Nottingham
Life Cycle 7
Your Fundraising Pack

Whether you prefer to keep your fundraising simple or want to do something extra special, thank you for helping create a brighter future for children with brain tumours.
Thank you

By taking part, you are helping hundreds of children and their families

For the past 20 years, our researchers and clinicians at our Children’s Brain Tumour Research Centre (CBTRC) have been at the forefront of leading-edge research. Our staff work tirelessly to improve diagnosis, treatment and awareness, helping save the lives of hundreds of children and giving many more a brighter future.

From the very beginning, donors, volunteers and fundraisers have all helped make the CBTRC into the world-leading research centre it is today. Thank you for being part of our story – with your support, we can help every child with a brain tumour have the independent future they deserve.

Did you know?

• 7 out of 10 children will now survive a brain tumour – more than ever before.
• In the UK, 10 children are diagnosed with the disease each week.
• Yet brain tumours remain the biggest cancer killer of children and young adults.
• Two thirds of those who do survive are often left with disabilities – life-long damage caused by both the tumour itself and the intensive treatments required to save their young lives.
• Brain tumour research receives less than 1% of the UK’s cancer research funding.

In this pack you will find lots of fundraising ideas to help get you started - For more information or support, please contact Louise Shaw on 0115 7484809 or impactcampaign@nottingham.ac.uk.
How to start:

Get planning

Put some time into the planning and you’ll reap the rewards. Choose a date that works for you and for those you want to get involved (friends, family, colleagues) – making sure it doesn’t clash with other events.

Choose a venue that has all the facilities you need – from enough space inside to parking outside. You’ll also need to check the venue’s public liability insurance to make sure it covers the owners’ liability risks. Please check if you need any licences - for raffles or alcohol sales, for example.

Set your budget

If you are holding an event, prepare a simple budget which includes the costs you expect to incur (promotion, venue, materials) and estimate how much money will come in (tickets, sponsorship etc). Don’t be afraid to ask suppliers for support – they may offer a discount or donate goods or time. Local companies might also be willing to sponsor your event or provide a raffle prizes.

Spread the word

Tell people about your activity. Ask friends, family and colleagues to help you. Get the word out through social media or by putting up posters or leaflets. And don’t forget to tell us too – we can help you drum up interest.

Enjoy your event!

After all the hard work is done and the day is finally here, make sure you time to have some fun too. You’ve done something fantastic – enjoy it!

Pay in your money

It’s easy to send us the funds you have raised. You can send a cheque payable to The University of Nottingham to:

Community Fundraising Manager, The University of Nottingham, Campaign and Alumni Relations Office, Ground Floor Pope Building, University Park, Nottingham, NG7 2RD

Or email louise.shaw@nottingham.ac.uk for our bank details.
Pat yourself on the back
You’ve done it! All your efforts and energy are helping fund life-saving research at The Children’s Brain Tumour Research Centre. Thank you for everything you’ve done.

Tell us what you did:
We’d love to hear what you’ve been up to in support of Children’s Brain Tumour Research Centre. Please email louise.shaw@nottingham.ac.uk with the details of your event and maybe a photo or two – you might even be featured on our Facebook page!
How can you collect money?

1. Set up a JustGiving page:

Visit https://www.justgiving.com/campaigns/charity/universityofnottingham/lifecycle7 and click on ‘fundraise for us’ to set up your page. Once you have done that please use this link to join the Life Cycle 7 team.

To maximise your online fundraising page:

- Get a good picture and description- say why you’re raising money and what you’re doing
- Share your page with your friends, family and colleagues.
- Social media is your friend- JustGiving say that a share on Facebook is worth an average of £10, so ask your friends to help you out
- Say thank you when people donate!
- Do regular updates to make people understand the lengths you’re going to for the cause
- If you collect cash as well, either pay it onto your page or send it to us and record it in your ‘offline total’

2. Collecting cash:

- Print off the sponsor form at the end of this pack. Ask people to sponsor you and remember to collect it at the end!
- Get in contact with Louise if you want collection tins- they are useful for events or if you know people who will be able to put them out on a bar or in a shop
- Just note that you are responsible for making sure the money comes safely to the charity

3. Paying in cash:

Send us a cheque or come and say hi!

- Cheques made payable to The University of Nottingham can be posted to the Community Fundraising Manager, CARO, Pope Building, University Park, Nottingham, NG7 2RD. Don’t forget to let us know what you have done for us and please include your contact details.

- The Campaign and Alumni Relations Office (CARO) is located on the ground floor of the Pope Building, University Park and is open Monday – Friday, 9am -5pm.
Fundraising ideas:

Keen to start fundraising but struggling to think of ideas? Have a look at our handy A-Z of fundraising ideas for some inspiration!

Auction of Promises
Battle of the Bands
   Did you know you may be able to get reduced equipment hire from our Student Union Sound and Technology company, TEC, if you are holding an event like this for us. Contact us for more information.
Car Wash
Dress Down Day
   Or dress up day! How many of your colleagues can you get involved?
Eighties Night
Fashion Show
   Companies like www.charityfashionshows.co.uk will organise a show or you. All you need to do is sort out a venue and sell the tickets!
Give it up
   Always on your phone? Spending too much money on your morning latte? Get sponsored to give it up for a week or more or donate any money you might have spent to CBTRC!
Head Shave
It’s a Knockout
Jumble Sale
Karaoke Night
Limbo Competition
   How low can you go? Challenge friends and charge for entry into the contest.
Marathon
   Taking part in a 10k, half marathon or other running event? We can support you with your fundraising and supply you with your own CBTRC running vest.
Night In

Host your own party instead of going out! Charge for entry and maybe have a go at mixing your own cocktails to sell to your guests.

