

Fundraise with your team at work
and improve lives after brain injury

Raising Funds With Your Colleagues

Welcome.

This month, over 300 local people will be admitted to Addenbrooke's and other local hospitals with a brain injury.

That's 300 local people facing the uncertainty of brain injury: How long will the effects last? Will I still be able to work? What does this mean for my husband, wife, daughter, son?

At Headway Cambridgeshire we pride ourselves on being the one constant contact for people from their diagnosis, to their discharge from hospital, going home and beyond.

The people we support tell us just how valuable it is to know that they can always come back for support whenever they need it.

"When I first came to Headway with my brain injury, I didn't even have the confidence to make a cup of tea. Now I volunteer twice a week at the centre and help others with their rehabilitation journey."

Headway Volunteer, Colin

Together we can ensure that everyone in Cambridgeshire affected by brain injury gets the support they need.

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FUN WITH FUNDRAISING

Here are seven easy ways to have fun with your colleagues and raise funds for Headway Cambridgeshire:

1

DRESS-TASTIC

Choose your fancy dress theme and go for it! Hold a competition with a prize for the best costume.

2

CAKE & CUPPA

Bake some tasty treats and offer rounds of tea and cakes to your colleagues in return for a donation.

3

HEADWAY HAT DRAW

Ask everyone to write their name on a five pound note, and put it into a hat. Draw the winner. Half the loot goes to the winner, and the other half goes to Headway Cambridgeshire.

4

BAKE OFF

One for the star bakers! Competitors donate an entry fee, and present their baking to your chosen judging panel. Announce the winner, then anyone can dive into the (baked) goods in return for a donation to Headway Cambridgeshire.



5

TEAM CHALLENGE

Whether it's a muddy obstacle course, dragon boat race, cycle, hike or run, there are lots of options for your team. Search online to find the best challenge for your team.

6

QUIZ NIGHT

Bring out your colleagues' competitive side with a quiz, asking everyone to make a donation to enter. It's easy to find a pre-written quiz online, or write your own.

7

SPONSORED SILENCE

Take 24 hours to zip your lip and ask your team to join you.

Perhaps you have your own ideas!

GIVE & SMILE

Thank you very much for your support

However you choose to raise funds for Headway Cambridgeshire, we can't thank you enough for supporting our work

**Once you have your final total,
you can give with confidence by:**

- Going to justgiving.com/headwaycambbs
- Sending a cheque payable to Headway Cambridgeshire to our main office
- Making a bank transfer - contact us for details on 01223 576550 or email info@headway-cambbs.org.uk



If you're affected by brain injury, or you know someone who is, we're here to support you whenever you need it. Just visit our website headway-cambbs.org.uk or call us on 01223 576550, Monday to Friday, 9am-5pm.