



Your guide to **fundraising**

We target what's important to stop ovarian cancer devastating lives.

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Why fundraise for us

We're the community for everyone facing ovarian cancer in the UK. Supporting and connecting you, standing together, raising our voices and driving change – to make ovarian cancer a health priority.

With earlier diagnosis, better treatments, trusted information, and support for as long as it's needed, everyone can live with hope for their future.

By raising funds and awareness, you can help us fight for a world where everyone diagnosed with ovarian cancer lives.

Thank you for standing with us.

▶ **£5**

could help five people to learn about the symptoms of ovarian cancer, making sure they know when to visit their GP.

▶ **£14**

could train two GPs on ovarian cancer and best practice for early diagnosis.

▶ **£17**

could mean our nurses are there for one more person when they need clarity and comfort.

▶ **£34**

could pay for one hour of ground-breaking medical research to find more effective treatments for the future.

“

I was diagnosed with Stage III ovarian cancer in April 2019. As there's no screening programme for ovarian cancer, I'm passionate about raising awareness of the symptoms and encouraging women to feel confident to contact their GP. It's also really important to me to raise funds for Target Ovarian Cancer – they've supported me so much, I want to help them give the same support to others in my situation.”

Catherine



With friends and family



- **Set up a Facebook fundraiser** to ask for donations – you could do this in lieu of birthday presents, or for other special occasions
- Take on a sponsored headshave!
- Host a quiz night. If you can't meet in person, invite your friends and family to join you over Skype, Zoom or Facebook Messenger.
- Go all out and organise a ball or blacktie event.

Elevenses

Get together with friends and loved ones any day at 11am and raise some dough to help us be there for everyone affected by ovarian cancer.

Whether it's a coffee morning catchup, a knit and natter, or a brilliant bake sale is up to you...

Sign up for your free Elevenses pack!



QUICK TIP:

Create a budget of expenses required for your fundraising. You can take expenses out of the money you raise, as long as you're transparent with donors.



“

Whilst I was having treatment, myself and my younger sister organised a couple of fundraising events. I held a Pampered Chef party raising £400, and my sister had her beautiful long hair cut very short, raising over £1,000 for Target Ovarian Cancer.”

Judy



With colleagues

Whether you're working from home or in the office, fundraising with your colleagues is a wonderful way to bring everyone together and boost morale!

- Get competitive with our **sweepstake pack** – fill in the names, collect donations, and wait to see who wins!
- Hold a raffle (we'll help you secure prizes).
- Set up a swear jar, or 'ban the buzz word' box and donate the proceeds.
- If you're working from home, donate the cost of your daily commute, or the amount you would usually spend on coffee or lunch.
- Find out if your workplace has a payroll giving scheme.
- Hold an **Ovar-Dressed day!** Encourage colleagues to switch their traditional work attire for an animal onesie, a silly hat, or full fancy dress, in exchange for a small donation.

DID YOU KNOW?
Sometimes employers will boost your donations by 'matching' the amount you raise.

QUICK TIP:
To motivate your colleagues, make it a competition to see which team or department can raise the most!



Events and challenges

11 women die every day from ovarian cancer in the UK.

You can take part in an organised event like the TCS London Marathon or the Great Manchester Run. For some events we have charity places you can get directly from us with a set minimum sponsorship amount.

Or you can organise your own personal challenge and choose your fundraising target – just let us know. **However you join Team Target, we'll offer you the same high level of support and a free t-shirt (or upgrade to a running vest).**

Adventure sports

From **skydives and wingwalks to treks and abseils**, there are so many unique ways to fundraise!



