Your fundraising for Cancer Research UK Kids & Teens
Let’s beat children’s cancers sooner

Thank you so much for supporting Cancer Research UK Kids & Teens. We’re incredibly grateful for amazing supporters like you.

This pack has all the tips and advice you need to get your fundraising off to a flying start. If you’d like any more information please call our fundraising hotline on 0300 123 3025 or email supporter.services@cancer.org.uk and speak to one of our experts who’ll be happy to help.

More children and young people than ever are surviving cancer in the UK, thanks in large part to the work of Cancer Research UK.

But we still have work to do. Because around 530 children and young people die from cancer every year in the UK. And we know that because of treatment, some survivors can have long-term side effects that seriously affect their health and quality of life for the rest of their lives.

By supporting Cancer Research UK Kids & Teens, you’ll be raising money for research into new, better and kinder treatments for children and young people with cancer.
Anna was only four when she was diagnosed with osteosarcoma. She bravely underwent months of chemotherapy with painful side-effects including sickness, hearing loss and hair loss. As part of her treatment she had surgery which left her in a hip cast for 15 months, and five years on she still occasionally needs to use a wheelchair. She has had to spend lots of time away from her family and friends and wasn’t able to go to school.

Cancer has a huge impact on young people and the ones they love. With your help we can find new, better and kinder treatments.

“Anna never stopped smiling and her positivity and bravery helped carry us through such a difficult time.”
Anna’s mum Mette

Celebrate the courage of a child who has been diagnosed with cancer.
Nominate a child you know who’s under 18 in the UK for a Cancer Research UK Kids & Teens Star Award, in partnership with TK Maxx. Each child nominated receives a trophy, certificate and £50 TK Maxx voucher. Their siblings will get a special certificate too.

Visit cruk.org.uk/starawards for more information and to nominate.
Unplugged
Agree with your kids to switch off all your phones, unplug your games consoles, and turn off the television to raise money. It’s simple, you all just need to commit to one week of no technology, and ask your friends and family to sponsor you.

Singing sensation
Brave the crowds and organise a karaoke event. Find a venue, sell tickets, and get people to donate to choose a song for someone else.

Need some fundraising ideas? We’re here to help!

On your bike
Take on a brave challenge. Why not conquer Land’s End to John O’Groats, or plan a route more close to home? Whatever distance you choose, a two-wheeled event is fun way to raise money.

Daring dinner date
Get in the kitchen, cook up a storm, and throw a unique dinner party where the guests donate what they think the meal is worth. Be bold, and cook something you wouldn’t normally!

Baked bean bliss
Are you brave enough to take a bath in baked beans? Gather the troops to come and watch, and whoever donates over a certain amount can add another can.

Bake a batch of cakes, and ask for a donation to enjoy one of these delicious treats.

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On your feet
Get your friends and family to sponsor you to manage a whole lunchtime, day, week, or even more without sitting down! How long can you go through the day standing on two feet?

Sponsored silence
Sssssh! Who said that? Silence is golden and so is all the money you raise for just zipping it. Be brave and pledge not to say anything for an hour, a day, or longer!

Give Up Clothes for Good
Take part in TK Maxx’s Give Up Clothes for Good campaign by filling a bag with your quality unwanted clothes, accessories and homeware and taking it to your local TK Maxx or Cancer Research UK shop. All items are sold by Cancer Research UK, and all money raised goes to Cancer Research UK Kids & Teens to help beat children’s cancers sooner.

Get quizzical
Is this the answer you were looking for? Get a group of friends together at work, and give your questions a theme - or just keep it random, and ask for a donation to enter. Include a raffle for extra funds, and you could be on to a winner!

Scared of swimming? Terrified of tarantulas? Horrified by heights? Be strong, take a deep breath, and get sponsored to confront your fears. Gather the crowds to watch and cheer you on!

cruk.org/kidsandteens | Share your fundraising success | CRUKKidsandTeens | @CRUK_Kids
Fully prepare yourself for fundraising with our handy tips

Raise money online
Setting up an online fundraising page with the Cancer Research UK Giving Pages is a quick and easy way to collect donations. Plus, it’s totally secure and enables people living anywhere in the world to donate to you at their own convenience. With Cancer Research UK Giving Pages more of the money raised goes towards beating cancer sooner. Aside from the credit and debit card fees, every penny donated goes to Cancer Research UK Kids & Teens.

You may have already set up a Giving Page while registering for this fundraising pack online, in which case you don’t need to do anything else except spread the word to your family and friends. If you haven’t set up a Giving Page yet, simply go to [fundraise.cancerresearchuk.org](http://fundraise.cancerresearchuk.org)

Double up
Lots of companies run a Matched Giving scheme, which could double the amount you raise. Find out if yours is one of them – and if not, why not suggest they do? It’s tax-efficient for them, too, which might help convince them!

Be proud
Shout about your fundraising on Facebook and Twitter, and share updates on Instagram to show people all your hard work. If you’ve got a story to tell, why not blog about your fundraising, and make a video diary leading up to your event?

Don’t forget to tell us how you’re getting on:

Facebook: [facebook.com/CRUKKidsandTeens](http://facebook.com/CRUKKidsandTeens)

Twitter: [@CRUK_Kids](https://twitter.com/CRUK_Kids)

Stay safe
Whatever you’re doing to raise money, please make sure it’s legal and safe. We’ve put together a simple guide to legal and safety issues, which you can download at [cruk.org/fundraise-safely](http://cruk.org/fundraise-safely)

Get everyone involved
Is your friend a pretty skilled graphic designer? Get them to design an online invitation. Got a cousin who bakes amazing cakes? Ask them to donate some to sell at your event. Ask whoever you can to pitch in and help – you might be surprised at who says yes!

Make sure you make full use of the bunting template, sponsorship form and posters online or in your pack to help promote and boost your fundraising!
Is your fundraising all done?

Here’s how to get your money to us.

If you are fundraising using a Cancer Research UK Giving Page, the money will come straight to the Cancer Research UK Kids & Teens campaign.

If you collect money in person, it’s still easy to get it to us:

1. You can send a cheque in by post by using the Money Return Form available online or in this pack.

2. You can pay in your fundraising by phone. Call us on 0300 123 3025 to make a payment by credit or debit card.

3. You can pay in your fundraising on our website. Visit cruk.org/kidsandteens to make an online payment.

Our fundraising experts love helping fundraisers like you. So don’t be shy, give them a call on 0300 123 3025, or visit cruk.org/fundraising.
How your fundraising money can make a difference

**£10**

The cost of a new bulb for one of our microscopes

a vital piece of equipment that lets our scientists study cancer cells close up.

**£20**

The cost of running our Cancer Chat Forum

for one hour, helping many parents and families through very difficult times.

**£150**

Buys special chemicals to stain cancer cells

so scientists can understand the ‘nuts and bolts’ of cancer cells. This is vital for the development of new, better and kinder treatments for children and young people with cancer.

**£270**

Covers the cost of running a clinical trial for a day

which is trying to find the best treatment for children with a rare type of leukaemia, whose cancer has come back after treatment.

**£750**

Buys a basic lab bench at the Francis Crick Institute

where researchers are studying different diseases, including cancer. The Crick creates an environment where researchers can work together and share knowledge, which is vital to beating cancer sooner.