

GIRLS' NIGHT IN FOR CANCER RESEARCH UK

A night in with the girls is the
new way to gang up on cancer.

It's always a good night with friends
but make it an amazing one by
supporting Cancer Research UK.

It's simple, just invite your friends
for a fun night at yours and ask
them to donate what they would
normally spend on a night out
towards our life saving work.



CANCER
RESEARCH
UK

Simple steps for staying in success:

1. Get it in the diary

Find a time in June that works for everyone and get your invites out early, you could even create a Facebook event to keep guests updated and excited about their night in. Don't worry if you can't make June – any time is a great time for a girls' night in.

2. Plan your night

Now is the time to think about how you'll make the most of your girls' night in. If you need inspiration, take a look at some of our ideas for a good night in and fundraising tips. Don't forget you can set up an online fundraising page at <https://www.justgiving.com/fundraising-page/creation/?cid=2357&eid=2543442>

3. Host your night in and have fun

Ok ladies, time to treat yourselves and have some fun! Show the girls how much you're all aiming to raise by personalising your poster. And at the end of the night don't forget to celebrate your fundraising success.

4. Return the money

Most importantly don't forget to send back the money you've raised using the money return form in this pack. If you fundraised using Justgiving relax your money will be sent directly to us.



MY TOP TIPS

FOR ORGANISING A SUCCESSFUL FUNDRAISING PARTY

Jacqueline Fitzgerald, Head of Special Events, Cancer Research UK

Know your audience

Who do you want to come to your party, and what makes them tick? That will form the basis for everything else. Create your guest list to get an idea for numbers and the type of people that will be joining you. That will help you think about what they will enjoy and how you should theme your party.

Location, location, location

This is about having a night in, but make sure you have a space that will fit everyone. Not sure that you'll fit everyone in your home, ask a friend or find a unique local venue to give you the space for free.

Theme

What will make your party stand out from all the others? What do your friends love to do? What will make them come back for more? Create a special theme to make it a night to remember!

Show me the money!

You want it to be a great night, but you also want to raise some money for research into cancer. Think about your networks and who you know that could donate prizes for you to run a mini auction. For example, ask your favourite restaurant where you are a frequent guest to donate a meal for two; any friends that are great bakers? Ask them to donate a special celebration cake. Think laterally about who you know and what they can offer, and don't be afraid to ask.

Start sorting things early

Get everything ready in advance and try not to leave everything to the last minute! This will mean that you are a relaxed host, all your guests are at ease and you can all enjoy your party!

IDEAS & INSPIRATION FOR A GREAT NIGHT IN

Whatever type of host you are, take some inspiration from these ideas.

A potluck dinner party

Get your guests to do the hard work for you! Everyone brings a dish and enjoys the random spread of food. Then everyone pays what they think the meal was worth as a donation.

A film and few nibbles

There's nothing more relaxing than snuggling up on the sofa for a film and treating yourself to a few nibbles. Pick your 5 top films and let guests bid on their favourites, then watch the winning film on the night.

Tea party

A vintage tea party, a Mad Hatter's theme, or even a bake-off between friends? Tea and cakes have the combined benefit of tasting like heaven and they leave you with a clear head the next day...



TOP FUNDRAISING TIP:

Ask guests for a donation at the start of the night, then it's out of the way and you can get on with having a great night.



TOP FUNDRAISING TIP:

Start the fundraising early by getting guests to make a donation via **JustGiving** when they RSVP – whether they can make it or not!

Nostalgia nights

Get guests to select songs from their own personal hall of fame and send you their list in advance. Then compile this ultimate playlist for your night in and see if guests can guess each other's requests. Asking guests to donate per song they request is a good way to raise money doing it.

Have a themed party

Whether you feast on food from your favourite culture or ask everyone to dress like their favourite film character, giving your night in a theme will make for great memories and great photos. Hawaiian hula anyone?

The money you raise will help us to accelerate our progress in the fight against cancer to bring forward the day when all cancers are cured. So join women everywhere and gang up on cancer at your next girls' night in.

Clothes swapping

You can donate cash to buy clothes from each other, and donate any un-swapped items at the end to our local shops. Double whammy!

Makeover a mate

Does one of the girls always have super-styled hair, perfect make up or trendy nails? Get her to share styling tips and give the other girls a makeover. Or treat yourselves to a night of face packs and some well-deserved pampering. Everyone can make a donation in return for their treat.

Karaoke competition

Get everyone involved in a good sing-along. You can pay to play, pay to nominate someone to sing, or even pay to stop someone singing! And if you're a lively bunch then make the carpet your new dance floor and bring out your best moves.



TOP FUNDRAISING TIP:

Jokey fines are a great way to fundraise. Make the person who arrives last pay a penalty or fine guests every time they mention work!

