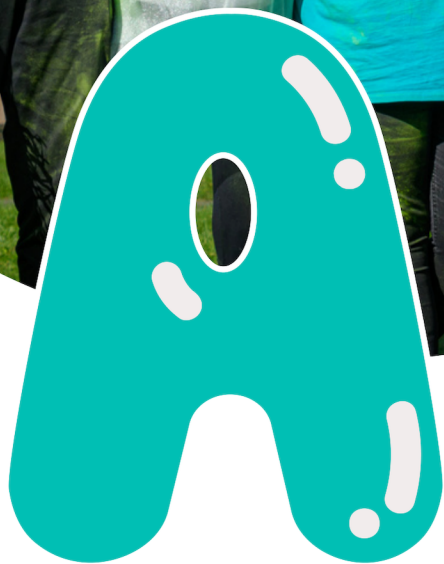




Clatterbridge
Cancer Charity



to



Fundraising Guide

Thank you for fundraising for Clatterbridge Cancer Charity!

We've created a handy A-Z Fundraising Guide full of great ideas to help get you started with Team Clatterbridge.

We'd love to hear about your ideas and help support your fundraising. Contact our team today by emailing ccf-tr.fundraising@nhs.net or call 0151 556 5566.



A

Auction – Do them live, silent or online. Grab your gavel and get bidding on fabulous lots to raise lots for Clatterbridge.



B

Bake Sale – Light and fluffy cup cakes or dark chocolate indulgence, either way it's the perfect mix to be a money spinner.

C

Car Wash – Splash on the suds, sponge down the windscreen and polish the caps to bring in the cash.

D

Dress to impress... what works best for you? Dress down day at work or school, dressing up for a glamorous ladies night? Or fancy dress to keep fun levels at the max!



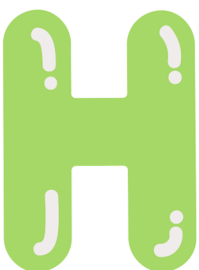
Easter Egg Hunt – Put the mmm in scrummmmy and spoil the kids, or your friends as they hunt for the chocolate goodies.



Fashion show or Football match – whether you're working the run way or chipping a pass, your favourite past time could take your fundraising into the next league.



Go Green or hit the greens – Use our charity colours to theme any type of event. Or grab your golf buddies, head to your local greens and hit a hole in one with a charity golf day.



Hair Raising – Dare to brave the shave, or opt for a colour shock, and you're sure to make your fundraising a cut above!

Everton-mad Richie O'Connor raised more than £1,800 by dying his hair, beard, and eyebrows red – and shaving LFC into the back of his head!



Sam Roberts ran an incredible 84 miles in 3 days, from his home in Chester to Anglesey where he spent holidays with his beloved cousin Emilia Magee, raising £2101 in her memory.



Individual physical challenges – Use your fundraiser to get fit and keep fit! On your marks... set your distance... Go Go Go!



Jumble Sale – Clear out your clutter for Clatterbridge with a jumble, garage, or car boot sale.



Knit, Sew or Craft – Get crafty with your fundraising by organising a charity stall to showcase your talent for homemade chic.



Litter Pick – Create community spirit and clean up your street or local park with a sponsored litter pick.



Music – Everybody loves a good tune! Whether you're in a choir, band or orchestra, showcase your musical talent with a charity performance.



Netball... Basketball... Volleyball... Use your favourite sport to get competitive and have fun at the same time by arranging a charity competition. Anyone for Tennis??



Open Mic Night – Laughter is contagious. Have a giggle by challenging people to stand up and take the mic for a good cause.



Party party party – whether you enjoy a good pamper night in, or like to showcase your culinary expertise at sophisticated dinner parties, serve up a slice of support for Clatterbridge on the side.



Quiz Night – Question: What’s a really quick and simple way to raise funds for my favourite charity? Answer: Organise a quiz at work, school, or at your local pub.



Race Night – All bets are off that organising your own race night will be a sure winner for Clatterbridge.



Sponsored Silence – Challenge the chatterbox in your life to last the distance. Will the hush be too much to bare?

“For my sponsored silence I picked Clatterbridge Cancer Charity because they gave my Mum excellent treatment.”

Eight year old Áine raised a fantastic £600.





Tea Party – A cuppa and a slice of cake... what better way to spend some time with friends.



Unwanted gifts – Put your unwanted presents to good with a raffle or sale.



Volunteer – Time is the gift that can just keep giving. If you would like to make a positive impact with your spare time, we'd love to make you part of Team Clatterbridge.



Wax it! Things that make you go ouch...! Challenge the men in your life to take the pain in order to see their fundraising total gain.



Xmas Jumper Day – If you're at work or school, help everyone get into the spirit of the season with a fabulous festive fundraiser! Your gift of support will make a big difference for our patients and their families.



Yoga-a-thon – Fundraise more, whilst working on your core.



Zumba-a-thon – Create a party atmosphere with some latin inspired dance.





HOW YOUR DONATIONS CAN HELP

£3

could buy a 360 degree toothbrush for a patient

£10

would provide a patient with an arts activity pack

£50

could buy a massage gun to relieve pain

£500

could give one year of counselling to a family

£2,500

to support research into new treatments

£12,000

a scalp cooler to help a patient keep their own hair

The Charity funds many other projects that improve the quality of care provided at The Clatterbridge Cancer Centre.

These can range from ideas to support staff wellbeing, purchase small equipment, complementary therapies and supporting equality, diversity & inclusion across the Clatterbridge network.

