

Supporting Rainbows Through Your Group

Your group can make a real difference. Every pound raised helps us continue caring for the babies, children, young people, and families across the East Midlands. Your support makes it possible for us to continue providing vital care.

There are so many fun and simple ways to get involved. Fundraising doesn't have to be complicated - bring your group together, share ideas, and enjoy doing something meaningful as friends.

Here are some easy ways to get started:



The Box Challenge – Take home one of our collection boxes or fill them together at your meeting. Set a friendly challenge like “Let’s each raise £10 this month!” It’s simple, visual, and can bring in £100–£200 per visit.



Bow Bear’s Square – Bow Bear sits on a blanket of numbered squares. Members choose a square for £1 or £2 – you decide from the start. When your squares are sold, a winner is picked. A fun, light hearted way to support the hospice – you could have another if it’s popular!



Raffle – Ask members or attendees to bring small prizes and run a raffle during your talk or meeting. It adds a bit of excitement and is an easy way to raise extra funds.



Plant Sale – Members bring plants to sell at the group. A lovely, low-effort idea that people enjoy.



Coffee Morning – A relaxed way to bring people together while raising money.



Quiz Night – Host a fun quiz for friends, family or your wider community. Add a raffle for an extra boost.



Afternoon Tea – A classic favourite that always goes down well.





Darts Match – Perfect for pubs, clubs, or social groups. Friendly competition for a great cause. Think beyond your usual activities too - fundraising can be anything you enjoy doing together...



Host a Themed Evening – Games night, craft night, film night, wine tasting, cheese night - whatever your group enjoys.



Join one of our Events – We run a range of events for all ages and abilities. Could your group take part together?



Social Get-Togethers – Pub socials, supper clubs, walking groups, or meet-ups where everyone chips in a small donation.



Christmas Donation Instead of Cards – Instead of swapping Christmas cards, your group could make a collective donation to the hospice.



Christmas Jumper Meeting – Hold a festive meeting where everyone wears their best (or worst!) Christmas jumper and donates to take part.



Festive Fundraising – A mince-pie morning, mulled-wine social, or Christmas raffle can all be simple, fun ways to raise money.



Paint & Sip: Arrange Something For You to Paint – it could be a picture or it could be an item, come together as a group, have some fun and paint and sip a drink at the same time! Charge enough to cover your costs and add on a bit for Rainbows!



Singo Bingo – If you'd like to do something different to your traditional bingo, why not have a dance and sing along too? You can get apps/programs and information online to help arrange this – something a little different and fun!

If you'd like to chat about how your support helps - or how we can support your group - please get in touch at communityteam@rainbows.co.uk.