Run

Take on a 5k, 10k, half marathon or marathon. Whatever your distance, **we have a run for you.**



Do your own thing

Complete a run or cycle in your local park, take on a 30-day squat challenge, or **find an event near you.**



Take on a virtual challenge

Get sponsored to complete a certain number of miles or steps within the month. **Let us know what you're up to.**



During my recovery I kept thinking about what I could do to raise awareness. I also wanted to do some fundraising for Target Ovarian Cancer, so decided to join my dad in cycling the Loch Ness Etape. We've managed to raise over £2,000, and our local community have really engaged with what we're trying to achieve, which is amazing.

Lotte





Ovar-Dressed

Silly outfits, serious impact.

Step out in style for everyone affected by ovarian cancer.

Pair your most ovar-the-top outfit with your favourite trainers and walk, run, or race your way – 5k or 10k to raise vital awareness and much-needed funds for ovarian cancer. Throw on a fancy dress costume, a fun accessory or a Target Ovarian Cancer branded t-shirt – anything goes!

If you can't make our events, you could organise your own walk in your local area and we'll provide you with the same support.



All participants receive a t-shirt (or running vest) and medal!

Sign up a team and each fifth person goes **free!**

Find out if there's an event coming up near you!



“

When I came across Ovar-Dressed, I realised this could be my way to make a small difference, so I signed up and immediately sent out my fundraising page to every contact in my address book. I was overwhelmed by the fantastic response I received.

My whole family joined me on the walk. The support from the Target Ovarian Cancer team was fantastic, and everyone had huge smiles on their faces.”

Margaret

Give in celebration

Wedding

- Add the final touch to your special day with our wedding favours – our pin badges make a unique and meaningful gift for your guests, and help to raise awareness of ovarian cancer.
- Bring your loved ones together on your special day, even if they aren't able to attend in person, by creating a celebration fund with **JustGiving**.

Find out more about supporting us as part of your special day.



Birthdays

Make your birthday extra special this year by fundraising for Target Ovarian Cancer!

You could host a birthday fundraiser, or simply ask for donations instead of cards or gifts. However you choose to celebrate, you'll be helping to raise awareness, fund research and save lives.

Find out more.



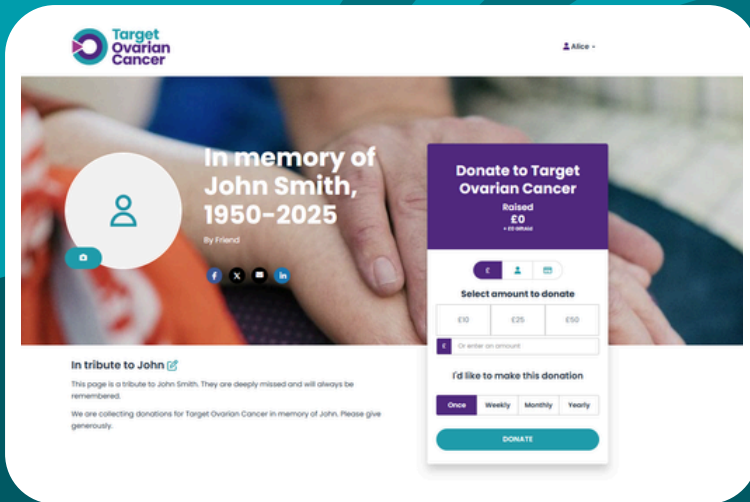
“

In addition to saying a big thank you through fundraising, I'm really keen to spread the word and get more information from Target Ovarian Cancer out into the community.”

Wendy

Remember someone special

Over **7,000** UK women are diagnosed with ovarian cancer each year.

