



**Shine  
Night  
Walk**

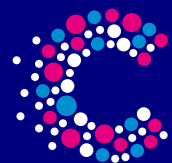
**Get ready to  
step towards a  
brighter future!**

[shinewalk.org](https://shinewalk.org)  
[#ShineWalk](https://twitter.com/ShineWalk)

Facebook

Instagram

X



**CANCER  
RESEARCH  
UK**

Together we are  
beating cancer



# Thank you for shining bright!

We can't wait to share an unforgettable evening at Shine Night Walk. You'll join a sea of Cancer Research UK t-shirts and see the city in a whole new light.

Whether you're walking in celebration or remembrance, every step helps create a brighter future for people affected by cancer.

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

With your support, we could save the next million.



## Remember

The easiest way to collect donations from friends, family and workmates is through your online Giving Page.

If you receive any cash donations, you can:

- bank it yourself and donate to your online Giving Page
- send us a cheque

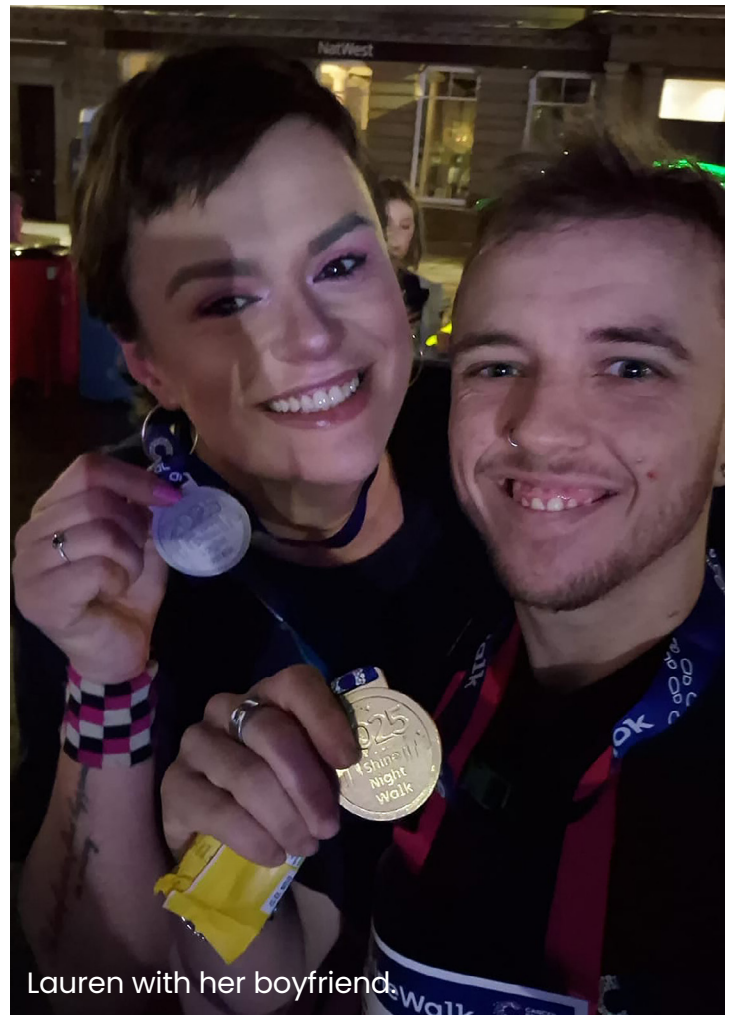
Please make cheques payable to 'Cancer Research UK' and write 'Cancer Research UK's Shine Night Walk' and your walking number or Unique Reference Number on the reverse. Send it alongside your sponsorship form to:  
CRUK 2RP, PO Box 81666, London, E15 9LJ.

# Lauren's story

Thanks to research, Lauren's looking forward to getting back to work and raising more for Cancer Research UK.



Lauren (centre) with her friends.



Lauren with her boyfriend.

“

I was lying in bed when I felt an itch in my right breast. When I reached up, I could feel a lump. My GP referred me to the breast clinic, and after scans and a biopsy, I was told I had breast cancer.

Because of my family history and young age (32), I was offered the BRCA test, and found out I have the faulty BRCA1 gene. Since then, my mum has also been diagnosed with breast cancer. Within seven weeks, she was given the all clear and is now doing really well. I'm so proud of her.

