

# Ready To Raise Some Cash?

**And all for a great cause!**

Thank you very much for choosing to fundraise for  
**Cancer Support Scotland!**

The support you give will help to fund services that bring much needed relief to cancer patients and their loved ones.

In this pack you will find:

- Fundraising ideas and guidance
- How you help us
- How to send us the money you raised
- Fundraising materials

If you require any extra fundraising materials for your event then please fill in the Fundraising Materials Order Form supplied in this pack. Return it to the office or email/call us and we will make up your order there and then.



**Cancer Support Scotland**  
Tak Tent - Take Care

# Let's Get Started...

There are so many different ways to fundraise for a great cause that sometimes it's difficult to know where to start....

**It's always best to ask yourself -**

- How much do I want to raise?
- What do I, my friends and family love to do?
- Do I have to find a venue or can I host it at home/work?
- When is the best time?
- How can I promote it?
- And lastly, do I need some extra help from Cancer Support Scotland? If so then just give us a call on **0141 211 0122**





***“We had a raffle at our event, it was fantastic fun and a great atmosphere. We raised £150 from the raffle alone!”***

**Judy, Newton Mearns**

# Fundraising Ideas

## ***I love sport...***

Take part in a run, swim, hike, sponsored walk etc. \*

## ***I love to bake...***

And nobody can turn down a slice of cake....

## ***I love to party...***

People make a party, so invite all your friends round for a shindig with a difference!

## ***I love to be an adrenaline junkie...***

We run events such as abseils, zip slides and Go Ape days that you can take part in to help you get that natural high! \*

## ***All my friends and colleagues want to get involved...***

Do some fundraising at work! Many companies encourage employees to support charity, be it through Pay Role Giving or by having events in the office! It's also a great form of team building. We can host comedy nights or variety nights just for your company.

## ***All my school friends want to join in...***

Speak with your teacher and find out where and when you can fundraise! A member of our fundraising team will be happy to help out on the day.



\*See our events calender for details.

# Need A Bit More Inspiration?

No problem! Here's a list of some classic fundraising ideas and activities...

Abseiling  
Art Exhibition  
Auction  
Bake Sale  
Barbeque  
Bath of Beans  
Car Boot Sale  
Charity Film Premier  
Face Painting  
Fancy Dress Day  
Fashion Show  
Fun Run  
Golf Day  
Great Scottish Bake Off  
Head Shave  
Karaoke Evening

Marathon  
Men's Waxing  
Murder Mystery  
Parachute Jump  
Pub Quiz  
School Disco  
Sky Dive  
Soup and Sandwich  
Sponsored Silence  
Strictly Dance Off  
Teddy Bear's Picnic  
Tombola  
Treasure Hunt  
Tug-o-war  
X-Factor Competition  
Zip Slide

***Jot down your ideas here to help with your planning.***

•Name of event

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•How will you organise the event

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You hope to raise £\_\_\_\_\_



# Fundraising Guidance

**Please consider the following when organising your event. If you require any extra advice please just give us a call on 0141 211 0122 or email us at [fundraising@cancersupportscotland.org](mailto:fundraising@cancersupportscotland.org)**

**Cancer Support Scotland cannot accept any liability from injury incurred at an event not organised by ourselves.**

## RAFFLES AND LOTTERIES

Depending on whether you are selling tickets for your raffle on the day or prior to this event, there are different requirements to be aware of.

If you are unsure please call us or visit:  
**[www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk)**

## HEALTH AND SAFETY

Nobody likes to feel unsafe at an event so please use your common sense to ensure no accidents can happen. Obviously if something goes wrong make sure you have a trained first aider to hand!

## LICENSES

If you fancy a wee tipple at a party please make sure that the venue for your event has a license. If you are unsure contact your local authority.

## DATA PROTECTION

If you are gathering information on anyone who attends your event (through sponsorship forms/raffle envelopes etc.) it is better to ask them if it is ok for us to contact them in the future.

## FOOD HYGIENE

If you are providing food at your event you need to make sure that everything is cooked/prepared safely.

For more information please visit  
**[www.food.gov.uk](http://www.food.gov.uk)**

## PRESS AND P.R.

Why not send a press release to your local newspaper and let them know all about your event? They may even come along to take photos! Social media is a great way to advertise for free!



***“Preparing for a marathon was challenging, however knowing that I was helping to raise funds for such a great cause made me even more determined.”***

**Lorna, Ayr**

# How Your Fundraising Helps Cancer Support Scotland

**Thank you once again for choosing to fundraise for Cancer Support Scotland. The money you raise allows us to provide emotional and practical support to anyone affected by cancer. This support comes in the form of:**

- **COMPLEMENTARY THERAPIES** - We offer a diverse range of therapies to anyone in need of relaxation in body and/or mind. These extend from Aromatherapy, Chiropody, Hypnotherapy, Massage, Reflexology and Reiki.
- **TALKING THERAPY** - Our trained talking therapists (counsellors) will listen and talk people through their anxieties and fears. They are there to help anyone affected by cancer and offer a shoulder to lean on.
- **SUPPORT GROUPS** - Our support groups are spread across Scotland and here to help anyone affected by cancer. Our groups meet on a regular basis and have created trusted relationships and safe environments to air their concerns. We have a group for young people aged 16-25 called conTAK which aims to produce a secure setting where patients can speak their mind amongst their peers.
- **INFORMATION** - We provide information and support to anyone in need of it. We have an array of information leaflets and books ranging from cancer treatments, how to tell your family and how your employer should help you.

## HOW DID YOUR FUNDRAISING EVENT GO?

We at Cancer Support Scotland would love to hear how everything went. Please send any photos or stories you have to [fundraising@cancersupportscotland.org](mailto:fundraising@cancersupportscotland.org)