



December 2025
**Knit a
Christmas
Jumper
Challenge**

**Your ultimate guide
to fundraising**



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Kick-start your knitting fundraiser

You can take on this challenge in whatever way works for you. The main thing is that you're raising funds to help life-saving research.

Here are some ideas to get you started:

Plan your knits

Whether you plan to knit a little every day or spend whole days working on your project, every stitch makes a difference.

Start your project

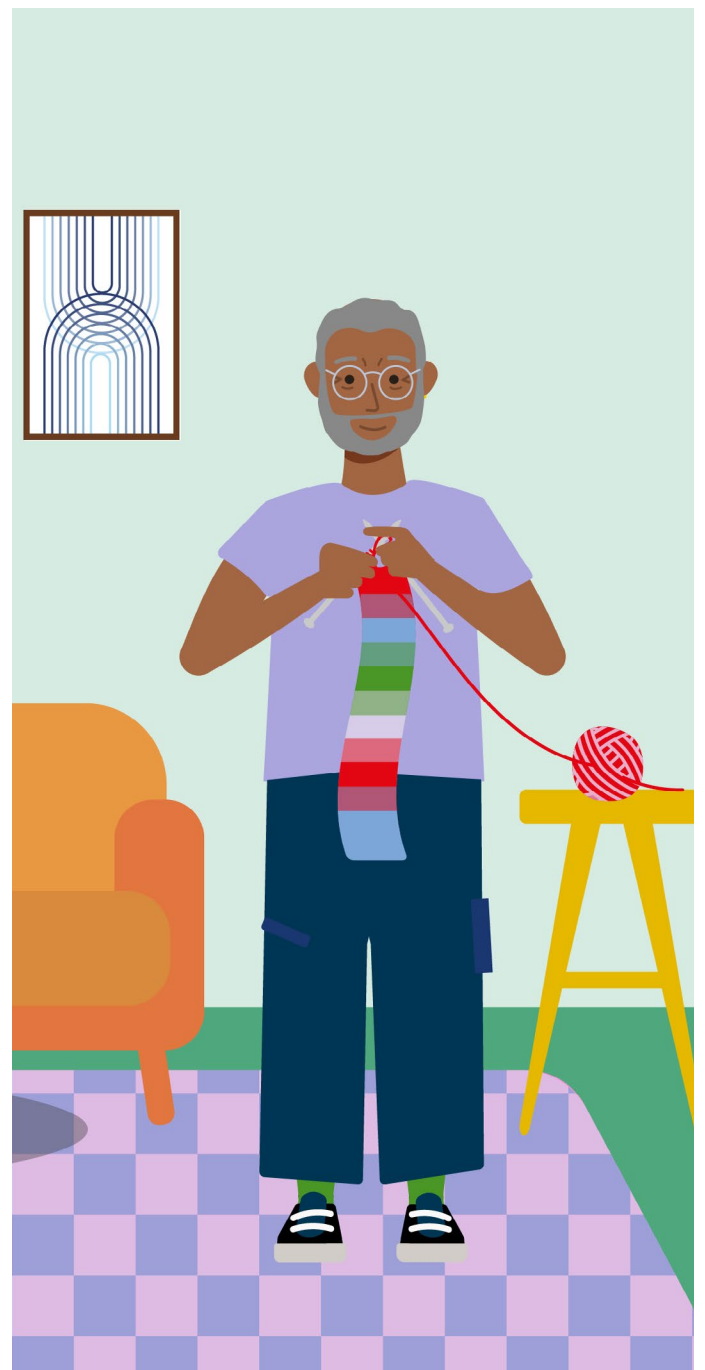
Choose what you're going to knit! You can use the pattern we've provided on page 7 or find your own one.

Make a festive gift

Why not give your finished item as a gift to someone this Christmas?

However you choose to take part, every stitch and every donation will help us beat cancer.

