



Challenge
yourself in
November
2026

Read Every Day in November Challenge

Your fundraising guide

Get ready to read

Simple steps to get your challenge started.



Spread the word

Let everyone know about your challenge and encourage others to join in too.



Plan your month

Think about when you'll read each day and how you'll fit it into your routine. Whether it's a few pages, a chapter or a few minutes of an audiobook, it all counts!



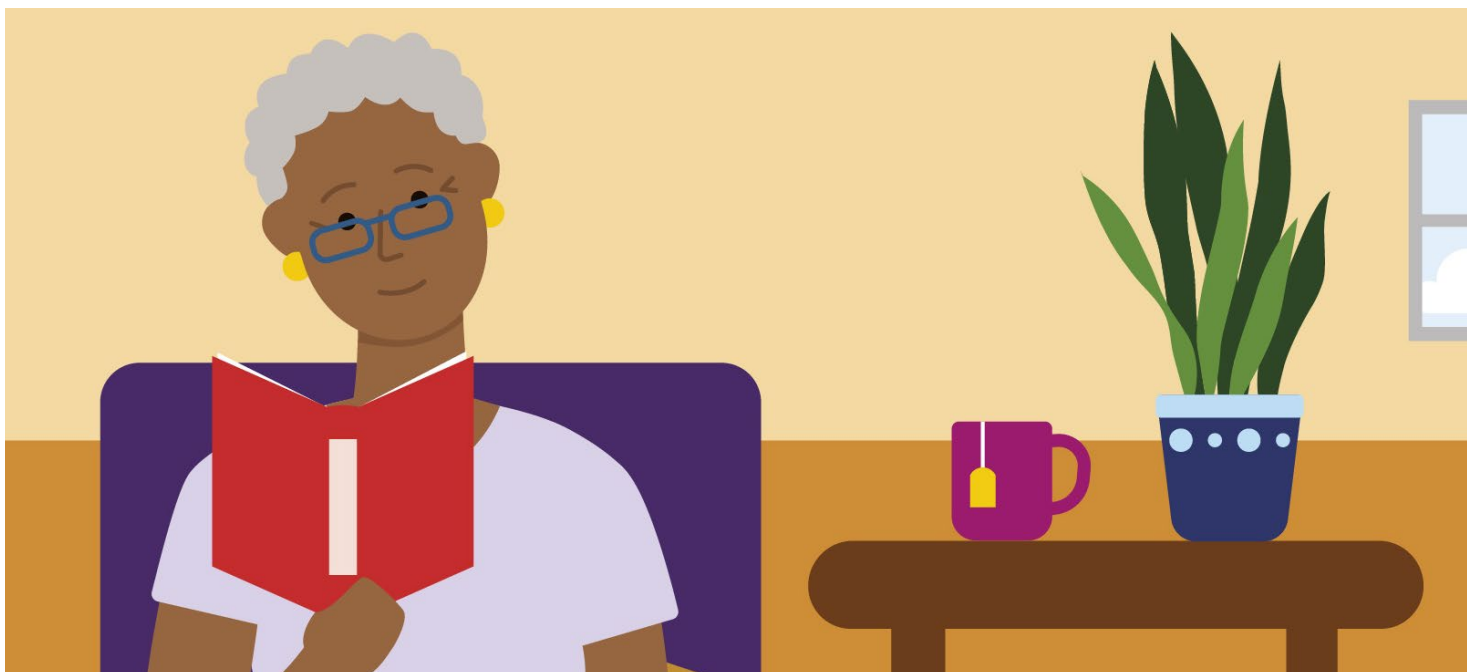
Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.



Team up

Encourage your friends to take part with you. Motivate each other to read every day and raise money to power progress for people affected by cancer.





Fundraising ideas

We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

Kickstarters



Set a target

Set a target on your online Giving Page to give yourself something to work towards. By setting a target, you can more than double your sponsorship.

Make the first move

Show potential supporters that you're committed by making a contribution to your own online Giving Page to kick off donations.

