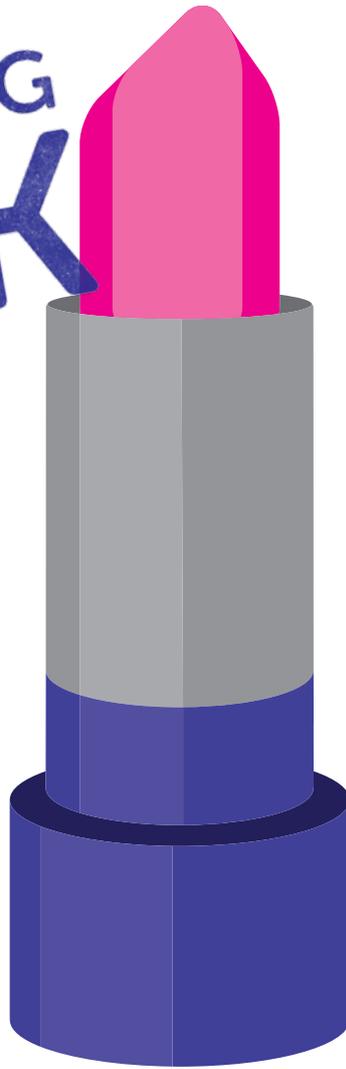


FUNDRAISING
PACK



GIRLS NIGHT

Brush up on your hosting skills by putting on a fantastic fundraiser in your own front room.

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FACE MASKS AT THE READY

This is the perfect way to raise money for your Race for Life event whilst indulging in some R&R with friends and family. Whether you're taking part on your own or as part of a group, you can organise a night of pampering and invite everyone along to enjoy a treat from manicure to pedicure or massage.

Top tips for a RELAXING EVENING

- **Organise your entertainment**

Sort out the night's activities in advance. You might fancy the latest TV show or perhaps a relaxing playlist; either way you don't want the hassle of having to decide on the night.

- **Set a date**

Choose a day early on and spread the word to make sure as many people are free as possible.

- **Use your online fundraising page**

Ask for a donation to your fundraising page. Or you can decorate a glass jar and use this to collect donations on the night, then add the donations to your fundraising page yourself.

- **Gift Aid**

You won't be able to claim Gift Aid on donations people give to take part in the girls night, but you can bring your sponsorship form to the event and claim gift aid on any extra donations given on the night.

- **Identify talent**

Your friends and family can help you raise even more money by offering up their services if they have a special talent for manicures, pedicure or any other beauty treatments. The more experienced they are, the more you can ask for in donations.

Enlist a designated driver. Ask around if friends can be the taxi, as no one will want to drive home after putting their feet up all evening. You can even ask your guests to donate the taxi fare they would have paid.

Send us tweets of your event to [@raceforlife](https://twitter.com/raceforlife)



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SNACKS AT THE READY

Create your own home cinema and raise money for your Race for Life event. Hosting a film night is an easy and fun way to raise cash. You can pull out the old classics or rent the latest release.



Top tips for a

BLOCKBUSTER EVENING

- **Decide if you want a theme**

It doesn't have to be hard work; you could simply entice your guests with the promise of a Rom-Com, go back in time to another era and ask guests to dress up, or take on the challenge of a movie marathon and watch a series back-to-back.

- **Choose the films**

Another way to raise money is by choosing 5 of your all-time favourite films and asking guests to donate and vote for the one they want screened.

- **Ask for donations**

Get guests to donate the amount they would have spent on a night out.

- **Don't forget to feed your guests**

Supplying nibbles is the easiest way, or if you really want to earn those stripes then you could create some delicious mocktails.

- **Set a date**

Get a date in the diary and promote to your friends and family by setting up a Facebook event, Tweeting about it, or using the poster found in this pack.

If 6 of your friends donated £5 to have the ultimate pamper night in raising £30, this could pay for one day of a trial discovering ways to improve radiotherapy for women with cervical cancer.

Fundraising guidelines: for more information and guidelines on fundraising, take a look at the Cancer Research UK website: cancerresearch.org.uk/fundraising



**CANCER
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RACE FOR LIFE**

OVENS AT THE READY

This is your chance to show off your culinary skills to really impress your friends and family, whilst also raising money for your Race for Life event by setting up your very own restaurant for the night. You can do this whether you're taking part on your own or as part of a group.

Top tips for a CULINARY EVENING

- **Decide what to cook**

Choose what you want to cook and how many courses you want to serve – and of course when you'd like to hold your night in.

- **Who's coming?**

Work out who you'd like to invite, create your meal plan and share it with your guests (watch out for any allergies or intolerances).

- **Get your ingredients**

Before your event, make sure you have all your ingredients and everything you'll need to make it a night to remember.

- **Preparation is key**

Prep as much of the food as you can before your guests arrive so you can spend some time with them – if you're in a group then get them involved to help with the entertainment.

- **Ask for donations**

Serve up your fantastic feast and ask guests to pay what they would have paid in a restaurant. You can ask guests to donate straight to your online fundraising page, or you can decorate a glass jar to hold donations that you can later add to your fundraising page.

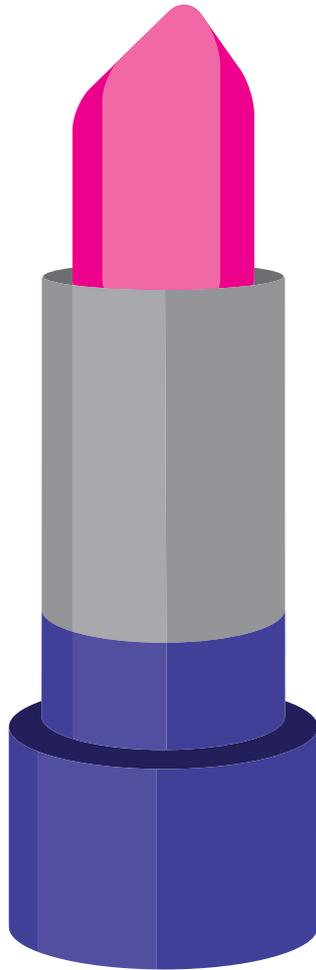
If 4 of your dinner guests donated £10 for their delicious feast, that £40 could buy 500 special dishes in which scientists can follow cancer cells' every move and discover new ways to stop the disease in its tracks.



If you're doing it on your own, are short on time or just hate cooking, you could encourage all your guests to come over with a dish of their own creation. You can then all vote on the best dish and to congratulate the winner, you could even arrange a small prize for them – perhaps letting them get out of the washing up!



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GIRLS NIGHT

This is beating cancer.

Support Cancer Research UK's Race for Life this year by coming along to our fantastic girls night to help beat cancer sooner.

WHEN

WHERE

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