



**breast
cancer uk.**

Prevention saves lives

YOUR FUNDRAISING PACK

FIND OUT MORE INSIDE...

www.breastcanceruk.org.uk | info@breastcanceruk.org.uk | 0208 132 7088 | registered charity no 1138866



THANK YOU FOR DOWNLOADING OUR FUNDRAISING PACK.

By choosing to fundraise for us you are doing **something amazing** and **helping** prevent breast cancer. Together we can work to reduce breast cancer cases by tackling the environmental and lifestyle causes of the disease, by funding research and supporting people all over the UK to reduce their risk.

DID YOU KNOW?

- Breast cancer is the most diagnosed cancer in the world
- One woman is diagnosed every 10 minutes in the UK
- 1 in 7 women in the UK will develop breast cancer in their lifetime
- At least 30% of breast cancers can be prevented

We know more can be done to prevent breast cancer. With your support, we can empower people to take preventative action so that fewer of us, and our loved ones, experience the devastating impacts of the disease.



FUNDRAISING INSPIRATION

If you haven't decided on your fundraising event yet here are some ideas to get you started...



A-Z

of fundraising

A Aerobic-a-thon,
Auction, Afternoon
tea, Abseil, Angling
competition, Arm
wrestling, Art show



A-Z

of fundraising

B Birthday giving, Bike ride,
Busking, Bring & Buy sale,
Bag packing at your local
supermarket, Bridge
evening



A-Z

of fundraising

C Car boot sale, Coffee
morning, get Crafty,
produce a Calendar,
Carol singing, Cake sale



A-Z

of fundraising

D Dinner party, Drawing
contest, Dance event,
Dress down day, Darts
match, Dog show



A-Z

of fundraising

E Eighties night, Eco
products party, eBay
auction, Exercise
challenge or marathon



A-Z

of fundraising

F Family Funday, Football
match/tournament,
Fashion show, Fete,
Film night



A-Z

of fundraising

G Games event, Golf day, Garden party, Guess the number... (sweets in a jar), Greek night, Gala event, Grow a beard



A-Z

of fundraising

H Hairstyle competition, Halloween or Harry Potter party, Hiking, Head shave



A-Z

of fundraising

I International evening, It's a Knockout, Ice-skating, Indoor-rowing or cycling at your gym



A-Z

of fundraising

J Jumble sale, Jazz night, Jewellery making, Jam making, Jigsaw challenge



A-Z

of fundraising

K Karaoke, Knit-athon, or Knit and sell your wares, Karate competition, Keepy-uppy challenge



A-Z

of fundraising

L Lucky dip, Lunch money donation, Limbo dancing competition, Lego contest



A-Z

of fundraising

M

Murder mystery evening, Magic show, sponsored Makeup-Free day, Music show



A-Z

of fundraising

N

No Smoking- get sponsored to give up, Name that Teddy, Netball knockout contest



A-Z

of fundraising

O

Obstacle course fun, Odd job day, Open-mic night, Online gaming, Open Studio event



A-Z

of fundraising

P

Pamper Party, Plant sale, Photo competition, Picnic, Pantomime



A-Z

of fundraising

Q

Quiz night, Quit something you love, Quiet-time challenge, Quickest contest



A-Z

of fundraising

R

Raffle, Running event, Read-athon, Roller-blading, Roller-disco



A-Z

of fundraising

S Silent auction, swear box, Skydive, pay to Soak the boss/teacher, Sausage Sizzle BBQ



A-Z

of fundraising

T Treasure Hunt, Tombola, Talent night, Table tennis, Teddy bear picnic



A-Z

of fundraising

U Unplug from tech, ,non-Uniform day, University Challenge, Upcycling, Unicorn dress up day



A-Z

of fundraising

V Variety show – show off your talents, Village fete, Vintage sale



A-Z

of fundraising

W Waxing – get yourself sponsored for the pain, Washing cars, World record attempt, Waffle making, Waltz-athon

