DONATION

A simple and effective way of ticking the 'do something selfless' box on your list is to make a donation to charity. Simply visit our website and donate via the donate button at the top. Alternatively, donations can be made by cheque via post, cheque or cash paid directly into your local Prospect Hospice shop, at the hospice itself or you can make a bank transfer.

Need help deciding on a donation amount? Here's some help...



£20
COMPLEMENTARY
THERAPY
FOR A PATIENT



£86
DAY
THERAPY
FOR A PATIENT



£114
TO BE SUPPORTED BY
**FAMILY
SUPPORT TEAM**



£201
HOME VISIT BY
**CLINICAL
NURSE**



At Prospect Hospice, we understand the importance of celebrating life, remembering those who are special to us and keeping memories alive.

Our memory tree is open to all who wish to create a tribute in memory of a loved one, offering a peaceful place to visit and remember, night and day, 365 days a year.

Your annual placement of a memory leaf will mean we're able to provide our patients with a range of services at the hospice, in their own home or out in the community.

For more information on how to create your memory leaf search online for Prospect Hospice memory tree.

Follow Prospect Hospice on
Visit www.prospect-hospice.net



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