mha
Live later life well

Fundraising Pack

#TeamMHA

make it matter





Welcome to #TeamMHA

Every fundraiser starts with a simple decision, to do something meaningful.

By being part of #TeamMHA, you are helping older people live later life well. Whether you raise £10 or £1,000, every pound helps provide care, connection and compassion to people who need it most.

Every day, MHA supports over 16,000 older people across care homes, retirement living and community and befriending services. But what really matters is how that support feels.

It means someone *feels safe*.

It means someone *feels valued.*

It means someone *feels less alone*.

For over 80 years, we have been creating places where people feel connected and supported, not just cared for.

Right now, loneliness is one of the biggest challenges facing older people. It can build quietly, but with the right support, it can be transformed into friendship, confidence and belonging.

This is because *you* make it matter.

Your fundraising helps create moments that matter. *A conversation. A shared laugh. A sense of being part of something again.*

You won't be doing this alone. Our team will support you every step, song or swim of the way.

If you need anything at all, *we are here to help*:
fundraisingenquiries@mha.org.uk
01332 221 883

Thank you for choosing to be part of #TeamMHA.

What you do will truly change lives.

make it matter



Your impact

How you make a difference

Together, we help older people live later life well, with care, community, friendship and support that makes it matter.

Across MHA, over 16,000 older people are supported every year. Nearly 10,000 of those people are part of our community services, where friendships are formed and confidence is rebuilt.

Because connection changes everything.

- 95% of people we support say they feel less lonely and isolated.
- 92% say their mental health has improved.
- 89% feel more connected to their community.

This is the difference *you* make.

£25

£25 could help fund befriending visits, bringing conversation and companionship to someone who may not otherwise see anyone.

£50

£50 could help someone attend friendship groups, building relationships and rediscovering confidence.

£150

£150 could help provide regular telephone support, offering reassurance and a friendly voice when it is needed most.







Every pound you raise helps turn loneliness into connection.

Where your money goes

MHA makes a difference ...

Your fundraising supports older people in many different ways, from care homes to community groups across Britain.

It helps create safe, welcoming places where people can laugh, share stories and feel part of something again.

Through our services, people find more than care. They find friendship. They find purpose. They find moments that matter.

We will always make sure the money you raise goes where it is needed most. If there is something particularly meaningful to you, you can choose to support a specific area such as dementia care, music therapy or chaplaincy.

With the support of over 2,400 volunteers, we are building a future where no older person feels forgotten.

One person.
One conversation.
One moment of connection at a time.

Learn more about the impact of our work: **mha.org.uk/our-impact**













Event ideas

The only limit is your imagination!

There is no right or wrong way to fundraise. The best idea is the one that feels right for you.

Get active

Take on a challenge and push yourself. From a couch to 5k to a long-distance cycle, or even a fun run in fancy dress, every step you take helps make a difference.

Life lessons

Bid for a half hour life lesson from someone with skills or stories you admire and share, wisdom, humour and lessons learned.

Get something brilliant

Host a bake sale at work, school or in your community. Homemade treats and a good cause are always a winning combination.

Host a safari supper

Bring people together over food. Each course in a different home, one shared experience, and funds raised along the way.

Whatever you choose, make it yours and make it matter





Bring people together *and have fun!*

Fundraising is about connection as much as it is about raising money.

Talent show

Sing, perform, tell jokes or showcase hidden talents. Charge for tickets and enjoy the moment.

Car wash

Get your community involved and raise money while doing something practical.

Quiz night

Bring out people's competitive side and create a fun, social evening.

Crazy hair day

A simple, fun way to get colleagues, friends or schools involved.

Silent auction

Gather prizes and create a bit of excitement with secret bids.

Need more inspiration?

Visit **mha.org.uk/fundraising-ideas** for even more ideas to get you started.





Organised *Challenge events*

If you're looking for something bigger, why not take part in an organised event?

Great North Run

Join thousands of runners in one of the world's most iconic half marathons. An unforgettable experience, incredible atmosphere and a finish line you will never forget.

London Marathon

Take on one of the most famous marathons in the world. Run through the heart of the capital, cheered on by thousands, and be part of something truly extraordinary while raising funds that change lives.

Or find your own place in a local run, walk, cycle or swim.

