



Marie
Curie

Let's get
fundraising!

Kathy's mum was cared for at the Marie Curie Hospice in Belfast, and her sister Ann by Marie Curie Nurses at home, after they were both diagnosed with terminal cancer.

"It's hard to describe the pain of losing half my family so quickly – it took a long time to come to terms with our loss.

"I wanted to do something to repay Marie Curie for their care and compassion. I've learnt that life does go on and from a very bad situation, good can happen. It's a wonderful feeling to give back and help other families."

Kathy's walk raised **£9,000**, which could fund **391 hours of Marie Curie nursing care**. Her family also organised a fashion show, a zip wire across the Lagan and a mud run to raise money.



We're rooting for you!

First of all, a huge thank you choosing to fundraise for Marie Curie. Your support means more expert hospice care for people, whatever the illness. By taking on a challenge for us, you'll be helping us provide a lifeline at one of the most frightening and upsetting times any family will face.

In this booklet you'll find inspiring stories, tips and tricks to help boost your fundraising, alongside lots of ideas – big and small – to help you smash that target.

Whether you're a baker, hiker, swimmer, knitter, runner or quizzier, we're here to support you every step of the way!



Remember to tag us in photos of your challenge or fundraiser at **@MarieCurieUK** or **#MarieCurieUK**. You can also send photos to **fundraising@mariecurie.org.uk**



Five steps to success

Cloé took part in a Twitch stream in memory of her grandad, Colin, who was cared for by Marie Curie Nurses at the end of his life.

“Fundraising feels like a nice way to respect my grandad. It’s a way to keep talking about him, grief and Marie Curie. It just feels like the right thing to do.”

Cloé’s charity stream raised **£1,371**, which could fund **59 hours of nursing care.**

1 Get started

If you’ve signed up to an organised event, we’ll send you fundraising tips and training ideas to help you prepare. If you’re setting up your own fundraiser, you’ll need to make some plans – from who’s coming to where you’ll host it. Find handy resources at **mariecurie.org.uk/materials** and email us at **fundraising@mariecurie.org.uk** if you need any help.

2 Build your page

Set up your online fundraising page as soon as you can to get those donations rolling in. Add a selfie, explain why you’re fundraising and add your personal story if you have one. Make sure your target covers any minimum sponsorship set by your event. Be bold but make it achievable.

3 Share, share and share some more!

As well as your fundraising page, post your plans on all your social media channels to make it easy for people to donate, tell your local media about your plans and why you're inspired to fundraise for Marie Curie. Afterwards, share how your fundraising activity went – 20% of donations come in after the event, so don't forget to keep them posted with photos and videos.

4 Pay it in

It's time to collect your donations and tally up your total. If you've used an online fundraising page, such as JustGiving or Enthuse, your donations will already be with us. If you've collected donations yourself, check out the sponsorship and donation form enclosed in your pack. See page 13 for more ways to pay in the money you raise.

5 Tell us how it went

You've done something amazing for people living with a terminal illness, and those close to them. We'd love to hear how it went, see your photos and videos and hear your story – so do get in touch and let us know.

Boost your fundraising

Whether you're gearing up for an active challenge or doing your own thing, these sure-fire fundraising winners will help you tot up your total in no time. For more ideas visit: mariecurie.org.uk/fundraising-ideas

Simple ideas – quick and easy ways to pick up those pennies.

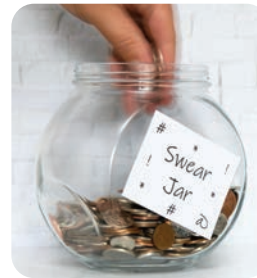
Organise a sweepstake

This is a really easy way to add a bit of competitive fun to your fundraising. You can start with something simple like guessing how many sweets are in a jar. You'll find a sweepstake sheet included in this pack.



Set up a swear jar

Fine your family, friends and colleagues £2 for each slip-up!



Give up a treat for a month

Which will it be – chocolate, coffee or takeaway? Whatever your vice, give it up and donate the money you would have spent.



Ready, set, bake...

Whip up or buy some delicious treats and sell them at your workplace, school or club. Sweet!





Share locally

Find out how your local community could get involved or support you with your fundraiser. You may find some places to leave a collection tin or bucket which you could collect any donations received on a weekly basis. Get in touch with us at fundraising@mariecurie.org.uk to request a tin.



Bring in local businesses

Reach out and see if any businesses near you would be willing to help. They could match your donations to double your fundraising efforts or let you use their space to host your fundraiser.



Share your skills

Got a passion for knitting, crafting, cocktail making, Zumba, circuit training, yoga or anything else? Why not teach people how to master your skill and ask for donations to take part?

Thinking bigger – a little more effort, but a guaranteed good time.



Auctions for good

You'll be surprised what you can shift in an auction! People will bid on anything from delicious dishes you've cooked and collectables out of the attic to promises of help with chores so they can put their feet up!



Take on a challenge for a month

Set yourself the target of 50 push ups or squats a day, a cold shower every morning, or going veggie for four weeks.



