



Your handy guide to

fundraising



The bone & soft tissue cancer charity

Do something extraordinary!

Fundraising is only limited to your imagination!

Raising £10 from cleaning out your copper jar, £100 from selling your homemade cakes or £1000 from taking part in a challenge; they all add up to transform the landscape for everyone affected by sarcoma.

Afternoon tea

One lump or two? Invite your friends round for a catch up, cake and a cuppa!



Battle of the bands

Source a venue and ask local unsigned bands to sing for sarcoma. Charge for tickets and make a night of it.

Come Dine with Me

Create your very own culinary experience. As host, you decide on the total bill!

Fancy dress

Dress up or sponsor someone to wear fancy dress to school/work for the day.

Hair today, gone tomorrow!

Raise sponsorship to shave your hair off – it will grow back!

Internet auction

Use eBay to sell your unwanted goods. Use the site to donate money to us.

Jelly bean jar

Fill up jars with sweets and ask for donations in return for a guess.

Karaoke night

The Golden Oldies really are the best!

Ladies night in

Get the girls round for a chick flick and pamper night. Donate the amount you would usually spend on a night out.



Lose pounds, gain pounds

Get sponsored to lose weight and raise money!

Movie night

Invite friends round to watch a film. Charge them for sofa space and snacks.

Quiz night

Gather some teams and host your own quiz evening.

Races

Why not give your race a theme, such as sack, pancake or egg and spoon?

Skydive

Take to the skies for sarcoma!

Sporting events

Running, swimming, cycling, canoeing, rafting... Get in touch!

Sweepstakes

Organise a sweepstake on this season's teams (football, horse racing, tennis, rugby). Everyone can get involved!

Tournaments

Have teams compete in different activities, from football to Twister and Scrabble.

Wax on, wax off!

Separate the men from the boys! A sponsored leg & chest wax – ouch!

Wii night

Hold a sponsored computer games marathon in your living room or sports hall.

In fact... sponsored anything!

Sponsored swim, silence, walk, slim or climb. The list is endless...



Thank you

for choosing to support Sarcoma UK.

We really appreciate your time and effort, and are here to help you along the way!

Sarcoma UK is the only cancer charity in the UK focusing on all types of sarcoma.

Our mission

To increase knowledge and awareness of sarcoma through ground-breaking programmes that inspire involvement and transform the landscape for everyone affected by sarcoma.

Awareness – Research – Support & Information

Your fundraising will make a huge difference to the lives of everybody affected by sarcoma. We hope that in the future, more people will survive sarcoma. You will help us to raise sarcoma awareness, seek answers through research and provide support & information for the whole sarcoma community.



Jordan's story

Jordan Anderton was 14 when he was diagnosed with Myxoid Liposarcoma, a soft tissue cancer so rare he was told that he was only one of five children under the age of 18 diagnosed with it every year.

"The treatment started immediately including two operations in different hospitals and six-and-a-half weeks of radiation – although one of the hardest things was seeing children much younger than me going through the same treatment.

Even though this was difficult, it gave me the strength to stay strong and keep positive.

Once my treatment had finished, I was able to return to school. I even started playing rugby again, one of my great passions, after being told that I might not be able to do this again. Two years on, I had trialled for the South West England U18s and had played for Exeter Chiefs Academy.

Sarcoma UK allowed me to get more information on Myxoid Liposarcoma and understand the condition that I had. Through Sarcoma UK I was able to hear stories from other sarcoma patients. I realised that I wasn't alone, which gave me a boost in confidence."

Sarcomas make up **14%** of all childhood and **11%** of all cancer diagnoses in young adults.

Pick your challenge!

We would love to have you on board!

Running



Whether it's bursting through the finish line of the Virgin London Marathon or joining 3,000 Santa Clauses complete a 5k circuit, there are a

variety of running events to suit your style and pace, UK-wide!

www.sarcoma.org.uk/running

Cycling



Fancy visiting London, Amsterdam and Brussels... on a bicycle? Or maybe you want to take up 50 miles from London to Brighton? We have supporters cycling all

over the world! Why not join them? Power to the peddle!

www.sarcoma.org.uk/cycling

Walking/Treks



Want to reach the summit of Kilimanjaro? Or touch the top of the Three Peaks in 24 hours?

Ask your friends to join you and take up a

group challenge on foot!

www.sarcoma.org.uk/trekking

Skydive



Want to jump out a plane? Or fancy facing a fear? Skydiving is the answer!

Email us at

[skydive@](mailto:skydive@sarcoma.org.uk)

sarcoma.org.uk

to find out more!

www.sarcoma.org.uk/skydives

Feel inspired!...

Team Wheddon formed U-Legend

A group of friends and family committed to fundraising for Sarcoma UK, they have raised over £30k, individually and as a group. They walked, biked and rafted in the Wheddon Peak District Challenge; held a Sarcoma Week tombola; Ran in the Birmingham Half Marathon; organised a musical theatre concert, "There's no business like show business"; held a ball and tee'd off to a charity golf day... and they're still planning more events!

See what difference you can make by simply taking up a challenge or organising an event, our fundraising team look forward to helping you along the way! We'd love a chat!



Top tips!

Start fundraising - It's so easy!

1 Create your giving page!

www.justgiving.com

JustGiving[™]

2 Share your story!

Tell people why you are fundraising for Sarcoma UK, who is the person behind your motivation?

3 Spread the word!

- **Share** your giving page through email, Facebook and Twitter accounts. Encourage your friends and family to sponsor you online.

- **'Like'** our Facebook
www.facebook.com/uk.sarcoma



- **Follow** our Twitter www.twitter.com/sarcoma_uk or shout about us [@Sarcoma_UK](https://twitter.com/Sarcoma_UK) – we will shout about you.



4 Tell us what you need!

- **Posters** – spread the word in your community: pubs, cafés, sports clubs and shops
- **Merchandise** – Wear our wristbands, T-shirts & running vests
- **Logo** – Request our 'Supporting Sarcoma UK' logo wherever you can!
- **Letter of authority** – Request our official letter of support to send to companies, venues and councils for collections!
- **Press release** – Contact your local newspaper and use our standard press releases to reach a wider audience within your community!
- **Advice** – Our fundraising team are here to help you, just give us a shout!



5 Thank, thank and thank!

Say thank you to everyone involved, let them know how much you raised!

Keep it legal!

It really is **essential that your event is completely legal.**

The key things to bear in mind are:

- **Insurance**

Although you are raising funds for Sarcoma UK, legally you are acting separately from the charity, which means our insurance won't cover you. Check that your venue covers you for the planned event.

- **Children**

Children must be supervised by a parent or guardian at all times. If you have other adults looking after them without supervision, they must have the relevant checks made.

- **Licensing**

If you have live music, a raffle, a casino or are selling alcohol, you must check to make sure you have the appropriate license.

- **Food**

If you are serving your own food, make sure that it is stored and handled to meet Health and Safety standards to avoid illness!

- **Risk assessments**

Make sure you have covered your own back by making a list of anything that may go wrong and what action must be taken to avoid this (e.g. Missing bags or coats, ensure that you have somebody on cloakroom duty all night).

Last but not least –

HAVE FUN!

Our Sarcoma UK fundraising team
would love to speak to you about your event,
call **0207 250 8271**
or email **fundraising@sarcoma.org.uk**



The bone & soft tissue cancer charity



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www.sarcoma.org.uk



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uk.sarcoma