Dare to share

Host a night for everyone to share their skills and hobbies. Maybe someone has a hidden talent that will surprise everyone? Or perhaps another has a passion they want to introduce everyone else to? A fun way to experience new things and a great way to ask guests for a donation too.

Play some party games

Get everyone involved in a games night. Friendship quizzes, party games, board games... and it's easy to make fundraising a part of it too.

Cocktails and canapés

Make for a sophisticated soirée and swap your night out for a night in. It's a great excuse to get glammed up without the queues. Don't forget to drink responsibly. You can always make it a mocktail.

We will beat cancer sooner.

TOP FUNDRAISING TIP:

Ask guests to make a final donation by giving you a tip for hosting, it could help you to smash your fundraising target.



OUR PROGRESS IN THE FIGHT AGAINST CANCER

We are the only ones fighting over 200 cancers, including the one that matters to you. Take a look at some of the progress we've made

4 in 10

Our pioneering research on radiotherapy which started in the 1920's has influenced cancer treatment worldwide. Around 4 in 10 people who beat cancer have received radiotherapy as part of their treatment.

1960's

Our research during the 1960's helped to detect breast cancer early. A great influence on today's breast screening programme, it has saved **thousands of lives**. And through research into the benefits of tamoxifen after surgery for breast cancer, survival rates have improved, leading to a **major breakthrough** in the way the disease is treated.

8 in 10

Fighting childhood cancer – we began funding clinical trials in the 1980's to help improve treatment for children with cancer. **Today, more than 8 in 10 children survive for 5 years or more, we want to make that 10 out of 10.**

95%

Thanks to research, the discovery of the drug cisplatin has transformed the treatment of cancer. **More than 95% of men with testicular cancer are now cured, thanks to cisplatin – a drug that our researchers helped develop.**



...and your night in will help bring forward the day when all cancers are cured.

We have helped double cancer survival in the UK in the last 40 years but our ambition is to accelerate that progress and see three-quarters of patients surviving cancer within the next 20 years. Your girls' night in will help us to achieve this – thank you.

In this pack you should find everything you need for a successful girls' night in but if you have any questions call **0300 123 1022** to speak to someone in our team.

GIRLS' NIGHT IN FOR CANCER RESEARCH UK MONEY RETURN FORM

Thank you for hosting a girls' night in to help beat cancer sooner.

Please complete this form and send it back to us along with the money you have raised and the Gift Aid form so we can make sure that your fundraising is correctly allocated to you.

Please find enclosed a cheque(s)/Postal Order for £

Please ensure that all cheques are made payable to 'Cancer Research UK'.

Your Full Name:	
Home address:	
Postcode:	

Planned send this completed form back to:

Cancer Research UK
PO Box 1561
Oxford
OX4 9GZ

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.

OFFICE USE ONLY
 Source code: 15XFG3
 Product code: FUNDON

MAKE YOUR DONATIONS GO FURTHER WITH GIFT AID

Add at least 25% extra to your donation with Gift Aid.

That means you can raise even more money on your girls night in at no extra cost to you or your donors.

GIFT AID – VERY IMPORTANT

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Yes I would like Cancer Research UK to claim Gift Aid on my donation.

By agreeing to Gift Aid, I want all donations I've made to Cancer Research UK in the past four years and all donations in future to be treated as Gift Aid donations until I notify you otherwise. To qualify for Gift Aid, what you pay in income or capital gains tax must at least equal the amount claimed by all charities and CASCs in the tax year from HMRC. Council Tax and VAT do not qualify. Cancer Research UK will claim 25p on every £1 you donate.

Please ask each sponsor to complete their own details – forms in the same handwriting are not valid for Gift Aid purposes.

Tick here for Gift Aid

We can only claim Gift Aid if you provide your First Name/Initial, Surname, home address, postcode and date paid.

Title	First Name	Surname	Home Address <small>NOT YOUR WORK ADDRESS (this is essential for Gift Aid, we will not mail you)</small>	Postcode	Amount	Date Paid	<div style="border: 1px solid red; padding: 2px;">Gift Aid</div>	Is this a Personal Donation? <input type="checkbox"/> Yes <input type="checkbox"/> No
<i>Mrs</i>	<i>Anne-Marie</i>	<i>Samplename</i>	<i>12 Sample Terrace, Sampletown</i>	<i>AB1 2CD</i>	<i>£ XX.XX</i>	<i>DDMMYY</i>	<input checked="" type="checkbox"/>	<input checked="" type="radio"/> Yes <input type="radio"/> No
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Please return this form to us along with the money return form and cheque so we can claim Gift Aid on your donations.

Donations made via **JustGiving.com** will already have Gift Aid processed.

Cancer Research UK is a Registered Charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103).

WE'RE STAYING IN TO GANG UP ON CANCER

By raising:

£

cruk.org



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