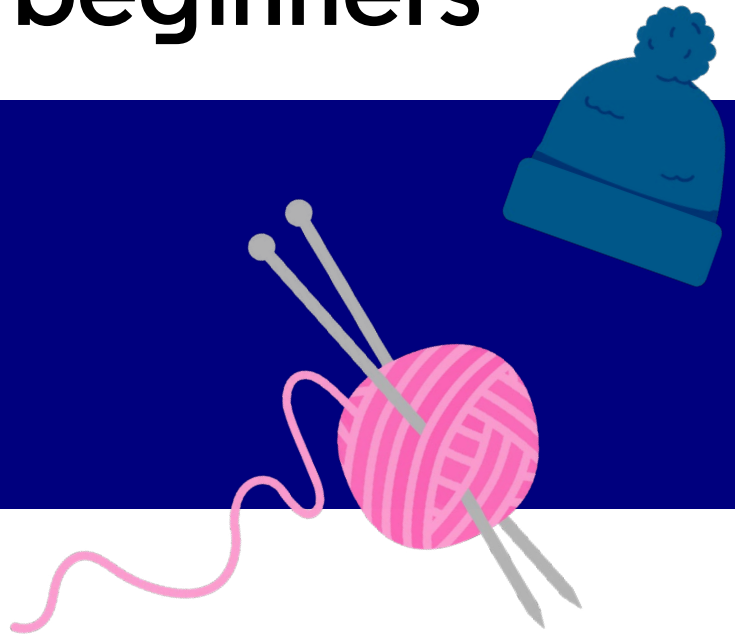
Please note: You're welcome to sell the items you make to raise funds, but please don't send them to Cancer Research UK as we can't accept them as donations.



How to knit for beginners

What you'll need

- **Yarn**
(start with medium weight)
- **Knitting needles**
(5–6mm is great for beginners)
- **Scissors**



Steps to start knitting

1. Make a slip knot:

- Start by making a loop in the yarn.
- Pull the yarn through the loop to form a knot and leave a tail around six inches long.
- Slide this knot onto one of your knitting needles. Pull gently to tighten.

2. Cast on:

- Hold the needle with the slip knot in your right hand.
- With your left hand, wrap the yarn around your left thumb.
- Insert the needle under the yarn on your thumb, and slide the loop onto the needle. Repeat until you have the number of stitches you want (try 10–20 stitches to start).

3. Knit stitch:

- Hold the needle with cast-on stitches in your left hand.
- Insert the right needle into the first stitch on the left needle from front to back.
- Wrap the yarn around the right needle (behind the work).
- Pull the yarn through the stitch, creating a loop on the right needle.
- Slide the original stitch off the left needle.

4. Continue knitting:

- Repeat the knit stitch for each stitch on the left needle until all stitches are on the right needle.
- Once all stitches are transferred to the right needle, switch the needles so that the stitches are in your left hand again.
- Continue knitting rows until you have the desired length.

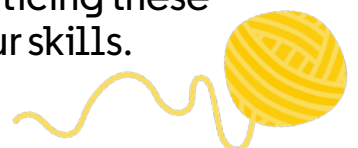
5. Bind off:

- Knit two stitches.
- Use the left needle to lift the first stitch over the second stitch and off the needle.
- Knit one more stitch and repeat, lifting the first stitch over the second until only one stitch remains.
- Cut the yarn, leaving a tail, and pull it through the last stitch to secure it.

6. Finish:

- Use the scissors to cut the yarn, and use the yarn tail to weave in any loose ends with your hands or a yarn needle.

You've made your first knitted piece! Keep practicing these steps to build your skills.



Top tips

If you're new to the world of knitting, here are some top tips to guide you through your fundraising challenge.

Knit with a friend

If you're starting out and not feeling too confident, why not invite a friend to join in? Knitting together can make it more fun and you can support each other if you run into any challenges.

Start out simple

If you can't get started on your DIY knitting project just yet, try a smaller, quick-knit project or a fun crafting activity to keep the festive spirit alive while you prepare for the main event.

Plan every stitch

Use the calendar in your pack to note down when and where you'll work on your knitting projects. This will help you stay on track and weave your way to success!



Join our Facebook group

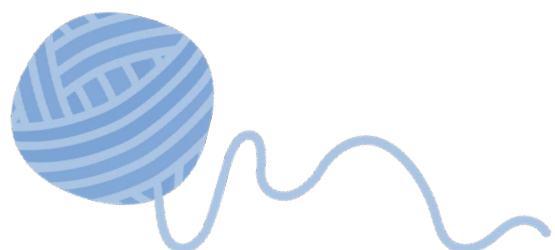
Get your friends and family involved and share pictures and videos of your knitting progress in our supportive [Facebook group](#). Don't forget to celebrate and shout about every donation milestone too!

