Your Relay fundraising journey starts here

By 2034, we want to see three quarters of people surviving all cancers. Our Relayers can help make that happen. So what are you waiting for? Let’s get started.

1. Rally your team together
Your Relay For Life dream team is waiting! Bigger teams are not just more fun, but they also raise more money. So ask a friend, a colleague, or family member to sign up to join you on this unforgettable Relay experience.

2. Get fundraising
Reel in those life-saving donations by organising some epic fundraisers and getting your local community involved ahead of your big weekend! See pages 4–6 for fundraising inspiration and top tips, tried and tested by our Relayers in the past!

3. Shout about it!
Make sure everyone knows about your Relay!
See page 7 for tips to help you promote your fundraising and make sure to head to cruk.org/relay for more downloadable fundraising resources.

4. Attend team nights
It’s a great place to get more information about your event, meet other Relayers and share fundraising ideas! Please contact your Relay Committee for more details.

5. Pay in your donations as you go
The quicker you return your fundraising, the sooner you’ll be able to make a difference. See page 9 to see how you can return your hard-earned donations. For a quick win, why not donate £10 today by simply texting Relay10 to 70180*

6. You’re our Relay hero!
Get yourself a cuppa, put your feet up and bask in the glory of knowing that you’ve done your part to beat cancer. Don’t forget to share all your favourite moments with us by using the hashtag #RelayForLifeUK

*£10 donation plus one standard rate message. Age 16+, UK mobiles only. 100% of your donation goes to Cancer Research UK. Ts&Cs at CRUK.org.uk/terms. Please note that your £10 donation won’t show on your Relay For Life online fundraising page but funds received will be added to your local Relay For Life fundraising total at the end of the season.
Fundraising ideas for work or school

Whether you choose to fundraise at your work or school, we’ve put together a few fun and easy ideas to suit you.

Do you have more than 3 months until your Relay?

You’ve got plenty of time to raise those all-important life-saving pounds. Why not push the boat out and host a large-scale fundraiser?

Yes

Quiz Night

Everybody loves a bit of friendly competition. Host a quiz night, charge your colleagues or classmates for entry and find out who has the best general knowledge! See if you can get local businesses to donate prizes too so you can get people really excited to take part.

No

Between 1–3 months?

Yes

Fancy Dress Day

Host a themed fancy dress day and get everyone to donate to participate. If it’s coming up to Christmas, why not try an ugly Christmas jumper day? You could even hold a purple themed day in honour of Relay!

No

Quick wins

Bake sale

Get co-workers and classmates involved by asking them to bring in treats for the ultimate bake sale.

Collection buckets

Try leaving collection buckets in your office or classroom for people to drop in any spare cash.

Guess the number of...

Take a jar and fill it with some sweets. Get people to donate to guess how many are in the jar.

Top tip

If your fundraiser involves a prize for the winner, let supporters know what’s up for grabs and feature some photos for them to see!
Fundraising ideas for your community

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**Top tip**
Whatever your fundraiser is, have a collection box on hand to make donations quick and easy. Speak to your Relay Committee to request collection materials.

**Fundraising stall**
Find a local fête or fair and host a stall with a few different things for people to take part in. Try a mix of activities and games with everything from a raffle or tombola to a food stall or face painting so there’s something fun for the whole family.

**Sports Tournament**
Whether it’s football, rounders, tennis, or cricket, why not bring out the competitive streak in people by hosting a sports tournament? Raise money by charging people to join in and see which team comes out on top.

**Quick wins**

- **Car Wash**
  By grabbing a bucket, a sponge, and a few friends you can easily organise a car wash in your community.

- **Pot Luck Dinner**
  Ask everyone to bring one dish and then charge people to try all the different foods on offer.

- **Games Night**
  Host a games night with people from your community and ask them to donate the money they would have spent on a night out.

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Fundraising ideas to challenge yourself

Why not take on a personal challenge and see how much you can raise individually?

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100 Day Challenge
Take on a savings challenge with a difference. Every day put whatever spare change you have into a pot and see how much you raise by the end of 100 days. Push yourself further by bringing in your lunch or skipping your morning coffee and put the cash you would have spent into your collection.

No

Between 1–3 months?

Yes

Give It Up
Whether you have a sweet tooth or can’t start the day without a cup of coffee, try giving up something you love for a month and get your friends and family to sponsor you along the way. You could even try the opposite and take something up for a month, like exercising every day.

No

Don’t worry, here are some quick fundraising ideas to help you smash your target.

Quick wins
Sponsored Activity
Like being active? Set yourself a running challenge or take part in a hike. Love to chat about last night’s TV? Try a sponsored silence.

Share Your Skills
Have a knack for ironing or wrapping presents? See if you can get donations for offering up your skills to someone who might want those tasks taken off their hands.

Top tip
However you choose to fundraise, please make sure it’s legal and safe. There is further advice on legal and safety issues available at cruk.org/fundraisesafely
It’s time to spread the word!

Be loud and proud about your fundraising, Relayers!
The more people who know about your challenge, the more donations your team can raise. Start by checking these off your list and you’ll be well on your way to fundraising success.

