



Top tips and Ideas for Doing Good in 2022



We can
help our Trust
do more



TOGETHER WE WILL MAKE A REALLY BIG DIFFERENCE



We know that when we unite and come together – we make a really big difference and One Good thing is based on the simple idea.

Everyone can do something
good,
no matter how big or how
small!



Whether you

- sign up to one of our events,
- volunteer for us,
- become a charity ambassador,
- nominate us as your workplace charity of the year, or
- plan your own fundraising event

There are so many ways to get involved and help us do more for our colleagues and patients at Calderdale and Huddersfield NHS Foundation Trust. Find out how you can get involved at www.chftcharity.co.uk or by emailing our Fundraising Team at chftfundraising@cht.nhs.uk

You can also find us on Twitter, Facebook, Instagram and LinkedIn by searching @chftcharity And don't forget to tag us by using #CHFTOneGoodThing

www.chftcharity.co.uk

chftfundraising@cht.nhs.uk

Join us in Doing Good Together

Take part. It's easy as 1, 2, 3!



1.

CHOOSE YOUR WAY TO DO GOOD

Get brainstorming with your friends, family or colleagues, pick an activity, and then put it into action. Take a look at your ideas and top tips guide at www.chftcharity.co.uk/get-involved/one-good-thing

2.

REGISTER WITH US

Let our team know about your event, ideas or challenge. We are here to support you all the way. Email us at chftfundraising@cht.nhs.uk

3.

SPREAD THE WORD

Sharing your plans will make a big difference, so engage your friends,, family or colleagues.



www.chftcharity.co.uk

IDEAS & TOP TIPS



Here are some handy hints to get you started!

Whether as an individual, at a school, workplace or with a community group there are many ways to get involved

- **SIGN UP TO ONE OF OUR EVENTS** - take a look at our packed events calendar. We have the Yorkshire 3 Peaks, Family One Peak Walk, Great North Run, Hospital 10km and more.
- **SWISH SWISH** – Organise a Swishing event. Where everyone brings items they don't need or want anymore, and swap these for something else in return. One person's trash is another person's treasure! For each Item you SWISH, make a donation to us. You'll be saving everyone money, and minimizing waste. A simple and easy way to give back!
- **PROMISE AUCTION** – Get your team together and list what promises you can make in the office, and auction the promises off to the highest bidder. Promises can be, cups of tea for a week, perhaps a neck massage or dinner break dog walk!
- **COFFEE FOR GOOD** - Get a cup of coffee for a colleague, friend or even a stranger, and ask them to pay the gesture forward. You can even approach a coffee shop and ask them to promote the idea.
- **GET WELL CARDS** - Write letters or cards for our patients in hospital. Even if each person writes just a single letter, a group could really make a huge difference! Include a return address to receive a thank you back. All letters and cards to be posted to Calderdale & Huddersfield NHS Charity, Huddersfield Royal Infirmary, Lindley, HD3 4EA.
- **VOLUNTEER** – volunteering can be incredibly rewarding. Perhaps share your skills as part of work place volunteering or sign up as a regular or one off event volunteer for us. Perhaps you are part of a community voluntary organisation who would like to partner with us.
- **PLACE A COLLECTION TIN** – we have collection tins to collect loose change, either in your place of work, a local business or as part of an event. We have a range of charity merchandise too that you are able to use to raise funds.



www.chftcharity.co.uk

THE DIFFERENCE YOU WILL MAKE



Your fundraising will have a direct impact on patient care and the health and wellbeing of NHS staff. Helping to go over and above!

You could support everything from helping provide the latest equipment on the wards, from state-of-the-art facilities to the little extras that make someone smile.

Use the examples below to show your supporters how their donations all add up to make a huge difference.

Did you know?

- **£10** could buy an **overnight pack for parents** who unexpectedly have to stay overnight in hospital with their little one.
- **£50** could buy a **handheld tablet** for patients to stay connected with their loved ones at home.
- **£300** could fund a supply of items to support **remembrance therapy** for patients with dementia.
- **£1,500** could fund a **state-of-the-art oxygen machine** to help patients with respiratory failure.



However you choose to support us, your One Good Thing will make a REALLY BIG DIFFERENCE

www.chftcharity.co.uk



Calderdale and
Huddersfield
NHS Charity



Calderdale and Huddersfield
NHS Foundation Trust

THANK YOU

**"Your support will
help us to keep
improving facilities
for staff and
patients."**



**Give back to your
Trust today.
Donate at: chftcharity.co.uk**



Charity Number: 1103694

compassionate
care