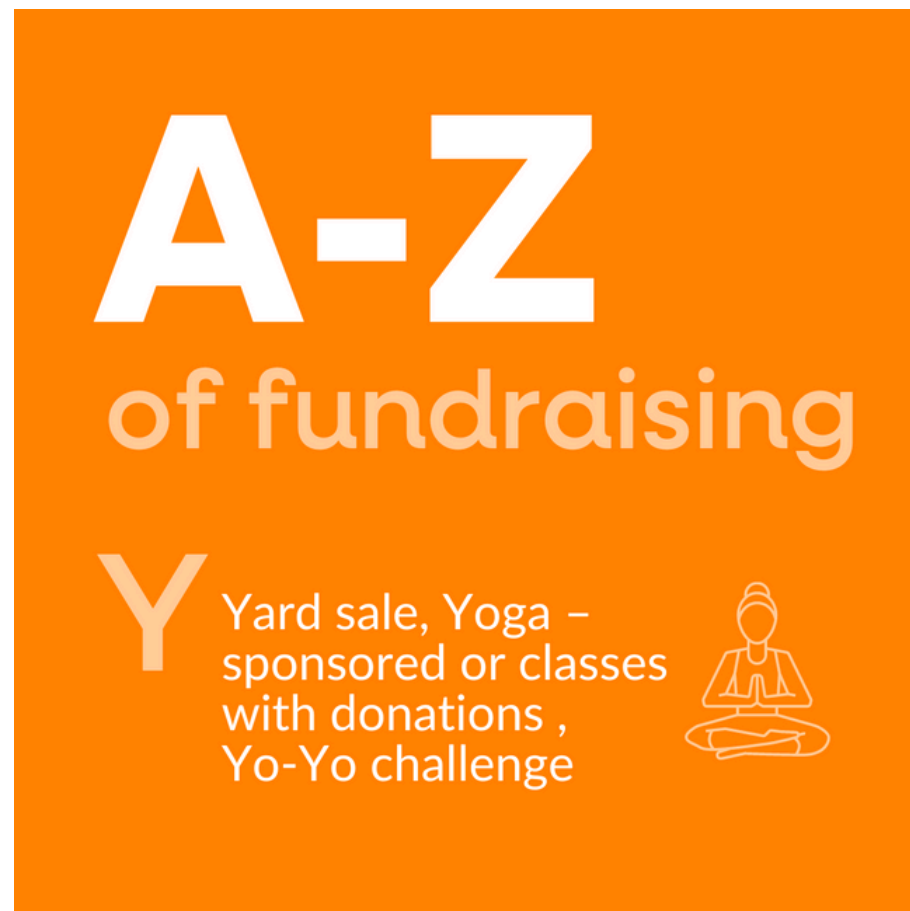


A-Z

of fundraising

X X- factor party, X-box night, X Marks the spot: have a scavenger hunt





GOT YOUR OWN FUNDRAISING IDEA?

We'd love to hear from you. Remember we're here to help every step of the way. Please give us a call on 0208 132 7088 or email info@breastcanceruk.org.uk

INSPIRING STORIES

Members of Oswestry Rugby Club were shocked when they heard that two of the mums involved in the club, Liz and Teresa, had been diagnosed with breast cancer. They were especially shocked as the president had recently been diagnosed with prostate cancer too.

They decided to rally around and organise an Ironman fundraiser for both breast and prostate cancer. Stewart Johnson, Liz's husband was one of the instigators of the fundraiser. "Once we all got together and shared stories, we realised how many of us had been touched by cancer and how close this disease is to most of us," he said.

And being a rugby club, in true sporting fashion, they decided to get competitive and set up two teams – one each for breast and prostate cancer – challenging each other to see who can raise the most money whilst also raising awareness.