My initial treatment plan was six months of chemotherapy, then surgery and radiotherapy. Chemotherapy made me ill and caused me to lose every bit of hair and all the self-love I once had.

In April 2025, I had a double mastectomy (surgery to remove both breasts). Reconstruction will come later. My boyfriend wasn't fazed – he's been so supportive. Doctors couldn't harvest eggs before chemotherapy, so I'm giving it five years to see if my periods return before considering more preventative surgery, giving myself the chance of having children.

“More research is so vital”



Surgery removed all the breast cancer. But there are tiny traces in my lymph nodes. I should finish chemotherapy by summer.

I've always supported Cancer Research UK – I've known for years that more research is so vital. I've run Race for Life three times and taken part in Shine Night Walk Nottingham. Now, I'm keen to raise awareness as well as funds.

I'm looking forward to getting back to work and being the fun-loving, outgoing person I was before. ”

If you have a personal experience of cancer and would like to share your story, please visit [cruk.org/share](https://cruk.org/share)

# Ready?

Fundraising can feel daunting, but it's easier than you think. Here's how to kickstart your fundraising and reach your target.



## Create your online Giving Page

By using our fundraising platform, more of the money you raise goes to our work. Create yours or log in at [fundraise.cancerresearchuk.org](https://fundraise.cancerresearchuk.org)



## Personalise your page

Share why you're taking on this challenge and how people can support you.



## Set a target

Having a fundraising goal boosts donations. Add it to your page so friends and family can help you smash it.



## Share photos

Pictures and updates about your fundraising and training can double what you raise – so get snapping!



## Share your page

Post on social media and email your workmates to spread the word.

# Set

Follow these three simple steps to boost your total.

## 1. *giftaid it*

With Gift Aid, for every £1 donated, we get an extra 25p from the government at no extra cost to you.

Find out more at [cruk.org/giftaid](https://cruk.org/giftaid)

## 2. Match funding

Many companies offer to match the money you raise (sometimes up to a maximum amount). Check with your HR department to see if your employer does.

## 3. Join our online community

Connect with fellow walkers in our Facebook group or on X and Instagram with [#ShineWalk](https://twitter.com/ShineWalk) for tips and inspiration.

### Tip

Supporters will love seeing the progress you're making. Connecting to Fitbit or Strava can triple your fundraising total.\*



Facebook

Shine Night Walk Super Shiners

Instagram

X

#ShineWalk

\*Based on analysis of our Giving Pages from January–June 2024

# Shine!

Here are some simple fundraising ideas to raise even more.

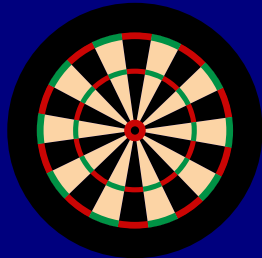
## Coffee mornings

Bring friends together over coffee and cake in return for donations.



## Darts

There's nothing quite like the atmosphere of darts. Organise a tournament or fun challenges like 'closest to the bullseye' and charge per throw.



## Give it up

We all have bad habits. So, if you have one you've been meaning to kick, why not get sponsored to do it? You could even donate the money you save.



## Tip

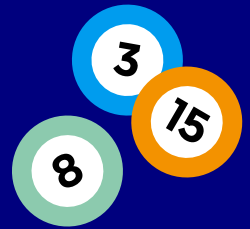
Fancy a bit of friendly competition? Join or create a team on our giving pages and raise 50% more together.\*

\*Based on analysis of our Giving Pages from January–June 2024



## Bingo

Keep it fun and adapt the game for your audience. Celebrity obsessed? Use photographs of famous people instead of numbers!



