



FUNDRAISING EVENTS IN 2018



HELP YOUR HOSPITALS IN 2018!

Have fun, take on a challenge and raise money for Nottingham's hospitals through one of our **EXCITING FUNDRAISING EVENTS IN 2018**



We're here to support you every step of the way: 0115 962 7905 / charity@nuh.nhs.uk
#Here4Nottingham  @NUHCharity  NottinghamHospitalsCharity





Sunday 22 April 2018

Thoresby Hall, Ollerton, Nottinghamshire



THE LONGHORN

Set in one of the region's oldest and most scenic country estates, the Longhorn is a brilliant event in a stunning setting.

You can choose from a 5k, 10k, half marathon, full marathon or 60k ultra marathon, running over old military roads, cleared tracks through ancient woodland and grassed paths around the country estate.

It's quick and easy to register at www.sbrevents.co.uk/events/the-longhorn-2018 from £7 (child), £10 (adult).

We have a limited number of **FREE** places for fundraisers who can commit to raise £100 or more in sponsorship. Email charity@nuh.nhs.uk or call 0115 962 7905 to find out more, or use the tear off slip at the back of this booklet.



"There was a really good atmosphere on the day and the sun was shining. There were plenty of stalls and activities for the friends and family who came to support the runners. It is a beautiful and challenging course and I would highly recommend it!"

Jennifer Hart, Nottingham Children's Hospital, who took part in 2017

Bank holiday Monday 7 May 2018

Wollaton Park, Nottingham

ROBIN'S BIG WORLD RECORD FREE FUN DAY



Don your Robin Hood costume and help us break the Guinness World Record for the largest gathering of people dressed as the Nottingham legend!

As well as the official World Record attempt, the Fun Day will also include market stalls, games and family fun, with all proceeds going to the Nottingham Children's Hospital Big Appeal.

You can make your own outfit – which must include a Robin Hood hat with a feather, a green or brown tunic (or T-shirt), and green, brown or black trousers or tights – or contact us to buy an official Robin Hood costume.

It's quick and easy to register for free at www.nottinghamhospitalscharity.org.uk/events/

Alternatively, use the tear-off slip at the back of this booklet, or call 0115 962 7905 / email charity@nuh.nhs.uk

Help sick children at Nottingham Children's Hospital

"We thought Robin's Big World Record would be a great chance for us to do something to include the whole family, including little Max and his cousins. We can't wait to get everyone dressed up!"

Sophie Bramwell, whose baby nephew Max has been cared for at the Neonatal Unit

Saturday 9 June 2018

Queen's Medical Centre, Nottingham



BIG QMC ABSEIL

A unique opportunity to get a panoramic view as you prepare to abseil almost 100ft down the side of one of the UK's largest hospitals!

Face your fears to raise money for whichever area of Nottingham's hospitals is closest to your heart.

It's quick and easy to register at www.nottinghamhospitalscharity.org.uk/events/

Alternatively, use the tear-off slip at the back of this booklet call 0115 962 7905 / email charity@nuh.nhs.uk. Registration is £30, plus a minimum sponsorship of £120.



"Abseiling to raise money for the Big Appeal was an experience I will not forget. As I was going down the building where I spend my time looking after some of the most amazing children and families, I was reminded of the privilege it is to play just a small part in their story and in the NHS. The money raised – however much – will impact and benefit real people and real lives, during some of their worst days. And that's what matters."

Kezia Johnston, Staff Nurse,
Nottingham Children's Hospital,
who took part in 2017

GREAT NOTTS BIKE RIDE

Sunday 24 June 2018
Victoria Embankment, Nottingham

Whether you choose to cycle the 25, 50, 75, 100 or 125 mile route, by joining the Nottingham Hospitals Charity team at Nottingham's annual festival of cycling you can make a real difference to patients at our hospitals.

Enjoy a fabulous bike ride in the company of hundreds of others through the picturesque villages of Nottinghamshire, surrounded by beautiful countryside.

It's quick and easy to register at cyclelivenottingham.co.uk from £5 (child), £15 (adult).

We have a limited number of **FREE** places for fundraisers who can commit to raise £150 or more in sponsorship.

Email charity@nuh.nhs.uk or call 0115 962 7905 to find out more, or use the tear off slip at the back of this booklet.



"The Great Notts Bike Ride was a fantastic team bonding opportunity for our Solutions team members. Taking part gives you a fantastic sense of achievement and that you are contributing to something worthwhile. The atmosphere is very positive with lots of encouragement from spectators and passers-by. We have made this an annual event within Solutions and are looking forward to our fourth entry this year."

Bethan Wright, from Solutions for Accounting and CRM, who took part in 2017



Saturday 14 July 2018

Nottingham Racecourse, Colwick, Nottingham

INFLATABLE 5K OBSTACLE RUN



The UK's best inflatable obstacle course is returning to Nottingham and it has got even bigger, bouncier and crazier, with great NEW obstacles added! Don't miss out on this fun event!

It's quick and easy to register at www.ukrunningevents.co.uk from £31.50.

