THE C FOOD CELEBRATION FOR CANCER RESEARCH UK

HOLD A FUNDRAISING FEAST WHERE EVERYTHING EDIBLE BEGINS WITH C
FUNDRAISING TIPS

C what you can do to make your fundraising a piece of cake.

1. CHOOSE YOUR ACTIVITY
From two friends meeting for a cafe lunch to a black tie reception with canapés. Once you start to think there are so many possibilities!

2. CALENDARS AT THE READY!
Set a date – the sooner the better. Invite your food-focussed friends and family. Keep the menu as a delicious surprise, or why not ask everyone to contribute a C dish?

3. CREATE YOUR C FOOD MENU
Challenge yourself to make a whole menu of C foods from canapés to after dinner coffee.

4. COLLECT DONATIONS
Turn your food into funds by asking for a donation and boost your total with the ideas on page 3, or use the C-themed character game on page 8.

5. C THE DIFFERENCE YOU’RE MAKING
The sooner you send in the funds you’ve raised, the sooner we can get it to work funding vital life-saving research. See how the funds you raised are helping us to beat cancer every day on page 4.
GO C FOOD FREE
Give up on tempting items like coffee or chocolate for a day, week or month and use the money to top up your total.

C FOOD COMBO
Cook up a crazy concoction by combining two random ingredients starting with C then challenge friends to taste it or pay a forfeit if they don’t. Courgette and chocolate anyone?!

CAKE AND COFFEE
Coax your friends and family into competition by baking up a batch of tasty treats for a cake sale. The winner is whoever has the least cake left at the end!

GUESS THE SECRET C FOOD
Camouflage an ingredient in some food and run a sweepstake to get people to guess the mystery C food. You could be sneaky and add a grated courgette or spice it up with coriander.

ROUND THE ROOM
Challenge everyone in the room to list foods beginning with C. The first person that cannot name one pays a forfeit.

FOREHEAD DETECTIVE
Stick the celebrity names beginning with C on page 8 to your head. Ask questions with yes/no answers to work out your mystery celebrity.

We’d like to thank the Sidcup Ladies’ Luncheon Club for creating this innovative fundraising idea for Cancer Research UK.

The club has been raising vital funds for the charity since 1963 and we are very grateful for their ongoing efforts.
OUR PROGRESS

Through our research we’ve helped double cancer survival in the last 40 years – but our ambition is to accelerate progress to see three-quarters of patients surviving their cancer for at least 10 years by 2034.

Children’s Cancer
Our research into leukaemia has helped save thousands of children. For example, we supported a trial that showed a new treatment called mitoxantrone could increase survival by more than 50% for children with acute lymphoblastic leukaemia whose cancer had come back.

Clinical Trials
More than 25,000 patients are able to join our clinical trials each year thanks to fundraisers like you – allowing us to continually develop new and kinder treatments.

Cisplatin
Cisplatin is transforming, the treatment of cancer. Today, 98% of men with testicular cancer are now cured, thanks to drugs like cisplatin – a drug that our researchers helped develop.

The Francis Crick Institute
In autumn 2016 we opened our brand new Crick Institute in London – the biggest biomedical research institute under one roof in Europe. Home to over 1,600 scientists working together to bring forward the day when all cancers are cured.

Your C Food fundraising event will help bring forward the day when all cancers are cured.

In this pack you should find everything you need for a successful C Food event but if you have any questions call 0300 123 1022 to speak to a member in our team.
C FOOD CELEBRATION DONATION FORM

- Please ensure you fill out each section in full.
- Please ensure the details of each donation are recorded accurately in your sponsor’s own handwriting – forms in the same handwriting or printed are not valid for Gift Aid purposes.
- Please ensure each sponsor ticks the Gift Aid box next to their address below if eligible.
- Please note we cannot claim Gift Aid on business addresses or on multiple sponsors e.g. Mr & Mrs Jones.

