





Louise Stacey's mum Pat was cared for by Marie Curie Nurses in her final days. Since then, Louise has been organising coffee and pamper mornings, to raise money for Marie Curie.

"My friend Suzanne and I decided to hold a fundraising coffee morning and raffle. I was amazed by how much we raised. It took quite a bit of my time, but all my friends pulled together on the day and that's when we started doing the balloon release. I write and release balloons in honour and remembrance of people's loved ones that have passed. It's a special and important gesture.

"From then on, I realised that fundraising is important to me. I started running an event every year and they got bigger and bigger. We went from using the small clubhouse at a local venue to using the big marquee which holds about 200 people.

"The event itself created its own momentum and lots of local businesses wanted to donate or take part. The last one raised loads – all from a little coffee morning!

"You assume the support will be there when someone you love is dying. But it relies on people raising money, people like you and me. It's a nice feeling knowing I'm making a bit of a difference. And I know my mum would be hugely proud. I know she would be thinking: 'That's my girl.'"

Let's go yell-w

For this year's Great Daffodil Appeal, we're asking you to wear yellow for a day. So add a splash of colour to your fundraising and show your support for Marie Curie.

Grab your brightest yellow clothes and ask for donations for every yellow outfit worn – it's an easy way to brighten up March mornings at school, work or with your friends, all while raising money to support our nurses.

mariecurie.org.uk/letsgovellow

Let's get to work

Bring fundraising to your workplace and drum up support in every department. To double funds, why not ask bosses to match the amount you raise?

Raising money to support the Great Daffodil Appeal at work is a doddle! Just pick your activity, get everyone together and have a great time for a great cause.



Bright ideas

Craft workshop

March 2018

Every penny counts!

£20 pays for an hour of

hands-on care from a

Marie Curie Nurse.

Charge workmates to learn a new skill in their lunch break. Give knitting a go, or join the fold with origami.

Get quizzical

Take on the role of quizmaster and charge £5 per team. We have quiz sheets to download from mariecurie.org.uk/fundraise

Fancy dress day

Come to work in costume (or in yellow) and collect donations to take part.

Office sweepstake

Sporting or silly, ask for donations per bet and arrange a prize for the winner.





Mum's the word

As it's Mother's Day on 11 March why not combine this special time of year with a spot of fundraising? Think of heart-warming ways for friends to treat, surprise or celebrate their mums and make it a wonderful occasion.

Say it with flowers

Why not surprise your mum with some fresh-cut or potted daffodils? Throughout the Great Daffodil Appeal, Wyevale Garden Centres will be donating 10% from every purchase, meaning a gift for Mum could also help families who need care most.



Bright ideas

Mum's afternoon tea treat

Share a slice of something nice for a £10 donation per head.

Yummy mummy pamper session

Offer Mother's Day beauty treatments for a small fee.

Mothering Sunday card and gift making

Get creative and sell your homemade items.

In memory of Mum wall

Collect donations for adding a tribute to mums no longer with us.

Keep it clean

If you're planning on baking for your Mother's Day fundraiser, make sure food hygiene comes high on your to-do list. For advice, visit the Food Standards Agency at food.gov.uk.



Party, party

Whether you throw a glittering gala or an informal knees-up, there are tons of ways to raise money while having a great time. To attract a bigger turnout, why not promote your event on social media or in the press? Whatever your type of shindig, we've got the supplies to make it go with a bang. Visit our online shop to get yours: shop.mariecurie.org.uk

Bright ideas

Charity dinner and auction

Throw a sophisticated soiree and invite local businesses to donate prizes.

Strictly Come Dance-athon

Show off your dancing shoes and collect donations at the door.

Daffodil spring social

Celebrate the start of spring! Throw a tea party or have fizz. Charge an entrance fee and raise a glass for Marie Curie.

Karaoke night

Who's got the X Factor? Find out and ask for donations per entry.



Get the party started with Marie Curie bunting, cups, plates, napkins and more!



Challenge yourself

Make the Great Daffodil Appeal your time to take on a personal challenge. Whatever you want to achieve, we're behind you all the way.

Think about something you've always wanted to do, or someone who inspires you. And don't forget that your efforts will mean someone will get the care they need to make the most of the time they have left.



Bright ideas

Do it in memory

Completing a challenge in celebration of someone you love is a wonderful way to raise money.

Dive on in

Take on a sponsored swim and raise funds with every stroke.

Together as a team

Pull together with friends, family or workmates and make your challenge a team effort.

Abseil or mountain climb

Get sponsored to take your fundraising to new heights.

Step into spring

Challenge yourself to take 10,000 steps every day in March – it's a simple way to feel good and raise money to support our nurses.

mariecurie.org.uk/stepintospring

Organising your fundraiser

1 Pick an idea

This guide is full of suggestions to help you get started. Of course, if nothing here takes your fancy, feel free to come up with an idea of your own or visit mariecurie.org.uk/fundraise for more ideas

2 Plan your activity

Even the simplest activities need some planning and preparation so the earlier you get started, the better. Location is an important thing to consider. For example, do you need to book a venue or plot a route?

3 Promote the event

Once you've sorted out the details, think about how you'll get the most people involved and who can help you spread the word.

Pay in your money

When the money's all collected, it's time to tally up your total.

M 🖸 🔘 mariecurieuk

Thank you to everyone who supports us and makes our work possible. To find out how we can help or to make a donation, visit mariecurie.org.uk

How to pay in the money

JustGiving

All donations sent through JustGiving come directly to us, so there's no fuss with chasing money.

Call us

Give us a ring on **0800 716 146** and we'll guide you through the process.

Post it

Include your completed donation form, cheque, banking form and any sponsorship forms you need. Please do not send cash.

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