Get gaming

Challenge your family and friends to a poker night, chess tournament, Dungeons and Dragons, bingo, or your favourite video game, with a donation per entry and a prize for the winner.



Pub quiz

Become the quizmaster and test people's general knowledge and, of course, who can come up with the best team name!



Now hair's an idea

Dye your hair a funky colour (or shave your head, or wax your body, if you're brave enough). You can livestream it for extra donations!



Race night

Charge an entry fee and get together with friends for a night of virtual horse racing.

Reach for your target



£23

pays for an hour of expert care and emotional support for someone living with a terminal illness, in the comfort of their own home.

£64

pays for two hours of of hospice bereavement counselling, giving families skilled emotional support at a vulnerable time.

£207

pays for nine hours of overnight nursing care, so carers can get some sleep knowing their loved one's in safe hands.

£637

pays to train a nurse or healthcare assistant for a year, so they have the knowledge and expertise to give quality care to those who need it.

£1,400

pays for 200 calls or chats with our Support Line, so people at the end of life and their loved ones can get the practical and emotional support they need.

£1,680

pays to heat a hospice for two weeks, helping it feel like a home from home for the people we care for.

Supersize your fundraising

Push things to the limit with these ways to maximise the money you raise for people at the end of life, whatever the illness.

Matched giving

Some employers will offer to match your fundraising pound for pound, or agree a fixed amount to donate up front. There's no easier way to top up your total, so ask your employer if they have a scheme like this. Sometimes friends and family can even claim matched funding on your behalf.

Gift Aid

If your sponsors pay tax in the UK, we can reclaim 25% on top of their donation.* So, if they sponsor you £100, that may be worth £125 to Marie Curie. Just ask your sponsors to select the Gift Aid box on your online or offline sponsorship form.

We're here to answer any questions you may have. Get in touch today on 0800 716 146.**

* The Gift Aid total is not included in your fundraising total and doesn't count towards your fundraising target.

** Calls are free from landlines and mobile phones. Your call may be recorded for quality and training purposes. Lines are open Monday to Friday, 9am-5pm.

Safety first

Whatever you're planning, it's vital that you keep safe and legal. So let's go through some health and safety basics. Visit mariecurie.org.uk/event-hub to learn more.

Raffles

Raffles are a great way to drum up funds, but make sure you're aware of the legalities beforehand. Find the latest advice and guidance at gamblingcommission.gov.uk

Food hygiene

Whether you're selling cupcakes or putting on a three-course dinner, food safety laws will apply. Check in with food.gov.uk to be on the safe side.

Collecting money

If you're carrying out public street collections yourself,

you'll need to obtain a licence from your local council first. We recommend that another person is present when you're counting donations.

Insurance and licensing

Although we're here to help, we aren't responsible for your event and can't accept any liability. We recommend that you check with your local authority whether you need any special licences.

For more health and safety advice, visit mariecurie.org.uk/legal or if you're unsure about anything, give us a call on **0800 716 146**.



After Chan's husband received one night of care from a Marie Curie Nurse, she's been soaring to great heights in support of Marie Curie.

"At 10pm exactly the Marie Curie Nurse walked in the door," she recalled.

"We sat in the lounge, and I probably talked to that lady more than I've talked to anybody."

Chan's wing walk raised **over £5,500** – which could fund **239 hours of nursing care**.



You did it!

Once you've finished your fundraising, please make sure you send us all the money you've raised, you'll be making a real difference. Thank you from Team Marie Curie!

Online fundraising

If you've been fundraising using an online fundraising platform like JustGiving or Enthuse, your work here is done! Any donations on your page (even ones made after your event) will be sent directly to us.

Call us

Give us a call on **0800 716 146** and let us guide you through the process. Remember to let us know how much you've raised in total.

Post it

To send in your money by post, you'll need:

- your completed donation form (included in this pack)
- a cheque made payable to Marie Curie, attached to your banking form
- any completed sponsorship forms, if you used them.

Got everything?
Here's our address:

FREE POST
Marie Curie
PO Box 23897
14 Links Place
Edinburgh EH6 9AB





Neil's story

Neil's mum Anne and mother-in-law Marlene died less than a year apart. He ran the Cardiff Half in their memory.

"Marie Curie was there for us as a family when our mums died, so I wanted to find a way to say thank you for the incredible care. Having sworn I'd never run the Cardiff Half again, I suddenly had the motivation to go again.

"I set my fundraising target as £500. My workplace said if I could raise a decent amount, they'd match it. I messaged everybody I knew, put in £100 of my own money, shared my own donation and asked all my colleagues to give £1. Then... bang! It just went like a rocket.

"On the day, I had pictures of my mum and my mother-in-law on my back and when I passed the Marie Curie support team, the cheer I got was unbelievable. They caught a picture of me looking up and clapping to the sky with my eyes closed. It's so beautiful. I have it framed."



Good luck from Team Marie Curie!

You're brilliant. Really, you are!

The fact that people like you across the UK are taking the time to fundraise means the world to the families we support across the UK, every day and night.

With your help, we can be there for more people at the end of life, whatever the illness.

0800 716 146

fundraising@mariecurie.org.uk

mariecurie.org.uk/fundraising



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