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Thanks so much for signing up to The Big Tackle 2024
– our eight-mile walk that starts and finishes at Torquay
Rugby Club on Saturday 9 March.

WE NEED YOUR HELP

Events play a huge part in how we spread awareness of Rowcroft, but many people are surprised to learn that the entry fee only covers the cost of the event. The fact is, it's the sponsorship money raised by people just like you which goes towards funding patient care.

IF FUNDRAISING ISN'T FOR YOU

We get it, not everyone likes to fundraise – if the act of asking people for money really isn't for you then we do offer the option of making a one-off donation instead (minimum £20 per person). Just make a donation to your fundraising page or on the thebigtackle.org.uk website.



GET STARTED 

To find out more visit:
thebigtackle.org.uk

rowcroft
hospice 



We understand that it might not be easy to ask your friends and colleagues for money when it looks like you're on a jolly day out! (It's just a total coincidence that fundraising for Rowcroft involves a free pint and watching the rugby.) But explaining to people that you are raising money to support your local hospice to help care for local patients and families like Luke's - now that makes sense.

SET A TARGET

Setting a target is a really effective way of getting this message across.

£265

could pay for overnight patient care at home, enabling a family to get a good night's sleep knowing their loved one is receiving expert care and support.

£558

could enable a patient and their carer to have fortnightly complementary therapy sessions for six months to help them relax and to relieve anxiety.

£1,443

could enable our Hospice at Home team to provide end-of-life care to a patient at home in their last two weeks of life.

Luke's Story

"While it was so traumatic to say goodbye to Mum, I'm eternally grateful to Rowcroft for giving Mum the opportunity to be at home with the family one last time," says Luke from Paignton, whose late Mum Lyndy was cared for by Rowcroft's Hospice at Home team.

"The Hospice at Home team came to the house day and night, staying with Mum to keep her as comfortable as possible, enabling her to spend her final days in the place where she had lived for 40 years - a home full of happy memories.

"I'll be forever thankful that she was surrounded by her family when she passed away. There couldn't be a better way to die."



Your support could help to pay for one of our Hospice at Home nurses to visit a family like Luke's. At such a frightening and overwhelming time, you could support a family to come together to concentrate on making those last moments as calm, peaceful and fulfilling as they can be.

SPONSORSHIP FORM

Technology has made it so easy to fundraise but we can also supply you with a Big Tackle sponsorship form for a more retro option. Visit thebigtackle.org.uk to download and print the sponsorship form.

Top tip! Get the first person who donates to give a minimum of £20 as this will encourage others to dig deeper!

giftaid it

Don't forget to Gift Aid your donations wherever possible! For those who pay UK tax, this can increase their donation by 25%. We can provide you with sponsorship forms or Gift Aid envelopes to help make that donation go even further. Just make sure that everyone fills in their own address details and that the form is completed with clear writing.

SET UP YOUR OWN FUNDRAISING PAGE

Setting up your fundraising page is now easier than ever. Just follow these quick and easy steps if you haven't done so already.

- Visit thebigtackle.org.uk and click on the 'sign-up' button.
- Fill out your registration and payment details and an account is automatically created for you. A link will be sent to your email address — click this link to view and edit your fundraising page.
- Add your own fundraising target.
- Add a profile picture to your fundraising page so people can easily see who you are.
- Write a personal paragraph (or short story) about what you're doing and why — this will really encourage people to sponsor you!
- When you have completed your fundraising page, you will be given a link to your page to share with your friends and family — so that they can make donations.
- Share your Big Tackle page with others and invite friends and family to donate. From your fundraising page, you can easily share your page link with friends on Facebook, X, Instagram, WhatsApp and Messenger, and you can email your page link to others.
- Make sure that the first people to sponsor you are the most generous.
- Encourage those who pay UK tax to Gift Aid their donations where possible — as this can increase donations by 25%.



- Post regular updates and photos so that everyone can see how you're getting on.

Please remember, if the act of asking people for money really isn't for you, then we offer the option of making a one-off donation instead (minimum £20 per person).



The Big Tackle is part of the hospice's No One Alone Appeal.

Your support helps Rowcroft to be by the sides of more patients who need us. Find out more at rowcrofthospice.org.uk/no-one-alone.

NOW YOU HAVE TO SPREAD THE WORD!

