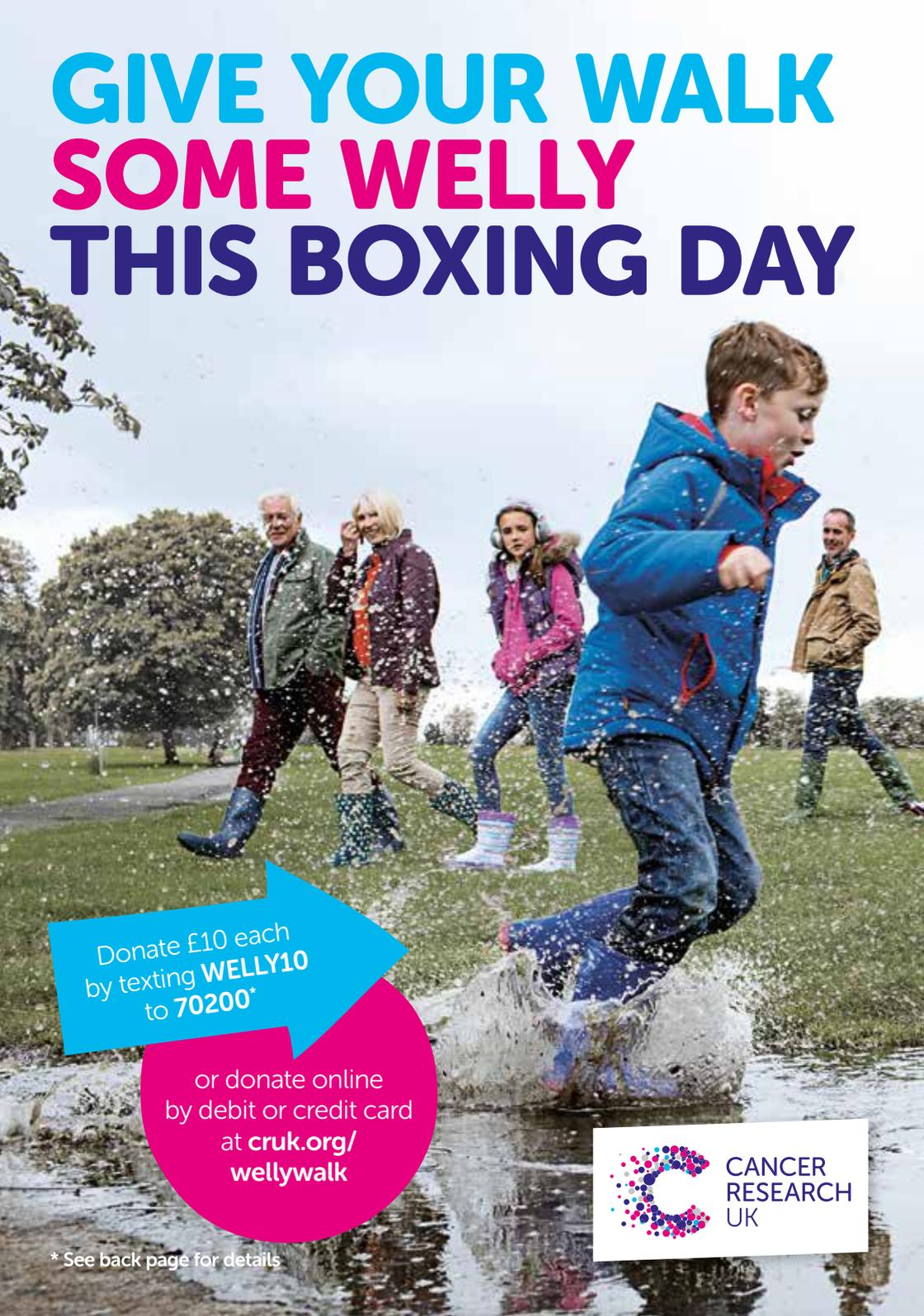


GIVE YOUR WALK SOME WELLY THIS BOXING DAY



Donate £10 each
by texting **WELLY10**
to **70200***

or donate online
by debit or credit card
at [cruk.org/
wellywalk](http://cruk.org/wellywalk)



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* See back page for details

GET MORE WELLY WALKERS TO JOIN YOU

Boxing Day's a great time to get together with friends and/or family and head out for a bracing walk. We've included here some ideas and tips to make it easy for you and your group to have fun on your walk, knowing that your donations will help us to beat cancer sooner. You can go on your usual local walk or pick a new route: for more ideas visit cruk.org/wellywalk

If you want to invite your fellow walkers by email, we have included a useful template on the website.