Tell your story

Our most successful fundraisers often have really personal online Giving Pages. Share why you're reading every day in November, what you're reading and how you're getting on. Add photos, post updates and thank your lovely donors!



At work



Ask your employer

Committing to reading every day throughout November is a brilliant challenge. What's your company prepared to donate to support your efforts? See if they'll make a donation or match the funds you raise.

Let your colleagues know

Send an email to your colleagues explaining why you're taking part and include a link to your online Giving Page. You could also invite them to join you!

Tip: why not add your online Giving Page link to your email signature?

Promote your fundraising on Facebook

1

Post a photo with your current read or free Cancer Research UK tote bag.



2

Post your online Giving Page link in the comments.
More people will see it this way!



3

Tag three friends who might like to read every day with you.



Join our Facebook community

Meet other supporters completing the challenge, share top tips and motivate each other through the month by joining our [Read Every Day in November Facebook group](#).



Fundraising boosters

Use these ideas to help smash your fundraising target.



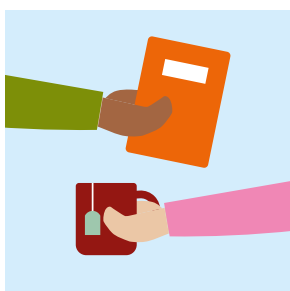
Make a video

Record yourself talking about what you're reading, how your challenge is going and why you're supporting Cancer Research UK. Share it on social media with the link to your online Giving Page.



Host a quiz

Host a quiz and ask for a donation to take part. You could include questions about books, authors and famous characters to tie it into your challenge.



Book club

Choose a book, invite your friends and ask everyone for a donation to take part. Meet in person or online to discuss the book and share recommendations.



Wrap-up event

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations.



Read Every Day in November

Reading guide



Do it your way

There's no set amount to read. Whether it's a few pages, a chapter or a few minutes of an audiobook, make the challenge work for you.

Find moments to read

Think about where reading could fit naturally into your day. You could read during your commute, on your lunch break or before bed, or listen to an audiobook while walking, travelling or doing everyday tasks.

Make a plan

Use your challenge calendar to plan when you'll read and track your progress.

Team up

Read with friends, family or your children, or start a book club. Share recommendations, motivate each other and raise money together to power progress for people affected by cancer.

Swap scrolling for stories

Try picking up your book whenever you would usually reach for your phone. It's a simple way to make reading part of your daily routine.

Find your next great read

Still choosing your book? Browse pre-loved titles at your local Cancer Research UK shop or [explore our online range](#). From page-turning stories and inspiring biographies to mindfulness reads and children's books, there's something for every reader!

Find your nearest shop at cruk.org/read-find-a-shop

Share your progress

Post updates and photos in the challenge Facebook group and let everyone know what you're reading. You might even help another supporter choose their next book!





Read Every Day in November Calendar

Tick off each day you read in
November 2026

							Lets go! Time to start your reading.	
							1	
				You're smashing it!				
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		31		32		33		

Only one
week to go.

You've
done it!



Visit cruk.org/readeveryday

Together we are
beating cancer

Read Every Day in November Totaliser



I'm reading every day
this November to help
support life-saving
cancer research.

Please donate to my
online Giving Page to
help me smash my target.

Your online Giving Page link

Visit cruk.org/readeveryday



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

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

Read Every Day in November Sponsorship form



Please make sure you fill out each section accurately and in full.

If any of your sponsors would like to add Gift Aid to their donation, please encourage them to donate online where they'll be given the option to include Gift Aid during the process.

Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.

Your details

Title: First name: Last name:

Address:

Postcode: Telephone:

Please use blue or black pen and write in CAPITAL letters.
We kindly ask that you only return the sponsor form to us if you are paying by cheque.

Title	First name	Last name	Postcode	Home address	Amount	Date collected
MISS	ANNE	EXAMPLE	AB1 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 CRUK 2RP, PO Box 81666, London, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/readeveryday

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place, London, E20 1JQ. © Cancer Research UK 2026.



