

Fundraising guide



**With your support,
we can help more
women like Carol**



"I attended a Being Together day in Belfast a few short weeks after I had finished my treatment. I was feeling pretty vulnerable and alone. It was one of best experiences for me. Since that day I have made firm friendships with women I met there.

Thanks to Target Ovarian Cancer, I no longer feel alone."

Fundraising ideas



With friends and family

Fundraising doesn't need to be complicated - have fun with friends and family

- Host an afternoon tea party or a coffee morning
- Throw a quiz or bingo night
- Organise a garden party or barbeque
- Relax with a pamper evening
- Do a sponsored head shave
- Throw a karaoke night
- Arrange a themed party with a raffle

At work or school

Get everyone involved in the office or classroom

- Office bake sale
- Get everyone involved in a [sweepstake](#)
- Themed event, like a Christmas party
- Uniform free or dress down day
- Display a box of our pin badges and wristbands or hold a collection
- Organise a talent contest



"My bake sale at work raised over £325 as well as awareness of the symptoms of ovarian cancer."

Caroline



At university

Whether you are a seasoned student or first term fresher, we want to hear from you

- If you want to get your RAG group, society or sports club involved with us, or even do some solo volunteering, we have some great opportunities and tips for innovative fundraising.
- Download your [university fundraising guide](#) to get started and register your fundraiser with us today!

With the public

Get more people involved with your fundraising:

- Hold a collection on your local high street or nearby train station - [get in touch](#) to find out more about collection permits.
- Set up an arts and crafts stall.
- Use [eBay for Charity](#) to raise funds by selling unwanted goods - It's simple and you can choose what percentage of the sale value you would like to donate.

"Very often people will want to stop and talk as they've been affected by ovarian cancer. Between us we have raised over £25,000 — an amazing amount of money for such a great cause." *Margaret and Penny*



Fast fundraising

Quick and simple ideas to support our work:

- Raise money as you search the web with [easy search](#) or give as you shop without spending more with [easy fundraising](#)
- Recycle your ink cartridges and old mobile phones through [Recycle4Charity](#)

Challenge 50

Challenge 50

One in 50 women will develop ovarian cancer in their lifetime.

By giving out 50 symptoms leaflets you could help one woman spot the symptoms and get an earlier diagnosis. Raise at least £50 for Target Ovarian Cancer and help us improve diagnosis and treatment. There are loads of ways you can fundraise for Challenge 50, here are just a few ideas to get you started:

- Ask for donations for 50 pin badges or wristbands
- Sell 50 cakes to colleagues
- Raise £50 with a coffee morning with family and friends
- Take 50,000 steps in a week
- Climb 50 flights of stairs in 50 days
- Challenge yourself to a 50km cycle
- Get sponsored to swim 50 lengths at a local pool
- Invite 50 friends to join you for a quiz night

Visit our [website](#) to find out more.



"Fortunately my cancer was found early and I've gone on to make a full recovery. I wanted to spread awareness of the symptoms to help other women get diagnosed earlier. I took part in Challenge 50 with a coffee morning for my friends and family. I wanted to raise £50 but ended up raising over £300!"

Alison

Take on a challenge

Every year, hundreds of people take part in runs, swims, cycles, treks, skydives and other challenges to support our work. Visit our [website](#) to find out more.

Run

5km, 10km, half marathon or marathon, whatever your distance [we have a run for you.](#)

Walk

Sponsored walk in the park or weekend trek along Hadrian's Wall, [get your walking boots on for us!](#)

Cycle

Night time city cycles, London to Paris bike ride or tackle more demanding terrain, [get your Lycra ready!](#)

Skydive

Fancy falling at 120mph from 10,000ft? It couldn't be easier! Just visit our [skydive page](#) and book at an airfield near you, so you can take on this once in a lifetime challenge!

Other challenges

Abseiling, zip-wire, trekking overseas... the possibilities are endless. [Get in touch](#) and we will help make your fundraising ideas a reality.



