

A&E SHIFT CHALLENGE

Fundraising Pack



A&E SHIFT CHALLENGE



I am fundraising for the Royal Free Charity to support our emergency and urgent care teams at Barnet, Chase Farm and the Royal Free hospitals

My challenge is:

Visit royalfreecharity.org/shiftchallenge

A&E SHIFT CHALLENGE

A&E shift challenge

My challenge is:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

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Fundraising ideas

Want to get involved in showing your support for the Royal Free London NHS Foundation Trust but don't fancy tackling a movement challenge? How about taking on the night shift by dedicating an evening or nighttime activity for your emergency department?

Host a quiz:

Using our handy general knowledge quiz, encourage your friends and family to get involved and test their knowledge. With a suggested donation of £5, you could even host it online, at a pub, social club or restaurant!

Host a dinner party

Why not invite your friends and family over for a slap-up meal in support of your emergency department? You could suggest a £5-£10 donation per person and encourage fancy dress!

Dedicate your celebration event to A&E

Have a birthday coming up? Celebrating an anniversary? Getting hitched? Ask friends and family to donate to the Royal Free Charity in lieu of gifts.

Host a karaoke night

Get your friends and family over for a fun filled night of singing away to your favourite tunes. You could even have a prize up for grabs for the best performer of the night.

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Usually a social butterfly who is always out and about for dinner and drinks? How about encouraging your friends and family to have a night in and donate the money you would have spent going out to the Royal Free Charity.

Take on a 12-hour shift challenge!

Our emergency department teams work hard, 365 days a year. Why not show your support by tackling your own 12 hour shift challenge?

You could:

- host a gaming streamathon for 12 hours
- complete a 12-hour danceathon
- host a 12-hour board game night
- do a 12-hour walk, run or cycle
- get your friends and family involved in a 12-hour epic movie marathon!



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**ROYAL FREE
CHARITY**

Charity number 1165672 Company limited by guarantee number 09987907

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A&E SHIFT CHALLENGE

Fundraising online

Kickstart your fundraising

Set up a team fundraising page for your school or class, and show your local community, parents and carers that you're dedicating to completing the challenge. Why not set a fundraising target and see how far you can go?

Make it personal

Share why your school has chosen to support the Royal Free Charity by taking part in the A&E Shift Challenge and what makes it important to you. You could even create a video of your class saying why they are doing the challenge to post on your social media & school channels.

Share the news

Promote what you're doing by spreading the word through your school channels (newsletter, blog, website or magazine) to gain support from your local community.

Include offline donations

If you've collected any donations offline, using the sponsorship form or collections tins, add them to your school fundraising page so you can keep everyone up to date on your progress and hit your target.



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Fundraising online

Share updates throughout the month

Sharing your page frequently, especially if you've hit a fundraising milestone or target, will encourage more of your community to support or get involved themselves. Don't forget that donations may come in after your school has completed the challenge, so be sure to celebrate the end of the challenge by sharing any photos and your fundraising page with your school network.

Thank your donors

Take the time to thank your supporters for all of their support and for their donations during the challenge.



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The Royal Free Charity Quiz

1) What we now know as the Royal Free Hospital was founded because...

- A) an 18th century prince was released from a cell within a prison that once stood on the same ground the hospital is on today.
- B) a surgeon in the 19th century saw a need to offer free healthcare in London for those who could not afford it.
- C) a doctor wanted to provide free surgery space for dentists.

2) Fill in the blank: The Royal Free Hospital was the first hospital to _____ in the UK?

- A) open an accident and emergency department.
- B) allow women to practise medicine.
- C) use X-ray machines.

3) In 2020, the Royal Free Hospital was the first hospital to...

- A) host the first COVID-19 vaccine human trials in the UK.
- B) host an art exhibition on a hospital premises.
- C) attach a bionic arm.

4) How many kidney transplants did the Royal Free London NHS Foundation Trust carry out in 2022?

- A) 104
- B) 132
- C) 118



5) How many patient visits did our urgent and emergency care teams at Barnet, Chase Farm and the Royal Free hospitals receive in 2022?

- A) 309,000
- B) 420,000
- C) 180,000

6) For which reason was the Royal Free Hospital granted a royal charter by Queen Victoria in the 1800s?

- A) In recognition of the hospital's treatment of cholera victims
- B) In recognition of the hospital's service to the local community
- C) In recognition of the hospital's care of Queen Victoria's children

7) By which names has Barnet Hospital previously been known?

- A) Middlesex Hospital and Barnet General Hospital
- B) Wellhouse Hospital and Barnet General Hospital
- C) Enfield Hospital and Barnet General Hospital

8) Before it was a hospital, Chase Farm Hospital operated as a _____?

- A) school
- B) workhouse
- C) orphanage

9) In which year did Chase Farm Hospital become officially become a part of the NHS?

- A) 1948
- B) 1955
- C) 1944

10) Which birthday did the NHS celebrate in 2023?

- A) 60th
- B) 75th
- C) 55th

Name of sponsored individual Date

Full Name	Home Address <small>If you are a UK tax payer and eligible for gift aid, please give your full home address</small>	Postcode	Sponsored Amount £	Date of payment	Gift Aid it Please tick ✓	Signature*

*I am happy for all gifts of money that I have made to the Royal Free Charity in the past four years, and all future gifts of money that I make, to be Gift Aid donations. I am a UK taxpayer and understand that if I pay less income tax and capital gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations across all charities, it is my responsibility to pay any difference.

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The Royal Free Charity reclaims 25p for every £1 you donate from the tax you pay for the current tax year. If you change your name, address or tax status, do let us know. If you allow the Royal Free Charity to claim Gift Aid on your generous donation, this extra funding from the government will allow us to deliver our full range of support services for staff and patients across the Royal Free London NHS Foundation Trust, and to facilitate research and innovation to improve the future of medical care.

Full Name	Home Address <i>If you are a UK tax payer and eligible for gift aid, please give your full home address</i>	Postcode	Sponsored Amount £	Date of payment	Gift Aid it Please tick ✓	Signature*

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