Take part as a team

Recruit your friends, family or work colleagues to join your challenge by following the four steps below.

1. All your team members will need to sign up to the Read Every Day in November Challenge so they each have their own Cancer Research UK online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down and hit the 'Create new team' button and follow the instructions.
4. When sharing the link to your team page, make sure you're contacting people who know you and want to hear from you.

How will you take on the challenge together?

If you're reading as part of a book club, or with friends, family or your children, why not add some friendly competition?

See who can spend the most minutes reading each day, then use the calendar below to record the daily winner's name and reading time. Who will top the leaderboard most often by the end of November?

Visit cruk.org/readeveryday

						Name: Duration: 1
Name: Duration: 2	Name: Duration: 3	Name: Duration: 4	Name: Duration: 5	Name: Duration: 6	Name: Duration: 7	Name: Duration: 8
Name: Duration: 9	Name: Duration: 10	Name: Duration: 11	Name: Duration: 12	Name: Duration: 13	Name: Duration: 14	Name: Duration: 15
Name: Duration: 16	Name: Duration: 17	Name: Duration: 18	Name: Duration: 19	Name: Duration: 20	Name: Duration: 21	Name: Duration: 22
Name: Duration: 23	Name: Duration: 24	Name: Duration: 25	Name: Duration: 26	Name: Duration: 27	Name: Duration: 28	Name: Duration: 29
Name: Duration: 30						

Read Every Day in November **Sweepstake**

Step 1: Get ready

Source a prize for your sweepstake and fill out the details at the top and bottom of the poster on the next page.

Step 2: Get set

Ask your friends, family and colleagues to guess how many minutes you'll spend reading that week in return for a suggested donation. Then, ask them to fill out their guess and name in a box.

Step 3: Go!

Announce the winner on the date you've mentioned on your poster.

Step 4: Don't forget

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to:
Read Every Day in November Challenge, CRUK 2RP,
PO Box 81666, London, E15 9LJ

Remember to include your name and address so we can add it to your fundraising total. If you'd prefer to collect your donations digitally, please share your online Giving Page with sweepstake participants.



**Read every day
in November
to help beat
cancer**

Read Every Day in November Sweepstake



How long will
read this week?

Please donate* £ to take a guess and support Cancer Research UK.
The person with the closest guess to the total weekly time spent reading will win
.....

Mins	Name	Mins	Name	Mins	Name

Visit cruk.org/readeveryday

- *No donation is necessary.
1. To enter, write your name and predicted reading time in a box.
 2. Closing date Winner will be revealed by
(Please write the closing date and when you will announce the winner here.)
 3. The person whose guess is closest to the total number of minutes spent reading or listening during the week will win the prize listed above. If the total is exactly halfway between two guesses, the prize will be given to the person with the lower guess.
 4. All money raised will be donated to Cancer Research UK.
 5. The promoter to collect and send money to: Read Every Day in November Challenge, CRUK 2RP, PO Box 81666, London, E15 9LJ
 6. The promoter is
.....
(Please write the name and address of the person organising this sweepstake here.)
 7. Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
 8. Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only.



Read Every Day in November Pledge card

Add your story of why you're taking part and share across social media with the link to your online Giving Page



I'm reading
every day this
November
because...

Read Every Day in November Challenge Finisher 2026



This November

Your name

.....

Completed the Read Every Day
in November Challenge

raising

Amount raised

.....

to help beat cancer

Thank you for your support.

You're helping to bring about a world where everybody
lives longer, better lives, free from the fear of cancer.





I'm fundraising for Cancer Research UK

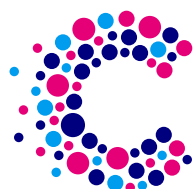
Challenge
name

Read Every Day in November

When

November

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

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

Thank you for powering progress

Over the past 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.

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/readeveryday

8 in 10

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

1 million

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

90%

Our research led to the development of the HPV vaccine, which is expected to **prevent up to 90% of cervical cancer cases** in the UK.

Together we are
beating cancer