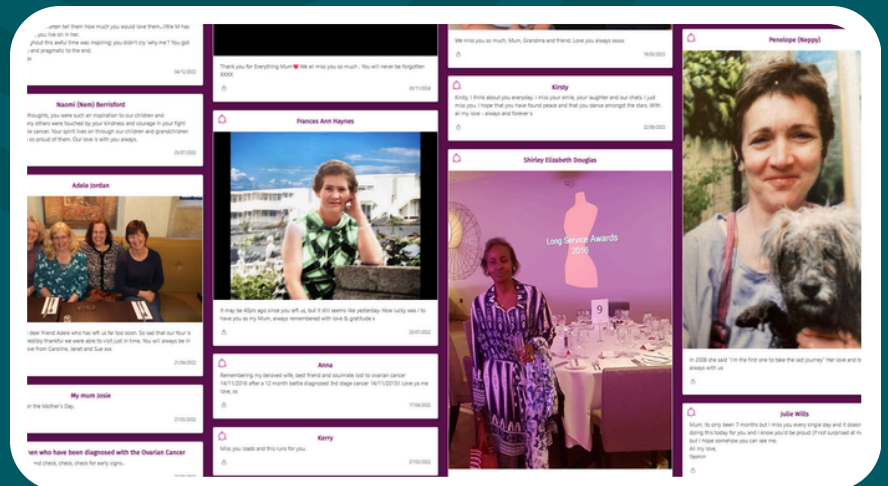


Create a tribute page

Remember and celebrate your loved one with a **tribute page** – a special online space where you can share photos and messages, and leave a heart, candle or flowers.

Wall of remembrance

Leaving a dedication on our **virtual wall of remembrance** is a way to honour someone special. You can write a message, post a photo and celebrate the life of your loved one.



After Kirsty died, we set up a tribute page for her where family and friends could donate and write messages. It's a public expression of our love for Kirsty, and a way to celebrate her.

"This is our last gift to Kirsty. We can't buy her a birthday present, but this is something we can do for her, to honour her."

Fiona

Leave a gift in your will

There are 41,000 women living with ovarian cancer in the UK.

Write or update your will for free.

Whether you are updating your existing will or writing one for the first time, we can guide you through the process. You may wish to use a solicitor or use an online service to write or update your will. Many charities, including Target Ovarian Cancer, support you to make updates, or write a will for free.

If you have any questions about leaving a gift in your will, or to order your free guide to gifts in wills, call 020 7923 5474 or email legacy@targetovariancancer.org.uk.

By leaving a gift in your will you can help fund world-class research into new treatments that could save thousands of lives.

Help us to be there for future generations.

“

I was diagnosed nine years ago. In the end I waited six months and had to confront my doctor before I received my diagnosis. If I had waited any longer, I might not be here today.

"That's why I'm leaving a gift in my will. I want to make sure GPs are more aware of the symptoms. My hope for the future is for all women to be diagnosed at the earliest opportunity and have the best possible chance of survival.

"I spoke with both my daughters and they fully supported my decision to leave a gift in my will. I've told them all about the symptoms of ovarian cancer and how important it is to act if they have any."

Angela



Other ways to support us

▶ Donate while you shop

- Sign up to either [Easyfundraising](#) or [Give As You Live](#), and when you shop online at thousands of UK retailers they'll donate a percentage of sales to us.

▶ Donate while you dine

Sign up to [Charitable Bookings](#) to donate to us when dining at over 8,000 UK restaurants. The donation is part of your bill, so you can support our work at no extra cost to yourself.

▶ Donate your unwanted items

- Sell items online and donate the profits to us. We have our own [eBay for charity account](#) so the funds come directly to us.
- Selling your car? Donate the proceeds using [Giveacar](#).

▶ Corporate support

Companies can play a significant role, either through direct financial contributions or by encouraging employees to fundraise, raise awareness or volunteer.

Charities are often chosen because an employee has a personal link and initiates the process – just a few minutes of your time to nominate us could have a huge impact!



Tips and advice

Getting started

- Set up a fundraising page with **JustGiving** or **Facebook**. Upload a photo, tell your story, set a target and post updates.
- We have a range of materials to help you raise awareness and collect donations. **[Order yours here.](#)**
- To use our logo on your own materials, please use our 'in aid of' logo – we can send this to you in a range of different file formats.
- Find template posters, donation guides, bunting and more on our **[downloadable resources page.](#)**

Spread the word

- **Social media** – share your fundraising page with your friends and family online.
- **Put up a poster and send out invitations** – you can use our **[templates.](#)**
- **Local media** – let your local newspapers know about your fundraising. We can send you a template press release.
- **Email** – let everyone know what you're up to and mention your fundraising in your email signature.

