



Be a Fundraising Champion for thistle

Join our **wonderful community** of supporters; **have fun,**
make friends and enjoy raising money to **support people**
who need a little bit of Thistle to get their lives back on track.

KILTWALK FOR THISTLE

Do you look cracking in a Kilt?
Are you terrific in tartan?

Hoots Mon—we need you!!!

Join the thousands of people who sign-up every year to do the Kiltwalk in one of Scotland's glorious cities. Get signed up with Kiltwalk.co.uk, create your fundraising page and shout about it to everyone you know and get ready to have fun!!! Want an extra boost to your fundraising? Sir Tom Hunter's Foundation tops up fundraising efforts and in the past this has been by 50%. So if you raise £100, Sir Tom tops it up by another £50 for our charity! It's our biggest opportunity in the year to bring in funds for Thistle.

Get signed up with
Kiltwalk.co.uk

GET ON YOUR BIKE

Whether you are part of a cycling club, social group or prefer to cycle alone, you can take part in an organised event or even create your own.

And don't worry if you're not keen on the great outdoors – why not do a virtual tour and clock up the same miles but on an exercise bike at home or in your local gym. Better still, do a relay and get your friends to join you.

Pledge to raise a minimum of £250 and we will provide a Thistle water bottle, Thistle cycle shirt, and an "I got on my bike for Thistle" mini banner for when you hit the finish line!



HAVE A GO

BAG A MUNRO

Have you been longing for a reason to climb the beautiful hills in Scotland? Well why not take our challenge and make this the year you climb one or more munros.

Pledge to raise a minimum of £200 and we will supply you with a t-shirt, an "I had a go and bagged a Munro for Thistle" banner to take with you and a totalizer to help track your fundraising target and share your progress with friends and supporters.

TAKE THE PLUNGE

Did you find your inner dolphin during lockdown? Have you taken the plunge into open water swimming?? Then why not sign up to one of the many open water fundraising events that take place in Scotland every year. Pledge a fundraising total of £250 or more and we will refund your entry fee.

Alternatively, set up your own event or challenge, pledge to raise £150 or more and we will send you a Thistle swimming cap and cosy after swim t-shirt to warm you up when you hit your finish line.

AND BREATHE

Would your yoga, pilates or tai chi group do a fundraiser for Thistle? A yogathon could raise money to help us continue to give people who need our adapted gym a subsidised membership, help us buy new equipment or cover the cost of the annual maintenance.

HAVE A COFFEE, SHOW YOU CARE

Want to support us but looking for something you can do more easily during a time of covid? Here are some more ideas that you might like:

If you work and your team is all at home, you could agree to donate your average coffee shop spend for a week to help us keep our tea and coffee free to all that come to our Centre of Wellbeing for support.

When life feels a struggle, it can take courage to walk through our doors. We give a warm welcome to everyone and know that a friendly face and an offer of a tea or coffee can help put people at ease and show we care.

Your weekly coffee shop spend could pay for a full day's supply of tea and coffee for people we support at our Centre of Wellbeing.





LOVE A

NIGHT IN

QUIZ NIGHT

FUN

We all seem to know lots of useful and useless piece of information. If you have a catalogue of facts, why not set up your own Zoom Quiz Night for Thistle with family and friends.

You could ask everyone for a small donation to take part. Pledge to raise £50 or more and we will give you a Thistle t-shirt to offer up as a prize.

Why not organise a blind date for your single friends on Valentine's Day? Or any time of the year.

It could be a virtual Zoom dinner date, where you have no idea who you will be chatting with or a Zoom coffee and cake date.

Ask your friends and colleagues to put their trust in you to pair them up for the date and ask them to donate £5 each if the date was rubbish, £10 if the date was good, £20 if there is a second date happening and love is in the air!



CHRISTMAS

CROCHET OR

KNITTING

VIRTUAL VIRTUOSO

Do you play a musical instrument? Happy to give out a few virtual lessons?

Are you a terrific triangle dinger, guitar guru, little drummer girl or boy?

You could offer out virtual lessons to raise funds and share your skills. Help others gain a new hobby or skill by sharing your talents for a wee donation. You never know, you may have the next X-Factor contender.

Why not pick up your needles and make an early start for a Christmas Fundraiser!! Get the sound of clickity click going now and knit your Santa's, Reindeer, Christmas stockings or stocking fillers.

Offer to friends and family for small donations and help Thistle with your fundraiser.

We will share photos of your great work up on our Facebook page, the post with the most likes or comments will win a prize!

Thistle is a charity and our doors open to everyone who needs a bit of support to get their lives back on track. We welcome people irrespective of their health condition whether it's long-covid, diabetes, a stroke, depression, anxiety, chronic pain or anything else that makes it hard to get on with life. Sometimes a bit of Thistle is just what someone needs to start living their life again.

Help us continue to support everyone who needs us by joining our wonderful community.

More information from Gail Begg
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Find out more about us:

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