Odd Job Day
Poker Night
Quiz Night
Raffle

Ask local companies if they will donate a prize. Contact us for an authorisation letter if you will be approaching several places. We can also give advice about any licences needed.

Skydive

Experience the thrill of a tandem skydive! Contact us for more information about our jumps from Langar Airfield.

Take Me Out

Fancy yourself as the new Paddy McGuiness? Host your own version of the show and raise money by charging your audience an entry fee.

University Challenge

Variety Show

Who do you know with an unusual talent? A show that’s different and entertaining is a guaranteed crowd-pleaser!

Walk

Organise a sponsored walk and invite others to join you. Please contact us for some local routes.

Xmas Fancy Dress

Get sponsored to dress as an elf, reindeer or Santa for the whole of December (or maybe just for a night out!) or get your friends or colleagues involved for a nativity themed joint effort!

Your Sport

Plan an event with your sports team – you could organise a tournament that other people could join in with or arrange a bucket collection at your next fixture.

Zumbathon
Get fit and raise funds at the same time! If you already go to a Zumba or Spinning class why not ask if they will hold a sponsored event?

With your support, we can progress vital research:

- **We can find tumours early**

  When a child is diagnosed late, we need to give high volumes of powerful, cancer-fighting drugs to kill the tumour, which can leave them struggling to manage the side-effects for the rest of their lives. Early detection can change this.

  Our researchers are working to improve this guidance, making it easier for people to spot the early warning signs and take action fast to save a child’s life.

- **You can help us unlock the complexities of brain tumours**

  Not all brain tumours are the same. The different types can affect children in a range of ways. Within the CBTRC, we are working to find the best ways of treating the different tumour types. This includes investigating the molecular biology of cancer cells and the role of genetics; alongside developing high-resolution imaging techniques.

- **Together, we can make existing cancer treatments safer and more effective**

  Our researchers are working on ways to bypass our body's natural defences to target the tumour directly. This year, the CBTRC will launch the world’s first research consortium dedicated to drug delivery for children’s brain tumours, exploring the potential of approved cancer drugs which have never been used to treat childhood brain tumours before. By finding innovative ways to get these drugs directly into the tumour, we can use lower doses - helping protect the healthy brain and body.

  Our researchers have made great strides in the past 20 years thanks to the belief and backing of supporters like you. Now is the time to build on these strong foundations.

  **Together, we can help give every child with a brain tumour the chance to live a full and independent life.**
Fundraising Events 2017

Do you want another way to get involved? Check out our exciting challenge event opportunities and contact impactcampaign@nottingham.ac.uk to find out more or sign up!

2nd April: University of Nottingham Triathlon

Swim, cycle and run around University Park! Also featuring a TriStars Aquathlon for participants aged 8-14. Life Cycle 7 fundraisers get discounted entry. See the courses and get your entry here.

19th-21st May: Cycle the Way of the Roses

Raise £1000 and join 40 University staff and friends who are cycling from Bridlington to Morecambe.

17th June: Skydive from 10,000ft

Raise £395 and take part in a tandem skydive and join in a world record attempt at Langar Airfield in Nottingham. Other dates are also available: contact us for more options.
25th June: Cycle the Great Notts Bike Ride

Taking part in the Great Notts Bike Ride this year? Why not raise money for the Children’s Brain Tumour Research Centre at the same time?

19th-23rd July: London to Paris

Cycle through beautiful English villages and famous battlefields to reach Paris. [Here](#) is an itinerary and video of the trip. Other dates are available: contact us for more options.

7th - 16th September: Trek the Great Wall of China

Raise £2480 and trek the Great Wall of China from Huangyaguan to Mutianyu. [Click here](#) for an itinerary and video of the trek.

24th September: Run the Robin Hood Half Marathon

Fancy trying a half marathon or marathon? Join our team of runners and raise money for a great cause.

1st October: Superhero walk

Dress as your favourite superhero and walk around University Park to raise money for Children’s Brain Tumour Research.
27th September- 6th October: Climb Kilimanjaro

Raise £4340 and climb the highest mountain in Africa! [Here](#) is an itinerary and video of the trip.
Thank you for supporting Children’s Brain Tumour Research

Name:...........................................................................................................................................................................................................................................................................................................

Name of Event: ...........................................................................................................................................................................................................................................................................................................

Your sponsorship will have a genuine impact on saving, and improving, the lives of young brain tumour sufferers and their families in the UK and globally. Each year, hundreds of children and their families are faced with the terrifying diagnosis of a brain tumour. In the UK alone, ten children are diagnosed with a brain tumour every week. Together, we can not only save lives but develop the treatments which give children in need the best chance to recover.

Thank you for sponsoring me. You can help raise 25% more by adding gift aid to your donation. Please read the gift aid statement on the reverse of this page to find out if you are eligible.

You can also sponsor me online at:...........................................................................................................................................................................................................................................................................................................

Remember: You must provide your full name, home address, postcode & ‘✓’ Gift Aid for the charity or CASC to claim tax back on your donation.

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**Gift aid**

If I have ticked the box headed ‘Gift Aid? ✓’, I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

The University of Nottingham has charitable status under the Education Act 1948 (Inland Revenue file no. X15294).

To find out more about Life Cycle 7 visit www.nottingham.ac.uk/lifecycle
Thank you
Together, we can create a brighter future for children with brain tumours