



**Royal Medical
Benevolent Fund**
The Doctors' Charity

Fundraising Together for Doctors





The RMBF has been at the heart of the medical profession for over 180 years. While medicine is a unique and incredibly rewarding career, it's hard work, and doctors are only human. Having the support of colleagues can make all the difference in a doctor's time of need.

Without donations from our supporters and fundraisers, we simply could not continue to provide vital support to people in the medical profession. Over the years we have helped thousands of doctors, medical students and their families when they need it most.

Fundraising for the RMBF could help a family rebuild their lives after a loved one's accident. It could help a doctor retrain after a long gap for cancer treatment. Or it could help a talented young medical student facing

hardship to get through their final year and pass their exams.

That's why we're inviting you to have some fun by fundraising for a great cause, and inviting friends and colleagues to join in! Whether you're baking cakes or running a marathon, we hope the materials here will help to inspire you.

How your fundraising makes a real difference

Raising

£50

could provide one day of childcare for a parent returning to work

Raising

£100

could contribute to providing a disabled beneficiary with a wheelchair to help maintain their independence

Raising

£500

could cover essential exam fees to help a doctor get their career back on track after illness or injury

Cooking for a Great Cause

Bake sale

Cake stalls and bake sales don't take much organisation and are always a popular fundraising activity. Once you've agreed the date you can get your colleagues to contribute cakes to the sale – and if you fancy some friendly competition, why not hold a tasting and crown a star baker?

A few famous names have kindly provided the RMBF with some recipe suggestions to help inspire you. Visit www.rmbf.org/recipes to see them in full.



Saliha Mahmood-Ahmed



(Masterchef)

@salihacooks

- Harissa Smoked Mackerel, Chick Pea & Herb Couscous with Harissa Yoghurt Dip

Hazel Wallace



(The Food Medic)

@thefoodmedic

- Cheese & Minted Greens Frittata
- Chocolate Swirl Banana Bread

Debbie Major



(Delicious Magazine)

@debbieamajor

- Raspberry and Almond Crumble Bars
- Marmalade, Coconut and Raisin Traybake

Healthy lunches

Instead of spending a fortune on 'grab-and-go' lunches, why not bring a packed lunch all week and donate the money you would have spent to the RMBF? It's healthier too! We've put together a few ideas for easy meals you can take to work with you, kindly provided by some of our supporters. Visit www.rmbf.org/recipes for the full recipes.



Get Together for Doctors



Wear green & purple

Why not organise a day at work or university where people wear 'something green & something purple' in a show of support for the charity, with everyone who takes part donating a set amount. Make sure you take plenty of pictures – we'd love to see them!

- Green or purple tie
- Green or purple socks
- Green or purple top

Hospital hopping

Get your friends together for a fundraising walk, run or cycle between teaching hospitals. A short hop across the city is great fun with friends, or if you're after something more challenging, an inter-city cycle is sure to impress. Take pictures along the way and post on social media (#hospitalhop) to boost your fundraising. We've put together a route as an example – and there are lots of great resources online for walkers and cyclists finding a route.

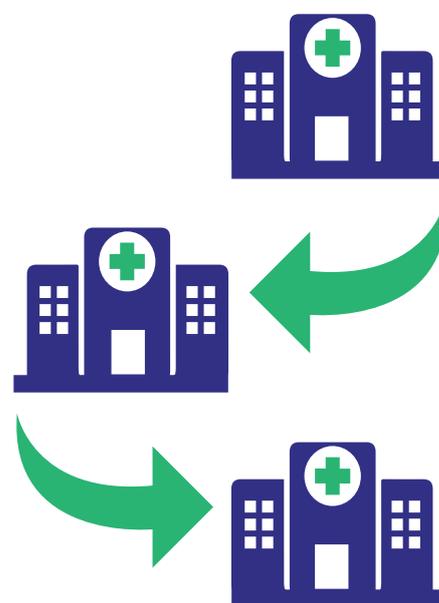
London

Imperial College School of Medicine to St Bart's Hospital

4.1 miles

Around 1hr 25 mins walk

This is a great route for seeing the sights – the Royal Albert Hall, Buckingham Palace, St James Palace, Somerset House and St Paul's Cathedral. When you've finished, you could grab some food from The Viaduct Tavern.



Quiz night

Holding a quiz is a brilliant way to raise money while having fun. We've developed a quizmaster pack to help you get started, but feel free to add your own questions and rounds to spice things up! Visit www.rmbf.org/quiz to download questions, picture rounds and answer sheets.

To raise money, ask quizzers for a donation as an entry fee – perhaps £10 a head or £30 a team. You could approach a pub or community centre in your area if you need somewhere to host it, and local businesses will often be happy to offer prizes in return for a mention from the quizmaster. If you're hosting at home, make a real evening of it with a takeaway and BYOB.

More Ways to Raise

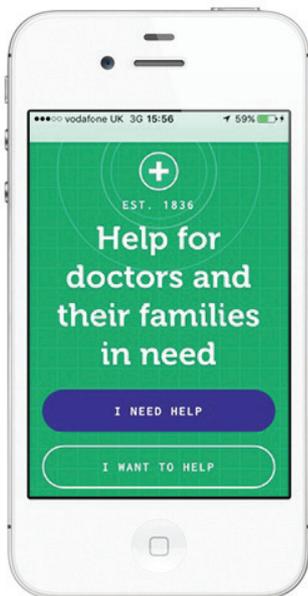
Challenge yourself

We've been lucky enough to have some fantastic challenge fundraisers supporting the RMBF in recent years. Walking, cycling and marathon-running, our fundraisers had great fun while helping to support their colleagues in the medical profession.

If you're thinking of getting involved, the RMBF team are here to support you! We can offer fundraisers:

- Free custom RMBF gear, e.g. a running vest, stickers or banner
- Sponsorship forms to help you gather donations
- Promotion for your fundraising page via social media and our newsletters

Chris (right) took on the London Marathon in 2015, raising an incredible £6,000 to support doctors in crisis.



Be a social ambassador

One of the most effective ways to ensure that as many doctors as possible know about the support we offer is by simply telling a friend or colleague. In recent years, many of those who approach us for help have found out about the RMBF from their friends on social media, so it really does make a difference.

On Twitter, you can follow @TheRMBF and use the hashtag #togetherfordoctors, and on Facebook just search for "Royal Medical Benevolent Fund" to find our page. Share a link to our website at www.rmbf.org or tell the world about your own reasons for supporting the charity.

As well as spreading the word to those in need of help, why not ask others to donate via text? It's a fast and simple way to support doctors in crisis. Whether it's via social media, email bulletins or a WhatsApp chat with colleagues, a quick message encouraging people to donate can make all the difference. Simply text "RMBF17 £5" to 70070 to donate today.

For more information and to get involved, please contact our team:

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