Office use only: Source Code: 16XFG7 Product Code: FUNDON

YOUR DETAILS

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Please use blue or black pen and write in CAPITAL letters. All fields are mandatory

FULL NAME + HOME ADDRESS + POSTCODE + DATE COLLECTED + ✓ = GIFT AID

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<td>Samplename</td>
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JOIN US

Become part of the movement to bring forward the day when all cancers are cured. Hear about our latest breakthroughs, campaigns and how you can support our life saving work.

Would you like to hear from us by email? □ Yes □ No
Would you like to hear from us by text message? □ Yes □ No
Would you like to hear from us by post? □ Yes □ No
Would you like to hear from us by phone? □ Yes □ No

Your details are safe with us. We will never share them with anyone else.
You can check out our Privacy Policy at www.cruk.org

NEXT STEPS

- Simply collect your donations from your donors and send us a cheque made payable to Cancer Research UK (please do not send cash) along with this donation form to: Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ
- Please do not photocopy this form.
- To pay money in by phone please call 0300 123 1022.
- If you have raised money via the JustGiving.com website, this will come directly to the charity.

Cancer Research UK is a Registered Charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103). Northern Ireland charity registration pending.
Registered address: Cancer Research UK, Angel Building, 407 St John Street, London EC1V 4AD.
JOIN THE FOOD CELEBRATION FOR CANCER RESEARCH UK

By raising: £

cruk.org

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FUNDRAISING TOOLS

Plan it

Check-lists
Keep on top of your C Food fundraising activities with handy to-do lists. You can even download our Fundraising Planner to plan your next fundraiser and keep sight of your goals.

Keep it safe
Whether you’re popping allergy information on your coffee and cakes, or making sure everybody knows about where the fire exits are at your dinner party, conducting a risk assessment can be made simple with our downloadable guidance.

Planning your own event?
Visit CRUK.ORG/Planning-Fundraising

Promote it

Spread the word
Social media and local press are great ways to shout about your fundraising. Spread the word and raise even more money to beat cancer sooner!

Keeping it small? Ask your boss to send an internal email to encourage workers to dig deep.

Promoting your own event?
Visit CRUK.ORG/Promoting-Fundraising

Return it

Use the money return form in this pack as a quick and easy way to make sure your funds go towards beating cancer even sooner.

Raise it easily
Start the fundraising early by getting people to make donations through JustGiving. It’s also great for those who can’t be there on the day!

Promoting your own event?
Visit CRUK.ORG/Return-Fundraising

Top tip
Challenge your employer! Ask them to match your personal fundraising amount as an easy way of doubling your total amount!

Top tip
Use the poster in this pack (on page 6) and let people know about your C Food event.

Our aim is for 3 in 4 people to survive their cancer beyond 10 years by 2034.
# The C Food Character Game

**How the Game Works:**

1. Cut out the names of the celebrities and characters below (feel free to add some of your own!).

2. Have each of your guests pick out names at random and without looking, stick the name to their head.

3. Take turns to work out who you by only asking yes/no questions.

4. The first person to guess who they are wins a prize and the loser pays a forfeit.

**Character Names:**

<table>
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<tr>
<th>Captain America</th>
<th>Chewbacca</th>
<th>Caitlyn Jenner</th>
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<tr>
<td>Captain Hook</td>
<td>Chris Pratt</td>
<td>Clint Eastwood</td>
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<td>Catwoman</td>
<td>Christopher Columbus</td>
<td>Colin Firth</td>
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<td>Charlie Chaplin</td>
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<td>Cher</td>
<td>Cilla Black</td>
<td>Crocodile Dundee</td>
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<td>Cheryl Fernandez-Versini</td>
<td>Cinderella</td>
<td>Camilla Parker Bowles</td>
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<td>Chevy Chase</td>
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<td>Catherine Zeta-Jones</td>
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<tr>
<td>Cate Blanchett</td>
<td>Carrie Fisher</td>
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