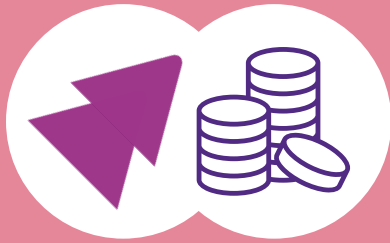
Keeping your fundraising safe and legal

Thank you so much for choosing to support Target Ovarian Cancer. As much as we want you to have fun fundraising, please ensure your activities are safe and legal. We cannot accept any liability for third party 'in aid of' events.

There's lots of useful information on the **[FAQs section](#)** on our website, but if there is anything you are not sure about please get in touch.

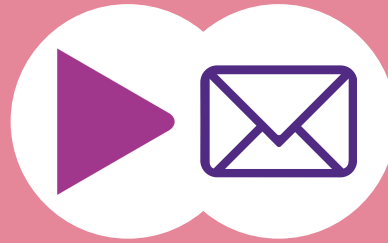
Over a quarter of women make three or more visits to their GP before being referred for tests.

After your fundraising



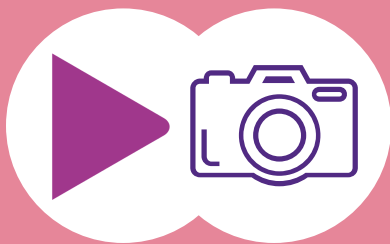
Boost your total!

- **Matched giving** – some companies will match what their employees raise – ask your employer.
- **Gift Aid** – we can claim an extra 25p for every £1 of eligible donations at no extra cost to you.



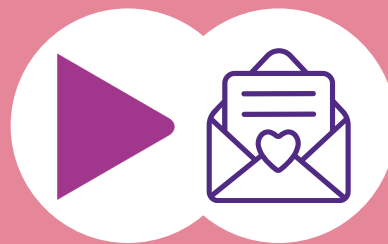
Send in your money

- Send cheques payable to 'Target Ovarian Cancer' to Fundraising, Target Ovarian Cancer, 10-18 Union Street, London, SE1 1SZ.
- Donate online via our [website](#).
- Request a paying in slip from us and take your cash to any branch of Natwest along with the slip to pay in directly.



Send us your snaps

We'd love to see your fundraising photos! Email them to us or tag us on social media.



Thank your supporters

After the event, send a thank you to your supporters and let them know how much money was raised to help save lives.



“

Knowing that the money I've raised will directly contribute to their vital work gave me an even greater sense of purpose on the day. I am so proud to have run for Target Ovarian Cancer and am genuinely excited to see the positive impact these donations will have on the lives of those navigating such tough times.”

Scott

About Target Ovarian Cancer

At Target Ovarian Cancer, we target what's important to stop ovarian cancer devastating lives.

We give trusted information, to help people ask questions and make decisions that are right for them. We connect people with shared experiences, and we support families every step of the way.

We stand together as a powerful community for everyone facing ovarian cancer across the UK, sharing stories and raising voices, to make sure that ovarian cancer becomes a health priority.

We know that early diagnosis saves lives, so we work closely with GPs who are at the heart of this, to help them diagnose ovarian cancer faster and earlier – giving everyone the best chance of living.


And our investment in research to find new, better and more targeted treatments means that everyone can live with hope for their future.

We're fighting for a world where everyone with ovarian cancer lives, and we're targeting what's important – symptoms awareness, early diagnosis, better treatments and support for all.



Contact us

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 020 7923 5474

 fundraising@targetovariancancer.org.uk

 targetovariancancer.org.uk

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