GET INTO THE WELLY SPIRIT



FESTIVE MENU

Get your team to limber up or wind down with our recipes for winter warmers at cruk.org/wellywalk

Make your wellies part of the festivities in the run-up to Boxing Day.

DRESS TO IMPRESS

Decorate your wellies before Boxing Day so you're ready to step out in style come rain or shine. Read on for ideas to add some glitz.

SWAP YOUR STOCKING FOR A WELLY

At the end of the bed or under the tree, swap your stocking for a welly this Christmas Eve to give an old tradition a new twist.

MAKE CHRISTMAS LAST LONGER

Make your Boxing Day really exciting by wrapping a present with our special welly wrapping paper for the whole group to enjoy after your walk.

HANG A DECORATION WITH A DIFFERENCE

Spread some festive and fighting spirit by finding the perfect spot at home to hang your welly garland.

BUY PRESENTS THAT BEAT CANCER

Pop in to one of our shops to buy wellies for your walk or find them online at giftshop.cancerresearchuk.org Treat friends and family to some new ones too and you'll be raising even more money for our life-saving research.



Visit our shop for more Boxing Day welly walk products giftshop.cancerresearchuk.org



DECORATING CHECKLIST

Add some glitz and get creative with your welly decorating essentials: **glitter, glue, pens, paint, ribbon, stickers.**



BLING YOUR WELLIES

Give your wellies a new lease of life with these inspirational design ideas:

NATURE

Go back to nature on your walk by painting glittery leaves and flowers on your favourite wellies.

SPACE

Be a shining star or a faraway planet on your walk with sparkling space-themed wellies.

For more ideas to spruce up your wellies, check out what other people have done on [youtube.com](https://www.youtube.com) by searching 'welly decorating'.

FESTIVE

Stay in season by giving your wellies a Christmas makeover with leftover decorations and tinsel.

CARTOON

Release your inner artist and draw your favourite cartoon characters.



TOP TIPS TO KEEP YOUR WELLY WALKERS ENTERTAINED ON THE DAY

- Hold a welly beauty contest – get your walkers to compete to be Welly King or Queen for the day.
- Agree a word to ban and impose a £2 donation every time someone says it!
- Scavenger hunt: make a list of birds, plants, or other animals to keep track of, make it a contest and whoever spots the least has to donate!
- Spelling bee: have children challenge each other (and you) to spell words based on what they can see, such as 'crow' or 'cement' or 'caterpillar.'

DON'T FORGET TO SHARE YOUR CREATIONS

#wellywalk

 @CR_UK

 @cancerresearchuk

 [Facebook.com/cancerresearchuk](https://www.facebook.com/cancerresearchuk)



All you need to do is donate £10 to join us in our fight against cancer. Get your friends and family to join in and ask them to do the same, just £10 from each of you will help us beat cancer sooner.

DONATIONS

Online

Use our online payment form to make a donation by credit or debit card at cruk.org/wellywalk/donate

By text

Text WELLY10 to 70200 to donate £10.*

HOW TO RETURN MONEY

In cash

If your welly walkers prefer to give cash on the day you can return the money yourself either online or by cheque:

- Return money online

Visit cruk.org/wellywalk/donate and pay the total of the cash equivalent by using your credit or debit card.

- Send a cheque

Complete the donation form in your pack and put it in our pre-addressed envelope along with a cheque payable to Cancer Research UK for the cash amount.

YOUR MONEY MATTERS

We receive no government funding for our research. Our life-saving work relies on the money you raise.

£35

£35 buys special 'chemical scissors' that chop up the reams of DNA in a cancer cell. This helps our scientists to decode genetic secrets hidden in cancer DNA and fight back against the disease.

£100

£100 buys a special chemical measuring tool that lets scientists find out the size of DNA molecules, vital information that could reveal crucial clues about how to beat cancer.

Thank you so much for joining us in the fight against cancer.
Your donations are greatly appreciated.

*Texts charged at £10 plus a standard rate text (age 16+, UK mobiles only). From this, Cancer Research UK will receive £9.77. Closes 30/01/15. This Charity Donation Service enables you to donate and receive information about the work of Cancer Research UK and by using it you agree that we may contact you in the future. If you'd rather we didn't, please add NOINFO to your text. To discuss this mobile payment call 0300 123 1861. Full T&Cs at www.cruk.org/text

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