

# Fundraising Update

## *Ireland*

Rehab's Irish fundraising team has an exciting programme of events lined up for 2010 – something to suit all tastes and sporting enthusiasts!

All funds raised locally will stay in your locality, so why not come out and support your local Rehab centre and help us achieve our fundraising target for 2010?

### **The Winter Hyacinth Fundraising Campaign**

As featured on the cover, Top Oil and Rehab recently launched the sale of winter hyacinth bulbs in support of HeadsUp. This innovative fundraising initiative hopes to raise €30,000. Hyacinth bulbs are on sale for €7 in selected Top Oil outlets and Rehab centres nationwide. The flower comes beautifully packaged with a glass vase and will take around 10-12 weeks to bloom. So go on, support HeadsUp and purchase a hyacinth bulb from a Top Oil station close to you. For a full list of outlets, please visit [www.headsup.ie](http://www.headsup.ie)

### **Charity Partners**

Why not become a Rehab charity partner for a year and help to give something back to your local community, build staff morale and develop a team spirit around one of Rehab's key fundraising projects? Fundraising has become a vital source of income for the development and upgrading of many of our services nationwide. If you are interested in becoming a charity partner for 2010, please contact our Head of Fundraising, Pauline Crowley, on 00353 1 205 7200.

### **Rehab's Christmas Appeal**

This year Rehab is making a special request to companies across Ireland to support our suicide prevention project – HeadsUp. To sustain and progress the initiatives developed over the past three years, we have a fundraising target of €200,000 for 2010. Every contribution, regardless of how small, will make

a difference. To those who support our Christmas Appeal, we'll inform your customers of your support by providing you with a letter of thanks acknowledging your contribution which can be circulated to your clients in lieu of corporate gifts. For more information on HeadsUp, please visit [www.headsup.ie](http://www.headsup.ie). To support HeadsUp this Christmas, please send a donation to: Rehab Foundation, Christmas Appeal, Roslyn Park, Sandymount, Dublin 4.

### **Rehab Challenges 2010**

#### **Skiing**

Reach for the Peaks Ski & Snowboard Challenge:  
February 27 - March 2

#### **Cycling**

London to Paris  
Bike Ride:  
July 8

#### **Running**

Flora Women's Mini  
Marathon:  
Bank Holiday, June 7

Dublin City Marathon:  
Bank Holiday,  
October 25

#### **Golf**

Rehab's Annual Golf Classic: May 2010

#### **Treks & Walks**

Vietnam: Autumn 2010  
Hadrian's Wall: September 2010

#### **Sponsored Skydive**

Dates available all year round to suit you.

**For further information on any of our challenges, please contact the fundraising department on 00 353 1 205 7231 or email [fundraising@rehab.ie](mailto:fundraising@rehab.ie)**



## Rehab Radio Bingo

2009 saw a huge growth in the number of people playing Rehab Radio Bingo. This is a reflection on the great prizes that are won daily by people in your local community. The game is easy to play and easy to win. Simply purchase your bingo book in your local shop, tune in to your local radio station and listen out for your numbers. The numbers are repeated five times daily so you will never miss a game. Radio stations playing Rehab Radio Bingo include: Ocean FM, Highland Radio, Shannonside Northern Sound, Midlands 103, KFM, KCLR, WLR, LMFM, East Coast FM, Tipp FM, Radio Kerry, C103 and South East Radio. For a list of retailers selling Rehab Radio Bingo books, visit your local radio station website or LoCall 1850 22 52 02.

## Rehab Bonanza Draw

Become a member of our monthly Rehab Bonanza Draw. We have €160,000 worth of prizes to give away annually, including brand new Renault Megane cars, a €5,000 holiday voucher, plus ten cash prizes. Join the club and be one of our lucky winners next month! All funds raised

*Pictured below: Sylvia Mayne (centre) from Co. Cavan, winner of €14,000 in Shannonside Northern Sound's Rehab Radio Bingo, with Joao Soares, Station General Manager (left) and Ollie Robinson, Rehab Fundraiser.*



from this draw go towards the improvement and development of Rehab services. To join, simply call us on LoCall 1850 22 52 02.

