

WHERE YOUR MONEY GOES

Coping with Cancer is a local, independent charity that provides practical and emotional support for cancer patients, their families and carers.

We provide a wide range of services, which are completely free and available from the moment a diagnosis is made. Most importantly, our support can last for many weeks, months or even years, as long as it is needed by the individual.

We rely on fundraising and donations to continue to provide our vital services to local people affected by cancer. We know that the idea of raising money can seem like a challenge, but it's also a great opportunity to have some fun and make a real difference in the local community.

At any one time we're helping at least 500 local people - and with your support, we'll be able to reach even more.

£5 could help provide refreshments for one of our support groups, where people come together and access help and support from other people going through similar experiences

£20 could pay for a counselling session for someone affected by cancer, helping them to cope with the emotional issues following a diagnosis or bereavement

£50 could help us to recruit and train a volunteer to provide practical and emotional support through our home befriending service or our telephone support line

£100 could help us provide a course of complementary therapies to help a local person affected by cancer cope with the emotional side effects or the physical symptoms of cancer and cancer treatment



**Coping
with
Cancer**

in Leicestershire
and Rutland

Raising funds for Coping with Cancer

Practical and emotional support for anyone affected by cancer

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Raising funds for Coping with Cancer



WHAT WILL YOU DO?

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OUR FAVOURITE FUNDRAISING IDEAS

There's lots of great ways to raise money for Coping with Cancer. Whether you choose to get together with family, friends or colleagues to organise an event and have some fun, or take on a personal challenge and get everyone to sponsor you. Here are a few of our favourite ideas to get you started...

QUIZ NIGHT **CAKE SALE** **SUMMER FAYRE**
PAMPER PARTY

COFFEE MORNING

I had been meaning to do some sort of charity event after the death of my father-in-law to cancer in 1999, but never got round to it. So after I was diagnosed with this dreadful disease in December 2009, and after all the help I have received, I was determined to organise an event. I decided on a coffee morning, which was a huge success. The helpers turned up, the cake makers brought cakes, lots of visitors ate and drank, and even the sun came out! Along with the raffle, we raised £443.
Sharon, Anstey



TACKLE A MARATHON

Before I lost my Dad to cancer, both he and my family were supported by Coping with Cancer. I wanted to raise as much money as I could as a "thank you"...for what they did for us, but also for what they do for many other families. After 4 months of training, I'm so pleased that I managed to complete the full 26.2 miles of the London Marathon without walking and to have raised over £3000 has made every ache and pain worth it.
Ellie, Leicester



SPONSORED SWIM, WALK OR CYCLE

GIVE UP CHOCOLATE CHARITY BALL

I organised the first Enchanted Faery Ball in 2009, and it was so successful I organised another the following year. It was an amazing spectacle of dance, music, juggling, stilt walking, faeries, goblins, wizards and witches.



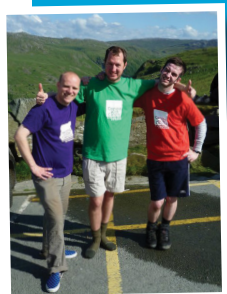
Over 160 adults and children alike, all dressed in the most colourful, eye-catching outfits, took to the floor to dance the night away.
Lesley, Melton Mowbray

There's lots more fundraising inspiration on our website, www.c-w-c.org.uk including our jam-packed Fundraising Guide, containing everything you need to know to make your fundraiser a success. Please contact us if you would prefer a hard-copy sending to you.

THEMED PARTY **SPRING CLEAN AND SALE**
SKYDIVE

CLIMB A MOUNTAIN (OR THREE)

We decided to tackle to 24 hour Three Peaks Challenge for Coping with Cancer. Climbing Ben Nevis in near clear conditions, it wasn't long before we reached cloud level. We had been warned that Scafell Pike was the most difficult of the three peaks. The terrain was hard going, the weather was very poor and the path was extremely steep. Descending Snowdon, through sheer determination and some jogging on the last sections, we completed the challenge with 2 minutes to spare, raising over £1850.
Jonathan, Greg and Paul, Leicester



GET STARTED

Let us know you're fundraising for us! We can offer a wide range of advice and support to help your fundraising be as successful as possible, including:

- Advice on planning and organising an event
- Help with sponsorship and setting up an online fundraising page
- Support with marketing and promoting your event, including posters, fliers and tickets

Get in touch on 0116 223 0055
or email fundraising@c-w-c.org.uk

HANDY HINTS TO GET YOU STARTED

WHAT WILL YOU DO? Decide what you want to do to raise funds, and then think about how you'll raise them - sponsorship, ticket sales, collecting donations?

LOCATION, LOCATION, LOCATION: Pick the perfect venue for your event. Think about how many people you want to come along and how easy it is to get there.

GET SOME HELP: Make a list of all the people you think can help you, and get them involved early.

KEEP ON TRACK: Make a list of all the jobs that need doing, and by when. Each week, go back and tick off what you've done.

BUDGET: If your event involves any costs, work out a simple budget and think about what you might be able to get for free!

KEEP IT SAFE AND LEGAL: Understand the laws and regulations that relate to your event. There's more information about this in our full fundraising guide, which you can download from our website.

SHOUT ABOUT IT!: Make sure everyone knows about your event. Get in touch with us for posters, sponsorship forms and more...