Get the right tools

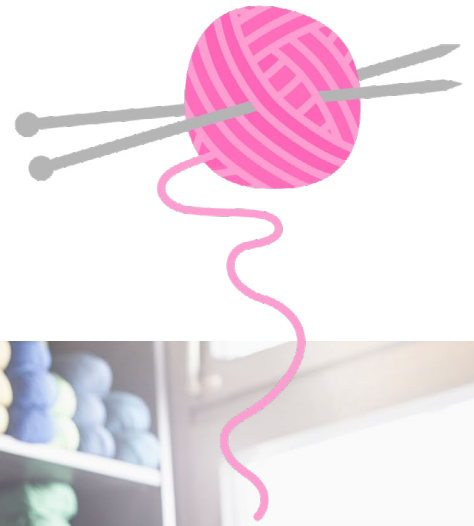
Make sure you have the right needles, yarn and your Cancer Research UK tote bag so you're all set for knitting success.

Find inspiration

If you're looking for some knitting inspiration or patterns, be sure to check out page 7.



Fundraising ideas



Sell your creations for donations

Why not auction your completed Christmas knits to friends and family and donate the proceeds to your online Giving Page?

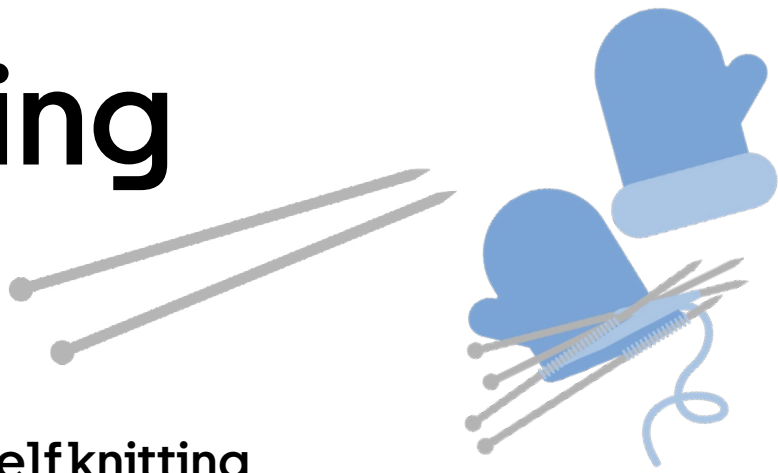
Make a donation

Show potential supporters that you're committed and kick off donations with a contribution to your own fundraising page.

Promote yourself online

Whether you're knitting every day or spreading your stitches throughout the month, let everyone know about your challenge and ask for sponsorship. Share your fundraising page and challenge badge on your socials to gather support.

Fundraising ideas



Take a selfie of yourself knitting

Snap a selfie or take a video of yourself knitting and share to your social media with a link to your online Giving Page and tell everyone why you're stitching for life-saving science.

Involve your employer

Ask your workplace if they'll support your challenge by matching the funds you raise or making a donation.

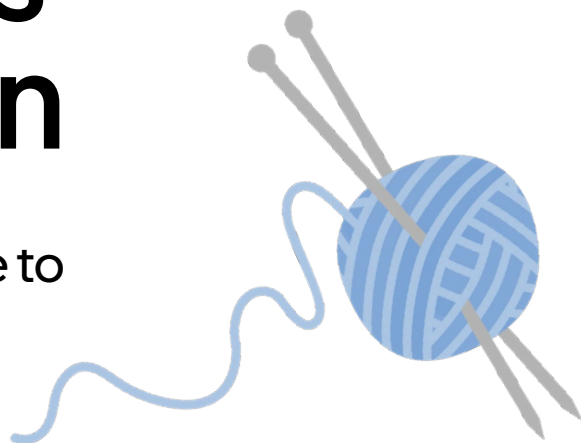
Host a Christmas jumper competition

Get your friends, family or colleagues to send in photos of their wacky and wonderful festive jumpers. They can then donate to vote for their winning design.



