

FUNDRAISING EVENTS IN 2024



Nottingham  
Hospitals  
Charity

At the heart of your care



**HELP YOUR HOSPITALS IN 2024!**

Have fun, take on a challenge and raise money for Nottingham's hospitals through one of our **EXCITING FUNDRAISING EVENTS IN 2024!**

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# HELP YOUR HOSPITALS IN 2024!

Do something amazing this year and take part in a fun event to raise funds for your local hospitals.

From active events to big challenges, you're sure to find something that suits you. And every penny you raise will go towards making Nottingham's hospitals the best that they can be for patients and families.



# BIG QMC ABSEIL

Saturday 7th September 2024

Queen's Medical Centre, Nottingham

Are you brave enough to take on the drop? The Big QMC Abseil provides thrill-seekers with the opportunity to scale 100 foot down the side of one of the UK's largest hospitals!

Registration is **£30**, plus a minimum sponsorship of **£150**.

Register at  
[www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)



BIG CHARITY CHALLENGES

#Here4Nottingham

 @NUH\_Charity

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# SKYDIVE

Saturday 8th June 2024

Langar Airfield, Nottinghamshire

Take on the challenge of a lifetime and skydive from 10,000ft in aid of Nottingham's hospitals alongside our team on our Charity Skydive day. Not for the faint hearted!

If you can't make the date, don't worry – we can help you find a jump date that suits you!

Participants must raise a minimum of **£450**.

Register at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)







## DRAGON BOAT RACE

Saturday 6th and Sunday 7th July 2024  
River Trent, Nottingham

Gather together a team of 17 friends, family members or colleagues and take on our ever-popular dragon boat challenge!

Registration is **£50** per team, plus a minimum sponsorship of **£850** per team.

Register at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)



## CHARITY GOLF DAY

Friday 24th May 2024  
Wollaton Park Golf Club

Inclusive cost per team of four – **£340**. Includes breakfast and drinks, 18 holes of golf at Nottingham's Premier Golf Course, two-course meal with speaker, trophies and prizes.

All funds will support Nottingham Children's Hospital.

Sign up online or email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) for more information.

# HIKE FOR YOUR HOSPITALS

Date of your choice

Location of your choice

Walk, stroll or hike your way to support Nottingham's hospitals. You choose your distance, your route and your fundraising target. Hike for your Hospitals is fun, flexible and family friendly – whether it's a 10-mile hike or a few shorter strolls, the choice is yours.

Register at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)





# HIKE FOR HAYWARD HOUSE

Spring 2024

Location of Your Choice

Choose to bring care to life this spring with a Hike for Hayward House. You choose your distance, your route and your fundraising target and help us raise funds for the specialist palliative care unit at Nottingham City Hospital.

Register at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)



#Here4Nottingham

@NUH\_Charity

@NUHCharity

NottinghamHospitalsCharity



# OCTOBER STEP CHALLENGE

October 2024

Our Facebook fundraising challenge will return in October 2024. Get those steps in throughout the month to raise money for Nottingham's NHS hospitals.

Follow us on Facebook  
[@NottinghamHospitalsCharity](https://www.facebook.com/NottinghamHospitalsCharity)  
to find out more and get involved



HIKE



## NIGHTRIDER LONDON

Saturday 8th – Sunday 9th June 2024

Lee Valley VeloPark, London

This night-time cycle event is about having fun and seeing the sights of London at the same time – with breakfast at the finish!

Choose from 50km or 100km.

Register at  
[www.nightrider.org.uk/the-ride](http://www.nightrider.org.uk/the-ride)



## LONDON TO BRIGHTON CYCLE RIDE

Sunday 15th September 2024

Clapham Common, London

Cycle the 55 miles from London to Brighton, with fantastic views along the way.

Register at  
[www.londonbrightoncycle.co.uk](http://www.londonbrightoncycle.co.uk)



# ROBIN HOOD MARATHON EVENTS

Sunday 29th September 2024

Victoria Embankment, Nottingham

Take part in Nottingham's biggest running event in aid of Nottingham's hospitals. There's a distance to suit all abilities, including the family-friendly mile challenge, the mini marathon and half marathon.

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](mailto:charity@nuh.nhs.uk) or call **0115 962 7905**, or use the tear-off slip at the back of this booklet.

Register at [www.robinhoodhalfmarathon.co.uk](http://www.robinhoodhalfmarathon.co.uk)





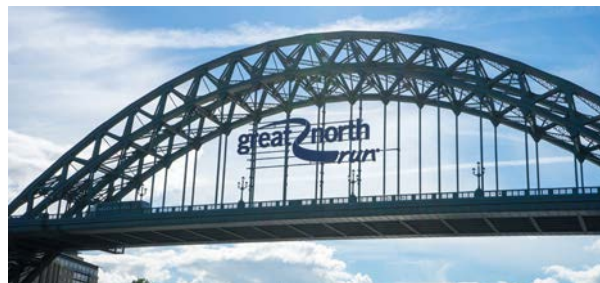
## TCS LONDON MARATHON

Sunday 21st April 2024

London / Virtual option

If you're lucky enough to have secured a much sought-after place in the TCS London Marathon, why not take part in aid of Nottingham Hospitals Charity? And if you weren't successful this time round, don't forget to enter the ballot for a place in 2025!

