



# kiltwalk

# WELCOME PACK

NHS Tayside

**Charitable Foundation**

Empowering Health & Wellbeing in Tayside





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From the everyday to the innovative, we support NHS Tayside to empower the communities it serves: patients, families, donors, carers and staff. Together, we help make people's lives better and longer. That's why we have teamed up with Kiltwalk Dundee as their main sponsor.

Through your Kiltwalk fundraiser, you'll be raising money to support the health and wellbeing of the people in Tayside both now and for future generations!





# MEET THE TEAM

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We are the official charity of NHS Tayside. From the everyday to the innovative, we support NHS Tayside to empower the communities it serves: patients, families, donors, carers and staff. Together, we help make people's lives better and longer.



**Gillian Moran**  
*Fundraising Manager*



**Vicky Davidson**  
*Fundraising Support Officer*



**Carolyn Berry**  
*Fundraising Support Assistant*



# THE CHALLENGE

01

## Choose challenge

Register for the Kiltwalk through their [website](#). All funds you raise go quickly and DIRECTLY to us to help to improve health and wellbeing in Tayside plus all eligible gift aid (up to 25%\* extra).

02

## Pick a start date

Two lengths are available - Mighty Stride (20 miles) and Wee Wander (4 miles).

03

## Collect donations

How do you want to gather your funds? Sign up through Just Giving and/or use our sponsor forms to collect cash donations.

04

## Let people know

Share your event and photos with us at [tay.nhstcf@nhs.scot](mailto:tay.nhstcf@nhs.scot) or tag us on social media and we'll share them to our followers. Let your family, friends and work colleagues know by sharing links to your fundraising page.

05

## Updates

Let your supporters know how you're getting on with your challenge and share photos on your page along the way - don't forget to tag us so we can reshare!

06

## Celebrate!

Now is the time to share your story, how much you've raised and celebrate your achievement!

**Register today to get a free t-shirt!**



# YOUR SUPPORT

## Where your funds will go

Patients' journeys can often see them engage with multiple departments and services within NHS Tayside. By donating to our unrestricted fund through Kiltwalk, fundraisers and supporters make it an equitable fund for distribution across all wards and departments within NHS Tayside. Some wards often receive more funding than others so the unrestricted fund allows us to support underfunded departments and services. PLUS if you raise £500 for our general unrestricted fund, we'll add £1000 to your fundraiser!

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Your donation will support local NHS hospitals and services in NHS Tayside as well as local health charities and community projects. You can donate to our general fund which can be used for a variety of purposes, including:

- Buying extra items for patients which will make their visit or stay more comfortable
- Supporting major projects, such as a new unit, an extension or a facility upgrade
- Introducing pioneering ways of delivering care
- Contributing to medical research
- Supporting Volunteer Services
- Funding extra educational and training opportunities for staff
- Providing additional support to patients in the community

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# THANK YOU



Thank you for supporting NHS Tayside Charitable Foundation.

. Please look out for upcoming events and campaigns to continue your support



Join our lottery for a chance to win £25k

NHS Tayside

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