We have a limited number of **FREE** places for fundraisers who can commit to raise £100 or more in sponsorship. Email charity@nuh.nhs.uk or call **0115 962 7905** to find out more, or use the tear off slip at the back of this booklet.

"We completed the inflatable 5k as part of our team's health and wellbeing agenda. The event ticked several boxes for us – it was a fantastic opportunity to raise money for Nottingham Children's Hospital, whilst being active and doing something together as a team. The day itself had a buzzing atmosphere with music and a fun warm up beforehand – who doesn't like bouncing around on inflatables? It's like being at a children's party, except you don't get kicked off the bouncy castle by groups of six year olds. If you get the chance to do it – do!"

Yvonne Brown, East Midlands Leadership Academy, who took part in 2017



Sunday 12 August 2018

Nottingham Rugby Club, Lady Bay, Nottingham

ASDA FOUNDATION NOTTINGHAM 10K

Now in its third year, the flat and fast route of the Asda Foundation Nottingham 10k starts and finishes at Nottingham Rugby Club, with the course taking runners on a journey through the scenic Lady Bay area, where you'll be cheered on by crowds of enthusiastic spectators.

Runners then travel on to the stunning Holme Pierrepont Country Park, home to the National Watersports Centre, where they will take a lap of the Regatta Lake, before heading for home – and a grand finish back at the Rugby Club.

It's quick and easy to register at www.runforall.com/events/10k/nottingham-10k from £22.

We have a limited number of **FREE** places for fundraisers who can commit to raise £150 or more in sponsorship. Email charity@nuh.nhs.uk or call **0115 962 7905** to find out more, or use the tear off slip at the back of this booklet.



"The Nottingham 10k was a really special race. The support from spectators was fabulous and it was lovely to be running on the 'home turf' for the charity I was raising money for. I enjoyed every second, and the course was wonderfully flat - great for personal best attempts!"

Rebecca Shipley, Fundraiser, who took part in 2017



Sunday 30 September 2018

Victoria Embankment, Nottingham

IKANO ROBIN HOOD MARATHON EVENTS



"Nottingham's biggest running event"

Take part in Nottingham's biggest running event in support of Nottingham's Hospitals. There is a distance for all abilities, including the mini marathon and half marathon, taking in the sights of the historic and beautiful city.

It's quick and easy to register at www.robinhoodhalfmarathon.co.uk from £12.95.

We have a limited number of **FREE** places for fundraisers who can commit to raise £250 or more in sponsorship. Email charity@nuh.nhs.uk or call 0115 962 7905 to find out more, or use the tear off slip at the back of this booklet.

"Choose your distance"



"I decided to raise money because I wanted to give something back to the amazing nurses, doctors and surgeons who looked after me during a serious lung infection. The half marathon was tough going as it was just one year after major lung surgery, but I'm so glad I did it to raise money for such a great cause. My children and their friends also had a great time running the mini marathon."

Ben Webb, whose family and friends joined him in running the Robin Hood Half / Mini Marathon in 2017

SIGN UP TODAY TO HELP YOUR HOSPITALS IN 2018!

Please tear off and post this form to us at **Freepost NUH CHARITY**
No further information is required on the envelope and you don't need a stamp.

Title:

First name:

Surname:

Email:

Telephone:

Address:

Postcode:

Names of event / events you'd like to sign up for:

We would love to keep you updated on how your gifts are having an impact through our twice-yearly newsletter, and information about our fundraising events and activities that may be of interest to you. Please let us know how you're happy to hear from us below:

By post Y N By phone Y N By email Y N

You can change your contact preferences at any time, or let us know if you would prefer not to hear from us in the future, by calling 0115 962 7905 or emailing charity@nuh.nhs.uk. For more information read our privacy statement: www.nottinghamhospitalscharity.org.uk/privacy-policy/

Nottingham University Hospitals Charity registered in England & Wales no. 1165397.
Company Limited by Guarantee registered in England no. 9978675.



#Here4Nottingham



TAILORED EVENTS FOR YOU

You can also take part in a whole host of other events to raise money for your chosen area of Nottingham's hospitals. Whether you want to do something big like a trek in a foreign country, or something in your local community like a cake sale or quiz night, we're on hand to support you. Just use the tear off form on the reverse to let us know your plans.

We are always adding new events to our calendar so keep checking www.nottinghamhospitalscharity.org.uk/events and follow us on Facebook and Twitter to find out the latest.



WE'RE HERE TO HELP

Whatever event you decide to take part in, we're here to help you every step of the way. All our fundraisers will receive a fundraising pack, which includes a sponsorship form and handy fundraising tips, as well as posters to promote your event. You'll also receive a Nottingham Hospitals Charity T-shirt or running vest to wear on the day of your event.

Our Nottingham Hospitals Charity team is on hand five days a week to offer help and advice throughout your fundraising journey.

Contact us: 0115 962 7905 | charity@nuh.nhs.uk | nottinghamhospitalscharity.org.uk

Come and see us: Sherwood Building (near Green entrance), City Hospital, Hucknall Road, Nottingham NG5 1PB.

#Here4Nottingham



@NUHCharity



NottinghamHospitalsCharity