For more information go to [www.tcslondonmarathon.com](http://www.tcslondonmarathon.com)



## GREAT NORTH RUN

Sunday 8th September 2024

Newcastle

Join in one of the UK's most famous half marathons in aid of Nottingham Hospitals Charity. If you're not taking part this year, don't forget to enter the 2025 ballot.

For more information go to [www.greatrun.org/great-north-run](http://www.greatrun.org/great-north-run)

# ROBIN RUN 5K & FAMILY FUN DAY

Sunday 19th May 2024

Sherwood Pines, Edwinstowe

Join in on our Robin Run Family Fun Day and take part in either a 5K woodland run and/or a 1 mile treasure hunt walk suitable for families, children and those with limited mobility. Bring a picnic, enjoy the fete activities and have fun fundraising for Nottingham Children's Hospital Big Appeal.

Register at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)





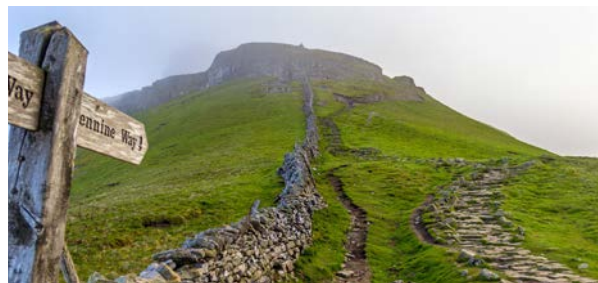
## NATIONAL THREE PEAKS CHALLENGE

Date of your choice

UK

Climb the three highest peaks in England, Scotland and Wales – Scafell Pike, Ben Nevis and Snowdon – with a total walking distance of 23 miles and total ascent of over 10,000 feet!

To book onto an organised trip, or for advice on organising your own Three Peaks trek, visit [www.threepkchallenge.uk](http://www.threepkchallenge.uk)



## YORKSHIRE THREE PEAKS CHALLENGE

Date of your choice

Yorkshire Dales National Park

Gather together a team of friends or colleagues and take on the picturesque peaks of Pen-y-ghent, Whernside and Ingleborough. Pick a date to suit you and tackle the 5,200ft of ascents in just one day!

To book onto an organised trip, or for advice on organising your own Yorkshire Three Peaks trek, visit [www.threepkchallenge.uk/yorkshire-three-peaks-challenge](http://www.threepkchallenge.uk/yorkshire-three-peaks-challenge)



## OUTLAW SPRINT & OUTLAW HALF

Saturday 18th and Sunday 19th May 2024  
National Water Sports Centre, Nottingham

A popular weekend of multisport with the Outlaw Half including a 1.2 mile swim, 56 mile bike and 13.1 mile run, and the Outlaw Sprint consisting of a 750m swim, 20km bike and 5km run.

Register at [www.outlawtriathlon.com](http://www.outlawtriathlon.com)



## OUTLAW TRIATHLON WEEKEND

Saturday 27th and Sunday 28th July 2024  
National Water Sports Centre, Nottingham

Take on the full triathlon! Distances are a 2.4 mile swim, 112 mile bike and 26.2 mile run.

Register at [www.outlawtriathlon.com](http://www.outlawtriathlon.com)





## BAKE SALES AND COFFEE MORNINGS

Gather together your family, friends or colleagues and hold a bake sale or coffee morning in your school, workplace, home or community centre.

Let us know your plans by calling 0115 962 7905 or email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)



## DRESS DOWN DAY

Hold a dress down day or silly jumper / hat / sock day in your school or workplace. A simple but fun way to raise money for Nottingham's hospitals!

Let us know your plans by calling 0115 962 7905 or email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)



## YOUR OWN EVENT

Come up with your own unique event – you could hold a sporting event or a quiz night, - check out our website to access our very own ready made quiz pack on our website. Let us know your plans and we'll send you a fundraising pack full of tips and ideas. Make sure to get your friends, family or colleagues involved to create a fun and successful event.

Let us know your plans by calling 0115 962 7905  
or email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)



## GET YOUR COMPANY INVOLVED!

Get your colleagues on board by taking on a group challenge as a team-building activity, or come up with your own fundraising idea as a team! You can also get your company involved in sponsoring one of our big events!

Find out more by emailing [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)  
or calling 0115 962 7905

HOLD YOUR OWN EVENT

# WE'RE HERE TO HELP

Whatever you decide to do to raise money, we're here to help you every step of the way. You'll receive a fundraising pack, including a sponsor form and handy fundraising tips, as well as a poster to promote your event, and a Nottingham Hospitals Charity T-shirt or running vest if you're taking part in an active event.

Our Nottingham Hospitals Charity team is on hand to offer help and advice throughout your fundraising journey. Get in touch today!

## Contact us


Call: **0115 962 7905**

Email: [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)

Visit: [nottinghamhospitalscharity.org.uk](http://nottinghamhospitalscharity.org.uk)

 [@NUHCharity](https://twitter.com/NUHCharity)

 [NottinghamHospitalsCharity](https://www.facebook.com/NottinghamHospitalsCharity)

 [@NUH\\_Charity](https://www.instagram.com/NUH_Charity)

## Come and see us:

Nottingham Hospitals Charity,  
2 Embley Road, North Road,  
City Hospital, Nottingham NG5 1RE



 Nottingham  
Hospitals  
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At the heart of your care

WE'RE HERE TO HELP

We're here to support you every step of the way: **0115 962 7905 / [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)**