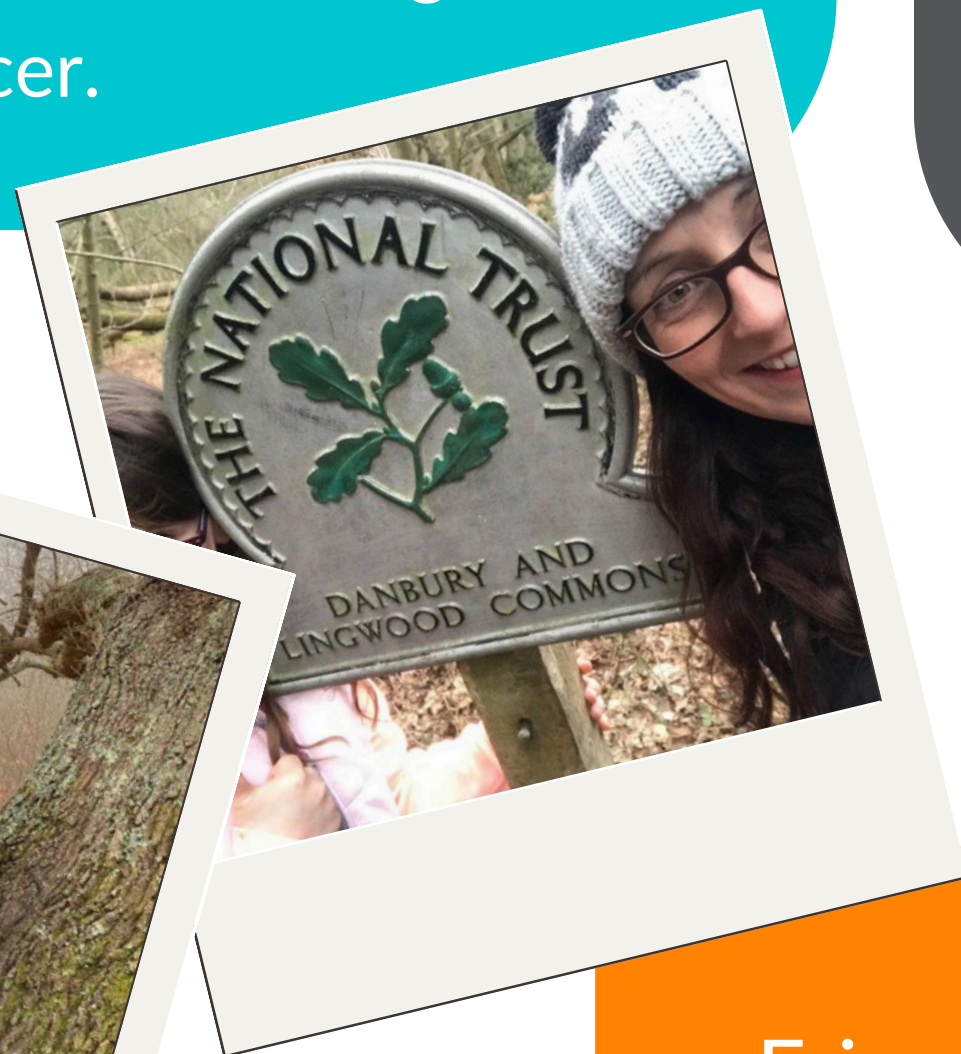
Players, parents, and family members of the Oswestry rugby club trained hard to compete in the Ironman challenge and smashed their £15,000 target raising over an incredible £21,000 for Breast Cancer UK.

WHAT AN
AMAZING
EFFORT!



**breast
cancer uk.**
Prevention saves lives

Kathryn from Worcestershire raised over £320 by running 100 miles in a month, she was inspired to fundraise after her best friend was diagnosed with breast cancer.



Florence and Evelyn from Hampshire decided to bake some cakes to sell to their friends and family. The two young sisters raised £130.



Friends Clare and Clare from Staffordshire raised over £3000 by both doing tandem skydives.



FUNDRAISING TIPS

OK so you're ready to go, it's time to start spreading the word....

Set up your fundraising page



- Click on the fundraise for us button and follow the simple instructions to get your fundraising off the ground.
- Make sure you set a fundraising target as this can encourage people to support you and help smash your target!
- If you choose to collect your donations in person, use the sponsorship form attached to make sure you collect your supporters gift aid details.

<https://www.justgiving.com/breastcanceruk>

Share your fundraising



- Share your fundraising page with your friends, family and colleagues through your social media channels, WhatsApp groups and emails.
- A good time to share your fundraiser is on pay day, usually at the end of the month!
- Add photos and updates to your fundraising page to make it inspiring and share regular updates on your progress with your family and friends.
- Tag us and include #BreastCancerUK in your social media posts.
- Think about who you know. For example, do you know any local media or social groups that you can share your challenge with?

Let work know



- Tell your employer you are taking on the challenge and ask if they can feature it in any internal communications.
- Check if your employer runs a matched funding scheme that could help you raise even more money.
- If your employer is interested in building a relationship with us, please ask them to contact lydia.fergusonray@breastcanceruk.org.uk

Collect donations and pay them in



- Donations collected via your Just Giving page will be automatically transferred to us.