## Get your Lottery Tickets Here!

Rehab is looking for people to sell lottery tickets on the streets of Dublin on a commission-only basis to raise funds for its services. If you are interested, please ring LoCall 1850 22 52 02 for more details.



*Pictured above: Some of the 40 volunteers from top business advisory firm, Deloitte, who planted new shrubs in the grounds of Roslyn Park College in Sandymount and painted the college gym. The team of volunteers got involved as part of the company's Impact Day where staff choose a charity and complete a project for it in one day. Thanks to everyone who volunteered from Deloitte for all their hard work!*

Rehab would like to extend a huge 'Thank You' to the companies who have supported our national fundraising activities in 2009:



for Sponsoring the 2009  
People of the Year Awards



for Sponsoring the National  
Rehab/Powers Whiskey Pub Quiz



for Sponsoring the Winter Hyacinth  
Campaign in support of HeadsUp

We would also like to thank the many companies who have supported our local fundraising events and who, as a result, have made a difference to their local community.

From everyone at Rehab, thank you.

**Rehab**

Investing in People, Changing Perspectives

## UK

In the UK, Rehab's fundraising team has a whole host of events planned for 2010. Whether you want to feel the adrenaline rush of jumping out of a plane at 10,000 feet or have a relaxing day on the golf course, there's something for everyone. Here's a selection of upcoming UK events to get your teeth into.



### Midlands Golf Event - July

Our Midlands Brain Injury Centre will host its 10th annual golf event and this year it promises to be our best yet. Venue will be confirmed shortly.

### North East Abseil - May

Staff and supporters of the North East Brain Injury Centre will be holding their 4th annual abseil. Although the venue and date are still to be confirmed, thrill-seekers are already queuing up for this popular event.

### Moor Park Golf Classic - 7th May

This event has now been running for 18 years and promises to be a truly memorable occasion for golf enthusiasts. Following a day on Moor Park's beautiful 18-hole course, golfers will spend the evening in the club house – a magnificent 17th century mansion – where they will be served a delicious dinner and can bid on some not-to-miss auction items.

### Midlands Dragon Boat Race - July

After being a huge hit last year, the Midlands Brain Injury Centre will again hold its Dragon Boat Race event for a second year running. Eager teams battle it out on the water to make it over the finish line first in this hilarious (but very serious) race.

### White Water Rafting - June & September

Why not cause a real splash at one of our big WET days out? Our White Water Rafting event will take place on the River Tummel in Perthshire, Scotland, and is a fantastically-exhilarating team challenge. Feel the rush as you take on some of the best rapids in the country.



### Skydive Across the UK - Flexible Dates

The sky's the limit when it comes to a sponsored skydive from a plane which is cruising at 10,000 feet. Take the leap and do something really hair-raising in 2010.

### Overseas Challenges

For those of you who like to venture a little further afield, we offer a number of sponsored overseas challenges, from cycling London to Paris or walking the Great Wall of China, to trekking across Cuba. We use



### Forth Rail Bridge Abseil - May & October

A unique challenge to abseil 165 feet SAS-style – or free fall – from the famous Forth Rail Bridge at South Queensferry, near Edinburgh, onto the beach below.

### Santa Ski & Board Challenge - December

Festive fun will be brought to even more people in 2010 with our Santa Ski & Board Challenge taking place in both Scotland and England. This sponsored 5km downhill skiing and snowboarding event has proved to be a huge success... and the best part is that all the participants dress up as Father Christmas! Your challenge is to complete 25 runs of the indoor real snow slopes in under two hours.

reputable organisations who take care of everything, leaving you free to concentrate on your sponsorship and training. So why not take the opportunity of a lifetime? If you have your own ideas for a sponsored event, the fundraising team would love to hear from you.

For more details on fundraising in the UK, please contact:

Sue Norman by email at [susannorman@momentumuk.org.uk](mailto:susannorman@momentumuk.org.uk) or by telephone (0044) 0121 616 3900

Lucy Wilson by email at [lucy.wilson@momentumscotland.org](mailto:lucy.wilson@momentumscotland.org) or by telephone (0044) 0141 419 5281

Event information is also available on the fundraising section of Momentum's website: [www.momentumscotland.org](http://www.momentumscotland.org)