



FUNDRAISING HANDBOOK

Thank you for choosing to support Teenage Cancer Trust (TCT) – you can help make life different for young cancer patients. You can make life possible.

Contained in this handbook you should find much of the information you need to be able to start your fundraising. And make it as easy and enjoyable as possible to fundraise for TCT.

Set up your own fundraising account

1. Set up your own personal fundraising account at www.teenagecancertrust.org (very easy!) Just go to the main page on the TCT site, click on the banner entitled 'TCT's Donations Page' on the left hand side and follow the instructions given.
2. Send the link of your page to all your colleagues, friends and relatives. They can then donate online with a credit or debit card.
3. And you can just sit back and watch your total grow.

Meanwhile, you can try out other easy fundraising tricks and help teenagers fight cancer all over the UK :

Donate-an-hour

Ask your colleagues/neighbours/friends to donate the equivalent of an hour's salary on their payday. Not only is it an easy add to your total, it also shows them how a little sum makes a difference – let every participant know how much you collected by the end of the day.

However tempting it might be, do not repeat it on each payday!

Go Without

Give up something you really like (beer, chocolate, TV etc.) and get your friends/colleagues to sponsor you for each day that you manage to go without. This is a great way to temper your addictions and raise some money

on the top of it. If you've been waiting for a moment to give up smoking, you have an ideal opportunity here.

Collection box

Keep a collection box in your house by the front door and in your desk at work. To get yours please contact Alice by emailing alice@teenagecancertrust or call 020 7612 0385

Smarties Candy Roll

Get Smarties candy rolls to all your colleagues, ask them to return the rolls filled with 1 pound coins, 1 roll will bring you 15 pounds.

Make your company feel good

Ask your management to donate 50p, 20p, or even 10p for each pound you raise.

Get helpful

Offer your colleagues/friends something they actually need – carwash, a dog walk for a week, a babysit for a night, a window clean, lawn mowing, etc., etc., charge a realistic fee and there will be plenty of interest.

Banger taxi

Use your brand new banger as a banger taxi on Friday/Saturday nights. This works especially well in combination with giving up beer – you can drive your friends both to and from the party – and double your fund raise! You can charge a reasonable fee or keep a collection box in the car (but remember to hide it when you park!)

Hold a party

Summer is a perfect time for a BBQ or a party in your garden. Have people sit down, enjoy their drink and collect a small fee towards the end of the evening. Or, if you wish, have them pay a little for their food and drinks.

Quiz

Organize a quiz night at the local pub.

If any of the above is not enough for you, below is an ultimate A-Z guide to all sorts of fundraising ideas from Arm Wrestling to Zany Clothes Day.

What to say to your sponsors?

To make your life easier, we have prepared a few detailed paragraphs about the charity so you can explain what exactly you are fundraising for.:

“I’m raising money for a UK charity, Teenage Cancer Trust (TCT) – a charity devoted to improving the lives of teenagers and young adults with cancer. Every day in the UK, 6 teenagers are diagnosed with cancer – that’s over 2200 new diagnoses every year – and the numbers are rising by an average 1.2% every year. If you are a teenager and unlucky enough to be diagnosed with cancer, chances are that you will be treated either on a ward with young children or with the elderly. TCT was established in the 1990s to meet the needs of this largely neglected group of patients could be met and so began its mission to build dedicated units specifically designed for teenagers with cancer.

TCT units in NHS hospitals are dedicated areas for teenage patients, designed to provide an environment that is conducive to recovery. While medical facilities on the units are second-to-none, the units are also funky and vibrant – equipped with computers, TVs, music equipment, game consoles and facilities for parents to stay close by overnight. They are places where both friends and family can feel comfortable and relaxed and patients can enjoy the fellowship and support of people their own age.

To date, TCT has built seven units – in London, Leeds, Liverpool, Birmingham, Sheffield, Newcastle and Manchester. Units cost an average £2 million each to build and TCT wants to see at least 22 units in the UK so that every teenager with cancer in Britain has access to these unique facilities.

TCT doesn’t just build units – the charity provides a UK-wide education and awareness team that reaches out to thousands of pupils across the UK, funds an annual conference for 500 cancer-affected teenagers, a Multidisciplinary Forum and an International Conference for medical professionals, a scheme to support patients and families on leaving hospital and has appointed the world’s very first Professor of Adolescent Cancer Medicine.

To find out more please visit www.teenagecancertrust.org

Media Coverage

Potential sponsors will be more giving if they know that they are going to get publicity for helping you out. The best way for you to get this is by approaching your local tv/radio station and newspaper. Last year the Student Brake Away was featured in numerous media channels

<http://www.studentbrakeaway.com/press.php> so go to your local paper or radio station and ask them if they will do a feature on your team and TCT. If they say YES then approach potential sponsors and tell them that if they can help you then they will get guaranteed local media coverage.

Alternatively for PR advice please contact Jane at TCT by emailing jane@teenagecancertrust.org or calling 020 7612 0378.

We will be filming the event this year but please remember that your car and team are not guaranteed to be in the final edit so please do not use this as your selling point to potential sponsors.

Good Luck.