Whatever you choose, our team will support you from the moment you sign up to long after you cross the finish line.

To explore upcoming events or find out how to fundraise with your own place, visit: **mha.org.uk/support-us/events**



More challenges
Push yourself further



Coast to Coast Cycle Challenge

Take on a stunning two-day journey through some of the UK's most beautiful landscapes. A challenge that will stay with you long after the finish.



Tandem skydive

Experience the thrill of freefall while raising funds to help tackle loneliness in later life. An unforgettable way to make a difference.

No matter the challenge, every step, pedal or leap helps create moments of connection and support for older people.

To discover more events or get started with your own challenge, visit:
mha.org.uk/support-us/events

Running your event
Plan your fundraising

Every great fundraiser starts with an idea.

1. Choose something you enjoy. If it matters to you, it will inspire others too.
2. Set up your fundraising page at **justgiving.com/mha**
3. Share your story and tell people why you are fundraising
4. Invite friends, family and colleagues to get involved
5. Have fun and capture the moments
6. Keep people updated and celebrate milestones
7. Donate what you have raised via JustGiving or **mha.org.uk/paying-your-fundraising-money**

Not sure where to start?

We've created a simple A–Z of fundraising ideas to help spark inspiration, whether you want something fun, challenging or completely unique.

Download your guide at:
mha.org.uk/fundraising-ideas

Every idea, no matter how big or small, has the power to ***make a difference***.



Promotion
Spread the word and build momentum

The more people who know about your fundraising, the bigger the difference you can make.

Sharing your story is one of the most powerful ways to inspire support. Tell people why you have chosen to fundraise for MHA and what it means to you. When people understand your reason, they are more likely to get involved.

Use social media
Share regular updates in the lead up to your event. Post photos, videos and fundraising milestones, and don't forget to include your JustGiving link so it is easy for people to donate. You can also tag MHA so we can cheer you on and help celebrate your efforts.

Use posters and flyers
Posters and event flyers are a great way to spread the word in your workplace, local community, care home, church or school. They can help you reach people beyond your immediate friends and family and build support for your event.

Buckets and collecting tins
If you need collection buckets, tins, MHA t-shirts or any other fundraising materials, just get in touch with us. We'll be happy to help you get what you need to make your event a success.

Reach out to local press and radio
Your fundraising story could inspire others in your community. Let your local newspaper or radio station know what you are doing and why you are supporting MHA. If you would like help sharing your story, our Charitable Giving team will be happy to support you.

Bring people along for the journey
On the day, share updates, photos or even a live stream so more people can feel part of the experience, wherever they are.

Always say thank you
Once your event is over, thank everyone who supported you. Whether they donated, took part or helped spread the word, let them know the difference they have helped make.

If you need any fundraising materials or support, contact our Charitable Giving team:
fundraisingenquiries@mha.org.uk
01332 221 883

Paying in your funds and sponsorship



The easiest way is online at **donate.mha.org.uk** or through your JustGiving page.

You can also find full details and guidance, including a download link to our official sponsorship form, here: **mha.org.uk/paying-your-fundraising-money**

Gift Aid

If donors are UK taxpayers, Gift Aid increases the value of their donation by 25% at no extra cost.

By post

Send a cheque payable to Methodist Homes to:
MHA Charitable Giving Team, Epworth House, Derby, DE1 2EQ

By phone

Call **01332 221 883**

However you choose to donate, your support is helping older people feel more connected, supported and valued.



More ways to support MHA

There are so many ways you can continue to make a difference.

Volunteer with us

Give your time and support older people in your local community. Even a small amount of time can have a big impact.

Recycle4Charity

Recycle ink cartridges and raise funds at the same time.

Easy fundraising

Shop online and raise money for MHA at no extra cost to you.

easyfundraising.org.uk/causes/methodist-homes

eBay for charity

Sell unwanted items and donate a percentage to MHA.

Celebrate a life well lived

Create a tribute page to remember someone special and support others in their name.

To explore all the ways you can support MHA, visit:
mha.org.uk/support-us

Whatever way you choose to support, you are helping people live later life well.

make it matter

Registered with FR FUNDRAISING REGULATOR

Contact details

For any additional support just get in touch with the Charitable Giving team who will be delighted to help: **fundraisingenquiries@mha.org.uk** or call **01332 221 883**

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