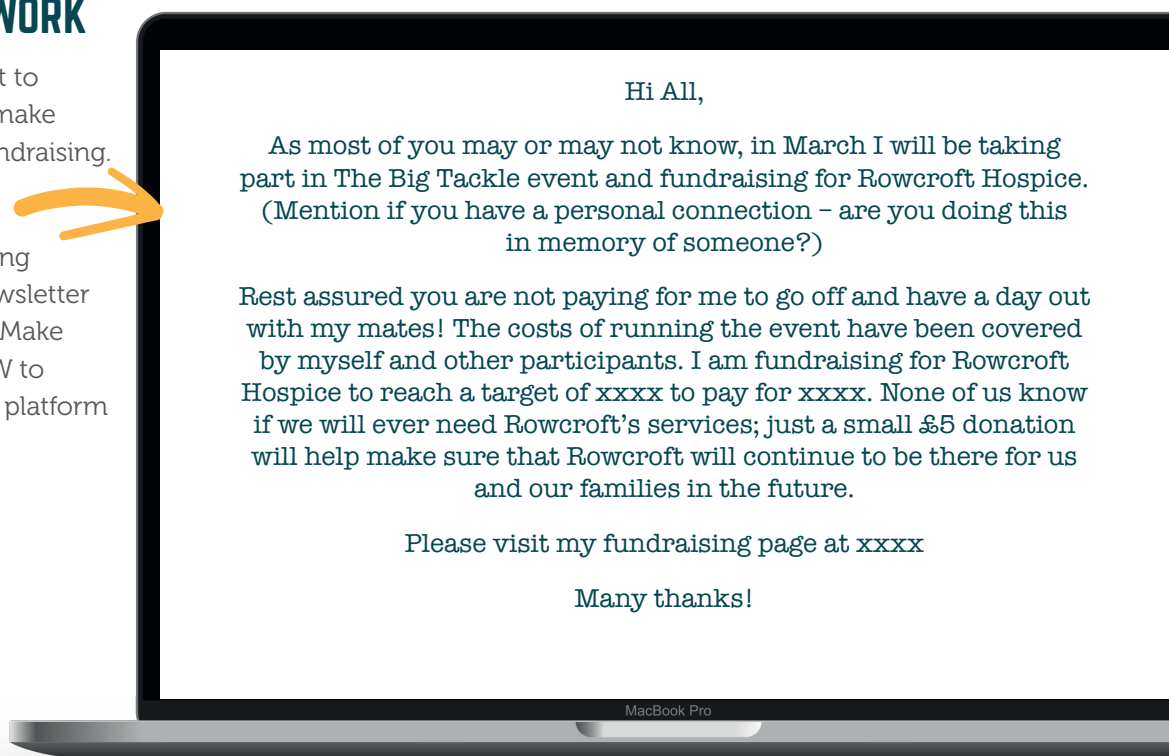
So you have your Big Tackle fundraising 'ask' and you know where to direct people to donate. Now it's time to do the nitty gritty!

WHEN YOU'RE AT WORK

- 1 Send a group email out to all your colleagues to make them aware of your fundraising.

Here is an example:

- 2 Mention your fundraising activity in the work newsletter and at a staff meeting. Make sure people know HOW to donate via your online platform or using the form.



- 3 If you work for a company, ask your manager or HR department about match funding. Lots of companies are keen to show off their corporate social responsibility and an easy way for your boss to do this is by matching your fundraising efforts with a company donation. It's all good publicity and if you don't ask you don't get!

YOUR FRIENDS AND FAMILY

- 4 Share your online fundraising page through Facebook. Top tip: pick a quiet time to do this like evenings and weekends. You will need to share this more than once but try not to bombard people. If your birthday falls over the fundraising period, ask for a donation instead of buying you a birthday drink! Share when you're nearing milestones, eg: when you're £20 off hitting the £500 mark etc.
- 5 Use WhatsApp and other group messages to spread the word. Create a group chat of people you know are likely to sponsor you. Copy and paste part of the email above and add the link to your Facebook or Just Giving Page. Top tip: tag people in the post who you know are likely to sponsor you.

TEAM MATES AND CLUB MEMBERS

- 6 Do you play sport for a local team or play darts at your local pub? You guessed it – we need you to ask them too! Ask the chair/captain if you can spread the word about your fundraising message. Can you share your link in a group chat or post the link in your team or club Facebook group?
- 7 Why not pop a swear box on the bar at your local pub or in your place of work? You'll be surprised how quickly it fills up! Get in touch if you'd like us to issue you with a collection tin.

Don't forget to thank everyone after they donate (and after the event). Share your success and photos with them too.

Thank you for your support and remember our Fundraising Team is only a phone call away on 01803 217450