If you have collected any other donations there are several ways to pay them in:

1. Online via our secure donation page.
2. Direct deposit into our Co-Operative bank account: Breast Cancer UK, Sort code: 08-92-99, A/C no: 65458341 (please use your name as a reference)
3. Cheque – Made out to Breast Cancer UK and post to: BM BOX 7767, London WC1N 3XX. Please include our donation form (found towards the end of this pack), with your cheque., with your cheque.
4. By telephone – credit card payment can be made directly over the phone. Call us on 0208 132 7088 and leave a message detailing your contact number and suitable time for us to call and take the payment. We aim to call back within 2 working days.

Tell us about your fundraiser



- Let us help you raise even more money and inspire others. We would love to share and celebrate your fundraising efforts across our social media channels. Please let us know about your fundraiser and send us any photos you are happy for us to share. Please send your photos to helen.curcher@breastcanceruk.org.uk

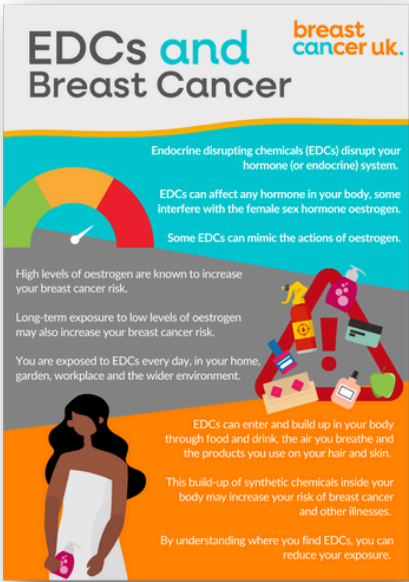
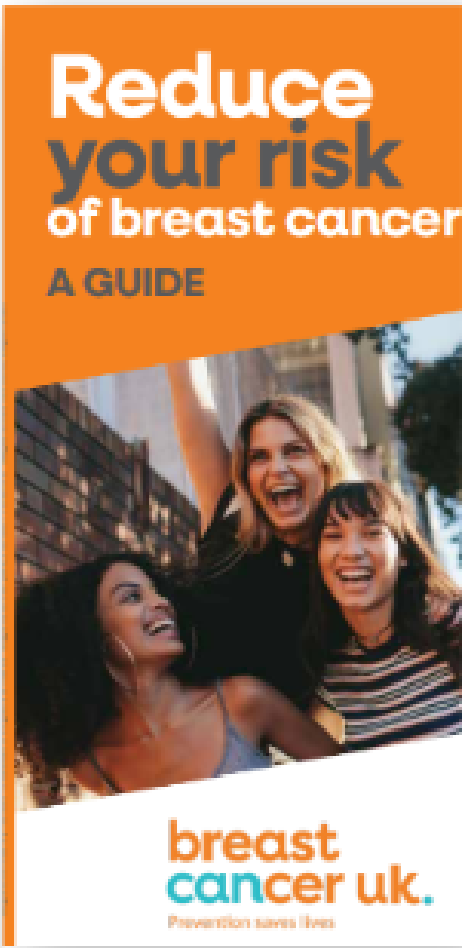
HERE ARE SOME FANTASTIC MATERIALS TO HELP PROMOTE YOUR EVENT

To order yours please email the fundraising team at info@breastcanceruk.org.uk or call 0208 132 7088 and we will send them to you.

- Breast Cancer UK T-shirts (chest size in inches)

S	M	L	XL	2XL
36/38	38/40	41/42	43/44	45/47

- Breast Cancer UK cardboard collection boxes
- Posters and flyers



We CAN prevent breast cancer.

You can play a part in supporting people to reduce their chances of ever getting breast cancer:

- Help us get communities across the country to take action now to reduce their risk.
- Help us get vital research into the causes of breast cancer funded.
- Help us campaign for better public health and environmental protections to prevent breast cancer.

We couldn't do it without you...

- The fundraising team is here to support you and guide you with your fundraising every step of the way. If you have any questions, please email us at info@breastcanceruk.org.uk or call us on 0208 132 7088.

**THANK
YOU**