Word of mouth

Don’t underestimate the power of word-of-mouth! Tell your friends, family, colleagues and any local groups or clubs that you’re raising money for life-saving research.

Social media can be a powerful thing

Make the most of having friends and family at your fingertips through social media. It’s a quick way to promote your fundraiser and share your Relay successes.

Here are some top tips:

• Remember to share a link to your online fundraising page whenever you’re promoting your fundraiser

• Shout about your fundraiser with people outside of your followers by using other popular hashtags. E.g. #ThrowbackThursday, #GivingTuesday

• Follow local groups, businesses and high-profile people in your community. If they follow you back, it might open up new opportunities to promote your fundraiser

• If you’re hosting a fundraising event, create a Facebook event to invite all your friends and family

• Always try to post using an image or video to catch people’s attention. Why not wear your Relay t-shirt in all your selfies?

Extra! Extra! Read all about it!

Become a local celebrity by publicising your fundraiser in the local media. Send them the basic info plus a photo of you and your team in your Relay t-shirts. Get in touch with your local Relay Committee to get free press release templates and advice on how best to approach local media.

Tell your story

What you’re doing is really special. Approach your local school, Rotary or Lions Club, women’s groups, religious groups or place of worship, they are all looking for inspirational people to speak at their assemblies and meetings.

Whoever you’re talking to, make sure you include a good story about why you are fundraising and its impact – they might just fundraise for you in return.

Don’t forget to tell us about it!

We’d love to hear about your fundraising. Send your photos and fundraising stories to relayforlifestories@cancer.org.uk or tag us on social media using the hashtag #RelayForLifeUK – you might get featured on our Facebook page!
The impact you’ll be making with your fundraising

Thanks to the generosity of supporters like you, we’ve funded life-saving research which has helped double cancer survival rates in the UK over the last 40 years. Every pound you raise will bring us a step closer to beating cancer, keeping more families together in the future.

Here’s an idea of how the funds you raise can help in the fight against cancer:

£50
Could fund one of our cancer information nurses for two hours, offering confidential support to people affected by cancer

£500
Could fund a lab technician for one week. They are crucial to the running of the lab, ensuring researchers are equipped with everything they need to beat cancer

£100
Could fund a trial for a day, testing a new surgical tool (iKnife) that can detect tumours or healthy tissue in real-time as it cuts

£1000
Could fund the Add-Aspirin trial for one day, to find out whether aspirin could be used to stop cancer coming back after treatment

£350
Could fund a trial for one day, looking for the best combination and dose of chemotherapy drugs to treat leukaemia

£2500
Could fund a trial of an improved radiotherapy technique for prostate cancer for one week
How to return your fundraising

Pay in online
This is the easiest and quickest way to submit your fundraising. Collect all your hard-earned funds and add them to your online fundraising page. Watch that fundraising total go up!

Through your Committee
Take the funds you’ve raised to your next team night and your Relay Committee will send it to us directly.

Need more help? If you have any questions about returning your money, please talk to your Relay Committee.

Did you know?
For every £1 donated, 82p is used to beat cancer. The remaining 18p goes towards raising vital funds for the future.

Lights, Camera, Action!
Team Hopes & Dreams from Relay For Life Clacton put on a production of Hairspray the Musical which raised an incredible £5,200 towards their team fundraising total. Here are their top three fundraising tips:

1. Plan ahead and give yourself plenty of time—don’t stress!
2. Speak to your local radio stations and newspapers and ask them to help promote your event. Most of them have websites you can advertise on for free.
3. Rally a great team of people behind you to support your ideas and help make them happen.

Looking for more fundraising ideas?
Check out our A-Z fundraising guide at cruk.org/fundraise
Need more fundraising materials? Get in touch with your local Relay Committee at cruk.org/relay or call 0300 123 1026
A big thank you

We can’t thank you enough for signing up to Relay For Life and raising money for Cancer Research UK. We’re so happy to have you join the Relay family this year. Whether you’re taking part as a Team Captain, Team Member or Survivor, you play an invaluable part on this journey towards beating cancer.

Did you know? There are many other Relays taking place across the UK and thousands more around the world. You’ll be joining an international movement of over 4 million Relayers who, between us, have already raised over $6.5 billion in the worldwide fight against cancer. Together at 6,000 Relay For Life events across the globe, we celebrate survivorship, remember those we’ve lost, and join the fight to help beat cancer.

For more information

Visit cruk.org/relay or call 0300 123 1026

Can’t find what you’re looking for?

Please talk to your Relay Committee, their contact details can be found on your local Relay event page.

Cathy & Bob’s story

“I went to my first Relay For Life in 2015. It was a wonderful experience, where both my husband, Bob, and I cried our eyes out at the Candle of Hope ceremony. In March 2016, I found a lump in my neck. After some initial tests, I was told I had lymphoma. Sadly, just three days later, Bob was diagnosed with prostate cancer. Undergoing treatment together made us both more determined, and in 2016 I joined Relay For Life again as a survivor. Bob also happily got the all-clear, in January 2017. We were then hooked by the community spirit and friendship and have continued to Relay proudly as survivors ever since.”