



Crack the habit



		1 You can do this!	2	3	4 Contact nuth.nhcfundraising@nhs.net if you need fundraising support	5
6	7 First week done! You're cracking the habit!	8	9	10	11	12 Discover other ways to fundraise. Visit charity.newcastle-hospitals.nhs.uk
13	14	15	16 You've passed the half-way point!	17	18	19
20	21 Fancy a break from the challenge? Download a quit coupon and make a donation to have a day off.-	22	23	24	25 Payday is a great day to remind friends and family to donate!	26
27	28 Share your achievement on social media and give us a tag!	29	30 One more day!	31		

Visit our website to find out more charity.newcastle-hospitals.nhs.uk/



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Registered with
**FUNDRAISING
REGULATOR**

Newcastle Hospitals Charity Registration Number 1057213