Your Christmas jumper pattern

Here's a **simple pattern** you can use to create your cosy Christmas jumper.



But what you make is completely up to you. You can choose any challenge, from a scarf to some mittens or even a tea cosy!

The important thing is that with every stitch, you'll be helping to power progress for people affected by cancer.

Don't forget to share how you're getting on in our **Facebook group**.

Knitting Challenge Totaliser



Name

.....

**is taking on
the Knitting
Challenge
this December
to help raise
funds for life-
saving cancer
research.**

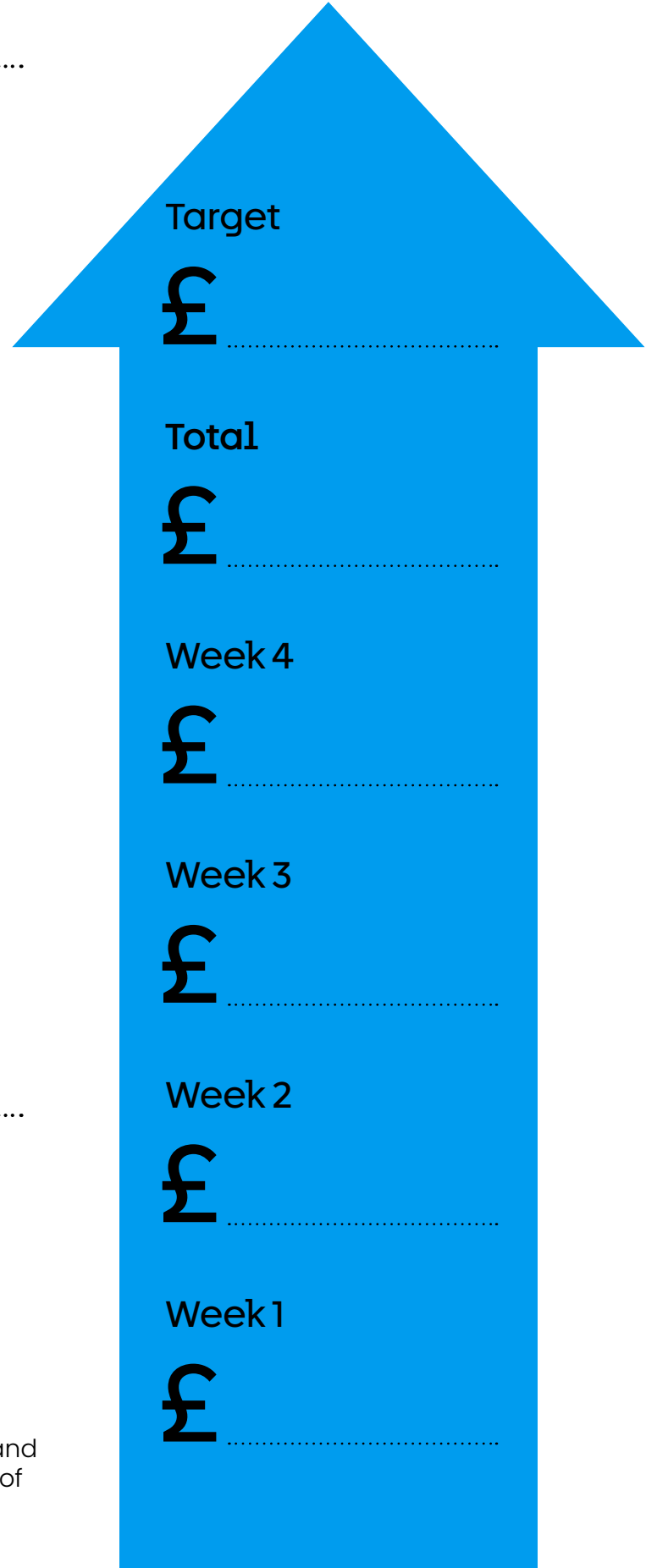
Donate to their online
Giving Page to help them
smash their target

Your online Giving Page URL

.....

Visit cruk.org/xmasknit

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).



