



# Elf-care RUN

fundraising pack

Your step-by-step guide to organising an Elf-care Run to support our healthcare workers in the UK this winter.



# Planning your elf-care run

1

## Set up your JustGiving page

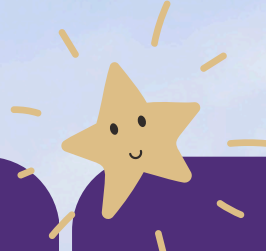
Follow this link to set up your JustGiving page [justgiving.com](https://www.justgiving.com) & click on the 'Start Fundraising' button. Be sure to add a photo with an intro & set yourself a fundraising target.



2

## Set The Date

Choose a festive date for your elf-care run that works best for you!



3

## Get Prepared

Download your elf-care run posters from our website [www.healthcareworkersfoundation.org](http://www.healthcareworkersfoundation.org)



4

## Spread The Word

Share your JustGiving page across your social media channels so people can donate.



## Get festive!!

Get participants to dress up as Santa's favourite elves (optional!) & enjoy the run. Don't forget to spread the word and share your fundraising page...remember to take photos to capture the moment!



# Paying in your sponsorship money

After your elf-care run, it's time to bank the final money raised for our incredible healthcare workers.

Thank you for being an amazing elf and organiser!



**online**

The fastest and best way to collect donations is through your JustGiving page. The funds you raised will be sent directly to us, so you don't need to do anything else.



**cash**

Please do not post cash donations. If you have cash donations to add, simply pay the money into your bank account and then donate the amount to your JustGiving page.



**other**

If you want to pay money raised in any other way, then please contact us at [fundraising@healthcareworkersfoundation.org](mailto:fundraising@healthcareworkersfoundation.org).

**#elfcarerun**

Share your photos on social media & don't forget to tag us!

[healthcareworkersfoundation.org](http://healthcareworkersfoundation.org)



## How you are helping

Here's how your festive fundraiser could help our  
healthcare workers in the UK

**£60 could pay for a counselling session for someone struggling with their mental health as a result of the pressures of their job.**

**£250 could give a grant to a healthcare worker living below the poverty line, so that they can provide food and clothing for themselves and their children.**

**£300 could pay for a laptop to support the education of a child of a deceased healthcare worker parent.**

**£500 could pay for a washing machine for a lower paid healthcare worker, freeing up valuable time and money by saving on weekly visits to the launderette.**

**£700 could pay for essential car repairs for a community based practitioner, giving healthcare access to patients living in remote areas.**

**#elfcarerun**

Share your photos on social media & don't forget to tag us!

[healthcareworkersfoundation.org](https://healthcareworkersfoundation.org)



## Our charity

The Healthcare Workers' Foundation (HWF) is a registered charity, founded by healthcare workers in March 2020, in response to the urgent need for PPE and other support due to the overwhelming Covid-19 pandemic. Today, four years later, the UK's three million healthcare workers continue to face ongoing pressures; some are suffering with their own mental wellbeing working in a highly pressured environment, while many are struggling to pay for essentials. As a result of these ongoing challenges, we continue to provide counselling, bereaved family support and financial assistance. HWF receives no funding from the Government nor the NHS. Our impact to date includes:

**Distribution of almost £1.9 million of gift in kind in PPE, food donations and wellbeing gifts.**

**Given over £190,000 in financial assistance for healthcare workers living in households below the poverty line.**

**Funded over £80,000 of counselling sessions to support healthcare workers with their mental health.**

**Refurbished 20 rest spaces, giving hundreds of healthcare workers a comfortable space to take a break and access to hot food and drink facilities.**

**Supported a dozen families, who lost a healthcare worker parent to Covid-19 by providing access to legal and education support, tutoring, counselling and respite breaks**

**Made grants of nearly £70,000 to support the children who had lost a healthcare worker parent through further education.**

**We are here to support the incredible people who take care of us, whether they are a porter, cleaner, healthcare assistant, nurse, or have any other vital role in our healthcare sector; we are here to support them, as they care for us.**

Registered Charity Numbers: 1189737 in England and Wales, SC052266 in Scotland

## #elfcarerun

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