A to z of Fundraising

A

- Abseil
- Aerobics
- Afternoon Tea Party
- Ale tasting
- Antiques Fair
- Apple Dunking
- Archery
- Arm Wrestling
- Arts or Crafts stall/exhibition/fair/sale
- Auction
- Auction of promises

B

- Back to Front Day
- Bad hair day
- Bad tie day
- Baked beans bath
- Ball (themed, summer, winter etc)
- Barbecue
- Barn dance
- Beat the goalie / penalty shoot out
- Bedroom tidying

Beetle drives
Bike display or competition
Bike ride
Bike-a-thons
Bingo
Book or comic sale
Bop'till You Drop
Bouncy castle
Bring and buy sale

C

Cabaret
Cake sale / stall
Car Boot Sale
Car wash
Caribbean day
Carol service
Carol singing
Cartwheel competition
Chocolate Ban
Coffee morning
Coin Collecting
Collages
Collections
Competitions
Computer games marathon
Concert
Conker Championship
Cook book
Cookery contest (like Ready, Steady, Cook)
Corny joke competition
Cover a distance with coins

D

Dance
Dance marathon
Darts evening
Darts tournament
Dinner dance
Disco
Dog Walk - sponsored
Dog walking
Donkey Derby
Doughnut Eating (no licking of lips!)
Dragon boat race
Drawing competition
Dress Down Day
Dungeons & dragons

E

Easter Egg Hunt
Eating baked beans with a cocktail stick
Eating competition
Egg & Spoon Race
Egg painting
Environment Day
Exhibitions
Expert talk

F

Face painting
Fair / fete /bazaar
Fancy Dress
Fancy dress football
Fashion show
Fetes
Fill Smartie Tubes with coins
Film show / premiere
Fines Box
Fire walking
Fireworks
Flower show
Food stall
Football - 5 a side tournament
Football (game, tournament, beat the goalie)
Football tournament
Fun Runs

G

Gala evening
Game shows based on TV quizzes
Garage sales
Games - scrabble, chess, trivial pursuits etc.
Garden party
Gigs
Give up a vice
Go-karting
Golf
Green day
Guess the number (balloons in car, sweets in bottle etc)
Guess the weight (cake, teddy etc)
Guess who the baby is (from photos)
Gymkhana

H

Hair Beading /plaiting
Halloween Parties
Head shave
Heritage Walk
Highland Games
Honesty boxes
Hopscotch
Horse racing
Horseshoe throwing

I

Ice skating show
Ice-cream Eating
Ice-skating
Igloo Building!
Indoor games
International Evenings
International food / dinner party
Italian evenings
It's a Knockout

J

Japanese evening
Jazz night / jazz in the garden
Jelly eating
Jelly Races
Jewellery Making/Selling
Jigsaw Marathon
Jigsaw puzzle
Jogs (sponsored)
Joke-a-thon
Juggling / Juggle-a-thon
Jumble sale

K

Karaoke
Kiss-selling
Kite flying
Knitting
Knobbly knees competition
Knockout contests

L

Ladies nights
Lawn mower races
Leap Frog

Limbo Competition
Line dancing
Line of coins
Litter Picking
Log rolling
Lotteries
Loud tie day
Luncheons

M

Magic Show
Marathons (running, aerobics, line dancing, badminton, table tennis, dancing, stay awake, etc)
Marshmallow Eating
Masquerade balls
Meal and talk in restaurant
Milk-Crate Races
Mountain climbing
Miss something eg: meal, drink, treat,
Mufti / non-uniform day
Murder mystery event
Music quiz
Music recital / concert
Musical chairs

N

Name the Baby/Teddy
National days
Nature Trails
Nature walking
Netball tournament
New Year's party
New Year's resolutions
No smoking day
Noodle Sucking

O

Obstacle course
Odd clothes day
Odd jobs
One hundred club
One-day fasts
One-price stalls
Orienteering
Origami
Outgrown Clothes Sale
Outings - book bus trip for a group

P

Pageants
Pancake day
Pancake race / competition
Panel games
Pantomime
Party - themed
Penny mile (line of coins or specific distance)
Pet Competition
Pet show
Photo competitions
Picnics
Pin the tail on the donkey
Pie eating
Plant sale
Plastic duck race
Play
Pool Competition / contests
Pram push

Q

Quasar nights
Quiz

R

Races of all types (relay, 3 legged, swimming etc)
Raffles
Read-a-thon
Record breaking
Relays
Reunion - family, school, colleagues
Rock 'n Roll night
Rounders Tournament
Rowing
Rugby Matches
Running events

S

Sack Races
Santa's Grotto
Scalextric Grand Prix
Scavenger hunts
Shoe shining
Show

Skateboard competition / display
Skydive
Slide show
Slim
Sponsored event eg: spell / bike ride / swim/ shave . silence
Spot the (baby, dog owner etc)
Sponsored silence
Spot the cowpat
Sports competition or display
Squash Ladder (tennis, badminton)
Swim-a-thon

T

Talent show
Tango around the town
Tap dancing
Tea party
Three legged races
Tombola
Treasure Hunt
Tree-planting
Trips (hire bus, reduced entry tickets for groups)
Tug of war
Twister-a-thon

U

Underwater draughts
Unicycle Racing
Uniform-free days
University Challenge
Used Stamps

V

Valentine's parties / ball/ event
Variety Show
Vegetarian Evening
Video competitions
Video-a-thon
Volley ball
Walk
Welly throwing competition
Wheelbarrow Races
Wine and cheese evenings
Wine tasting
Word search
Workout-a thon
Worm Races

X

X-country races
X-file Quiz
Xmas ball
Xmas Fair
Xmas panto
Xylophone Marathon

Y

Yacht Racing
Yard-of-ale competitions
Yo yo competition
Yodelling Competition
Yoga

Z

Zany clothes day

Source: <http://www.thefundraisingdirectory.co.uk>