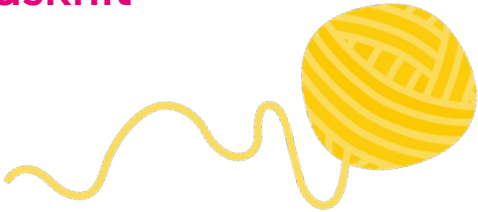
Knitting Challenge Calendar

Keep track of your progress
and tick off the days you
complete your knits on.



Ready, set, knit!								
1	2	3	4	5	6	7		
8		9	10	11	12	13	14	
15	16	17	18	19	20	21		
								
22	23	24	25	26	27	28		
29	30	You're a knitting champion!						
		31						

Visit cruk.org/xmasknit



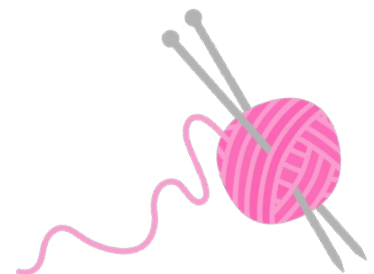
Together we are
beating cancer

Knitting Challenge Pledge card

Add your story of why you're taking part and share across socials alongside your online Giving Page.



I'm taking
on the Knitting
Challenge
this December
because...





I'm fundraising for **Cancer Research UK**

Challenge
name

When

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Congratulations

Knitting Challenge

December 2025



This December

Your name

completed the
Knit a Christmas Jumper Challenge
and raised

Fundraising total

to help fund life-saving cancer research.

Thank you for your support!

Every pound raised will help bring about a world where everybody lives longer, better lives, free from the fear of cancer.



CANCER
RESEARCH
UK

Knitting Challenge Sponsorship form



- Please make sure you fill out each section in full.
- Please make sure the details of each donation are recorded accurately in your sponsor's own handwriting. Forms in the same handwriting or printed aren't valid for Gift Aid purposes.
- Please make sure each sponsor ticks the Gift Aid box next to their address below if eligible.
- Please note we can't claim Gift Aid on business addresses or multiple sponsors e.g. Mr and Mrs Jones.
- Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.
- If you change your mind, you can tell us anytime by contacting 0300 123 3379 or emailing preferences@cancer.org.uk

Gift Aid –
very important

giftaid it

Boost your donation by 25p for every £1 you donate

I want to Gift Aid my donation, and any donations I make in the future or have made in the past four years, to Cancer Research UK.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all of my donations in that year, it is my responsibility to pay any difference.

Your details

Title: _____ First name: _____ Last name: _____

Address: _____

Postcode: _____ Telephone: _____

Please use blue or black pen and write in CAPITAL letters. All fields are mandatory. Tick here for Gift Aid

Full name + Home address + Postcode + Date collected + ✓ = Gift Aid

Title	First name	Last name	Postcode	Home address – not your work address (This is essential for Gift Aid)	Amount	Gift Aid	Date collected
MISS	ANNE	EXAMPLE	ABI 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	✓	DD/MM/YYYY
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /

I've raised a total of £

Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to: Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/xmasknit

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Thank you for powering progress

Thanks to the generosity of supporters like you, in the last 50 years, our work has helped double cancer survival in the UK.

We're the world's leading cancer charity, dedicated to saving and improving lives with our research. Our vision is a world where everybody lives longer, better lives, free from the fear of cancer. And, backed by your support, step by step, our researchers are making this vision a reality.

More than

8 in 10

people who receive cancer drugs in the UK receive a drug developed by us, or with us.*

1 million

Thanks to progress in cancer prevention, diagnosis and treatment, over **one million lives have been saved** from cancer in the UK since the mid-1980s.**

x2

In the last 50 years, our work has helped **double cancer survival** in the UK.

The difference your money makes



£65

could buy special restriction enzymes

These act like molecular scissors to cut up the long strands of DNA in our cells, helping us to learn about more than 200 types of cancer.



£170

could fund one day of the ABC-07 clinical trial

This is testing innovative radiotherapy techniques for treating people with rare bile duct cancer.



£200

could fund our team of nine cancer nurses for one hour

Our expert team of cancer information nurses are on hand to offer confidential support and guidance to people affected by cancer.

*Estimated based on Cancer Research UK analysis of England data

**cruk.org/millionlives

Visit cruk.org/xmasknit

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