"Skydiving in Cambridge was exhilarating! By asking my friends and family to sponsor me and collecting donations for pin badges and wristbands I raised over £2,000!"

Sarah

Getting started

Ways to help you raise more

- **Set up an online fundraising page** — having an online page is simple and effective. If you're setting up a page we recommend using [JustGiving](#), [BT Mydonate](#) or [Virgin Money Giving](#). Remember to **upload a photo, tell your story, set a target and update your page during and after your event**.
- **Matched giving** — a lot of companies are very generous and may match what their employees raise, so make sure you ask if your employer has a match funding scheme.
- **Gift Aid** — we can collect Gift Aid on personal donations made by UK tax payers online and in person.
- Download and print off our [donation form](#) to get your friends and colleagues to sponsor you.

Spread the word!

- **Social media** - Share your fundraising page with your friends and with us. We're on [Facebook](#) and on [Twitter](#). We will share as many of your fundraising stories and photos as we can!
- **Make a poster** - you can download a template [here](#).
- **Local media** - see if your local newspaper will write an article on your fundraising. We have template press releases available to help you, so [get in touch](#).
- **Email** - write personal messages to let your contacts know what you're up to. Also, why not mention your fundraising in your email signature?



Set up a tribute fund

If you are fundraising in memory of someone, you may wish to consider setting up a [tribute fund](#) in their name. On your own remembrance page you can share special memories and treasured photos, write life stories and keep track of your fundraising total, creating a personal and lasting record. If you have any questions or would like to talk more about setting up a fund, you can call our team on **020 7923 5474** or email fundraising@targetovariancancer.org.uk



Getting started

Fundraising materials

From symptoms leaflets and balloons, to wristbands, pin badges and collection boxes, we can send you materials to suit your fundraising. [Email us](#) and let us know or [request materials online](#).

DIY style

If you would like to use our logo to make invitations, posters, signs, stickers, or your own t-shirts you are welcome to use the logo at the back of this guide. Different file formats are available - [get in touch](#) if you have any questions.



Pledge to join Target 1000

Target 1000 is made up of amazing people who have raised £1,000 or more for Target Ovarian Cancer. Pledge to raise your £1,000 this year and receive extra support, including a welcome pack and invite to the exclusive Facebook group to get you started.



At the end of the year when you've reached your goal, you will receive a certificate and exclusive Target 1000 membership pin badge to commemorate your efforts. Your name will also be featured on our Roll of Honour on our website. To find out more and pledge, [visit our website](#).



Keep your fundraising safe and legal

Thank you so much for choosing to support and raise money for Target Ovarian Cancer. As much as we want you to have fun fundraising, please ensure your events are safe and legal. We cannot accept any liability for third party 'in aid of' events. There's lots of useful information on our [FAQs](#) section on our website but if there is anything you are not sure about please [do get in touch](#).

What's next?

Let everyone know

After the event, send a thank you to your sponsors and supporters, let them know how you got on, and how much money was raised to help women with ovarian cancer. We'd love it if you [got in touch](#) after your event to tell us how it went and send us photos. You can also share your photos on [our Facebook wall](#) or [Twitter page](#).

Getting the money to us

- By post - send cheques made payable to Target Ovarian Cancer, 2 Angel Gate, London EC1V 2PT
- Online - via our [website](#)
- At the bank - [request a paying in slip](#) from us, and take your cash to any branch of HSBC along with the slip to pay it directly into our account

Questions? Contact us.



Target Ovarian Cancer
2 Angel Gate, London EC1V 2PT



020 7923 5474



fundraising@targetovariancancer.org.uk



targetovariancancer.org.uk



TargetOvarianCancer



@TargetOvarian



Thank you for helping
us make a difference
to thousands of women
with ovarian cancer.

in aid of



TARGET
OVARIAN
CANCER

For every woman. For life.

Registered charity numbers 1125038 (England & Wales) and SCo42920 (Scotland)



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