



Challenge Events Pack



Push yourself to the limit!

A Bit About Us

Cancer Support UK provide practical and emotional support to people living with cancer, both during and after the treatment period. We support people with all kinds of cancer across the UK.

Our Cancer Coach programme is a six week structured 'self-management' course for people living with cancer. Developed by a range of cancer professionals, the programme offers much needed encouragement and emotional support, which is fundamental to recovery. Groups are run by people who can empathise and understand what it's like - as they have experienced cancer themselves.

Our Cancer Kits include a range of practical items for adults and children currently experiencing cancer. They have been designed by people who have had cancer themselves, to provide practical and handy items that people will find genuinely useful during their treatment. We have Cancer Kits, Chemo Kits and Kids' Kits, which we supply free of charge.



With Your Support...

... you're helping us to help others.

Without the help of donations and volunteers, we wouldn't be able to support those living with cancer across the UK, as 100% of our funding comes from voluntary donations and gifts.

The money you raise will help us to successfully deliver our support services, which are available to adults and children all over the UK, and keep them completely free.

Donations go towards supplying Cancer Kits to people undergoing cancer treatment, to help make the recovery process more comfortable, and towards training volunteers to run the Cancer Coach Telephone Support Groups, offering ongoing support to cancer patients.

So we'd like to start by saying a huge thank you for wanting to fundraise for us!



How it Works

Are you ready to set yourself a challenge? From relaxed sponsored walks, to adrenaline-fuelled skydives, we can help you find the perfect thing for you. This pack is a starting point for you to decide what sort of challenges you could do and to show just how much of a difference the money you raise can make for people living with cancer in the UK.

Pick Your Event

Do you want to push yourself to the absolute limit, or would you rather a fun and relaxing weekend activity with your friends and family? There's such a variety when it comes to challenge events, and we're here to help you choose something just right for you. Read on for some inspiration.



On Yer Bike!

A cycling challenge is a classic choice for a fundraising event. Whether you do a few kilometres around your local park, or want to cycle from London to Paris, or the whole length of the UK – there's something for all levels of ability. We can help organise your event – so you'll only have to concentrate on getting yourself fit!



Run a Distance

Fancy yourself a bit of a fitness freak? There's no better way to test your limits than long-distance running. We have places in marathons and half marathons up and down the country, or you can design your own run between locations of your choice.





Join a Fun Run

Fancy a run that's a bit more lighthearted? That's understandable! Dress up in something silly, grab your friends and take part in a fun run with lots of other people. You can run as part of a troop of Santas at our biggest challenge event of the year – egg each other on and have some fun!

Skydive!

If you really fancy a challenge (or perhaps you are an adrenaline junkie!) you could skydive for us. It's a great way to tick it off your bucket list, and to raise some money at the same time. We have teamed up with airfields all over the UK and they run all year round. No training necessary, you just need nerves of steel!



Trek in the Great Outdoors

Sometimes we all need a breath of fresh air. Escaping to the country (or another country altogether!) and hiking in the wilderness, can be both challenging and relaxing, and a brilliant way to visit a new place. From Hadrian's Wall to Great Wall of China, the Coast-to-Coast walk to the Inca Trail, the possibilities are endless.



Climb a Tower

Perhaps you'd like to push your fitness but you can't stray too far? Head to a nearby tall building – whether it's an office, a block of flats or tourist attraction – and see how quickly you can get to the top (and how many times you can do it!)



How to Maximise your Fundraising

You're doing something extraordinary - so we're here to help you make the most of it! From publicity to Gift Aid, we're here to help.

Get Social!

In order to boost the reach of your event - you've got to promote it! Use social media to let friends, family, and people in your local area know what's going on. Use Facebook and Twitter to keep your supporters updated about event information, fundraising targets, and your final achievements.

We would also love to know what you're up to, and we can help to promote your challenge on our social media accounts too. We love a good opportunity to shout about our wonderful fundraisers!

 /csupportuk

 @cancersupportuk

 @csupportuk

You can email hello@cancersupportuk.org, if you need more help promoting your event!

Set a Target

Some challenge events (like the long distance bike rides, or marathons) already have a minimum fundraising target, but if your challenge doesn't - set yourself one!

It's a great way to motivate yourself and to stay on track - especially if you make it public! You can set up a Just Giving page so everyone can easily donate to you, and see just how much of your target you've raised.

So close!

95%

JustGiving

Gift Aid it!

Perhaps easiest, and most important of all - don't forget to Gift Aid all your donations! Gift Aid allows UK charities to claim back the basic rate tax already paid on donations by the donors.

This means we can claim back 25p from the government from every £1 donated - boosting the value of your donation by a quarter, at no extra cost to you!

What Your Money Achieves

Where does my money go?

The money you donate helps us to successfully deliver our practical and emotional support services, which are available to adults and children all over the UK.

The money you raise goes towards supplying Cancer Kits, Chemo Kits and Kids' Kits to people undergoing cancer treatment, to brighten their day and to help make the recovery process more comfortable. It also goes towards training volunteers to run the Cancer Coach telephone support groups, offering ongoing emotional and psychological support to cancer patients.

Your donations also help us to keep all our services completely free of charge to people who need them.

We use your donations where the need is most urgent but if you would like a donation restricted to one of our services, or would like to talk to us about funding our special projects, please call us on **020 7470 8755**.

Every donation makes a real difference.

£10 could help fund ongoing support to adults and children living with cancer.

£25 could help pay for one of our specially designed Cancer Kits to go directly to an adult or child undergoing cancer treatment.

£50 goes a long way to providing emotional support to someone in need, and could help fund our Cancer Coach telephone support groups.

£100 could pay for 10 hours of our Cancer Coach telephone support groups, offering an outlet for people who need someone to talk to.



You're Good to Go!

Hopefully this pack has helped you decide what sort of challenge you'd like to set yourself. If you would like us to help you to arrange one of the bigger types of event, just get in touch! That's what we are here for after all! You can call us on

020 7470 8755

or email hello@cancersupportuk.org

We can do lots of the organising for you, so you can just focus on getting ready!



Keep in Touch

Don't forget to keep us updated with your progress; we'd love to see what you're up to. Let us know how your training is going and how close you are to reaching your target - we're always on hand to help you promote your event, and shout your successes from the rooftops!



Thank You!

Without the support of people like you, we wouldn't be able to help adults and children up and down the UK living with cancer.

You're fantastic!



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www.cancersupportuk.org

Cancer Support UK (CSUK) is a charity registered in England and Wales (1105703) and in Scotland (SC039731).