

Exciting events which foster a team spirit

Achieve something amazing whilst strengthening relationships with colleagues by getting a team together to work towards a common goal in support of St Catherine's Hospice.

We offer a variety of different events and challenges to suit different interests, commitments and abilities.

These include:

- **Overseas adventures:** From walking the Great Wall of China to trekking through the foothills of the Himalayas, we work with an international adventure holiday specialist to organise once in a lifetime experiences
- **The Moonlight and Memories Walk:** Our biggest sponsored annual event involves a night-time walk around Preston, with participants encouraged to take part in memory of someone special
- **The Manchester to Blackpool bike ride:** We have places available in this iconic North West 60-mile fundraising event
- **Skydive:** The ultimate adrenalin challenge involves jumping from 11,000ft
- **Great North Run:** Pound the pavements around Newcastle and Gateshead in one of the world's biggest half marathons



Raise funds and reap other rewards

The funds you and your team raise in sponsorship are vital to the hospice, which depends on the generosity and amazing efforts of supporters to raise £3.8m of its £5.6m annual running costs.

We also want the experience of being part of **#TeamStCatherines** to be positive and meaningful for you and your colleagues.

Our community engagement team will be on hand to help with advice around raising sponsorship and training up for the big day, while our communications team will share news of your activities online and in the media. This includes a Facebook following of 13,000 people as well as popular Twitter and Instagram accounts. We also benefit from excellent links with the local media.

As well as boosting the profile of your business, we've found that team challenges benefit colleagues and teams by:

- Giving them a shared purpose away from their day job
- Strengthening morale as milestones are met
- Empowering and enabling them to give something back to their community

"We absolutely love taking part in fundraising events for St Catherine's Hospice. We had a great time helping out at the Christmas Festival last year and are very much looking forward to volunteering and enjoying Yellow Day this Summer." Hedges Direct

For more information about our upcoming events and how you and your colleagues can get involved, please contact our Community Engagement Team.

Email: fundraising@stcatherines.co.uk **Call:** 01772 629171

"Being at home is really important to me, and the support we're getting from St Catherine's is helping me to stay there."

Ann, who is supported by St Catherine's at home