## Want more inspiration?

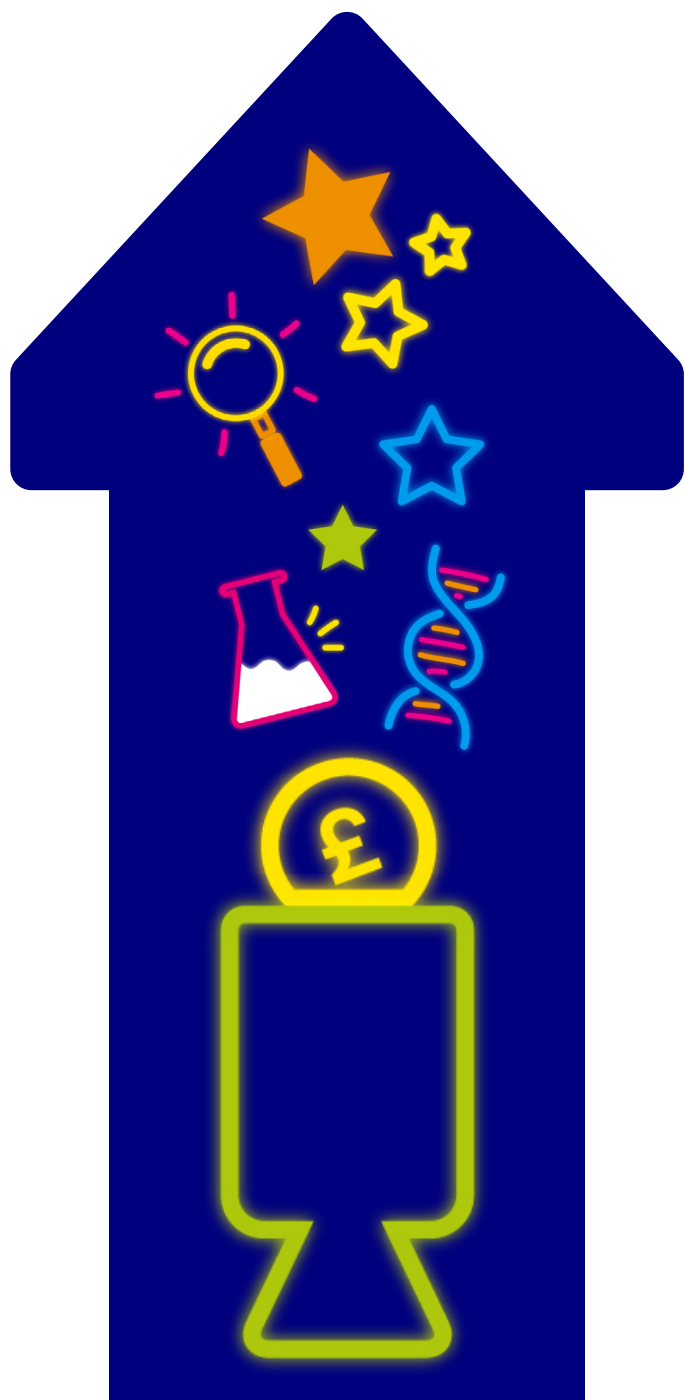
Try the guessing game in this pack and discover more ideas at [shinewalk.org](http://shinewalk.org)



# The power of your fundraising

If you hit your target, don't be afraid to raise it. People who increase their target can raise an extra 51%.\*

## How much do you want to raise?



**£1,800**

could buy a **3D printer**, which our scientists can use to invent new and bespoke equipment that doesn't exist in the lab.

**£1,000**

could fund **one week of our international trial** improving treatment for children and young people with acute myeloid leukaemia.

**£450**

could pay for a **whole-genome sequencing experiment** to 'read' DNA so we can find out where cancer is 'editing' the words.

**£375**

could buy a **hotplate for scientists to warm solutions on**, turning up the heat on our groundbreaking research.

**£160**

could buy a **Wright-Giemsa cell staining kit**, which our scientists use to distinguish between different types of blood cells.

**£40**

could buy a **pipette that precisely measures tiny amounts of liquid**, making sure our scientists get accurate results in their experiments.

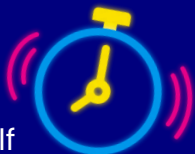
**It's thanks to your support that we can unlock progress for people affected by cancer.**

\*Based on analysis of our Giving Pages from January–June 2024

# Your countdown to Shine Night Walk

## 12 weeks to go

It's time to start training. Walking a marathon, half marathon or 10k overnight is a challenge. Download your training plan and find top tips at [shinewalk.org](http://shinewalk.org)



## 6 weeks to go

Share your online **Giving Page** with your friends, family and colleagues – it's the easiest way to collect and keep track of donations. Keep everyone updated on your training progress by linking your page to **Strava** or **Fitbit**.

## 1 day to go

Pack your bag, charge your phone, get a good night's sleep and get ready to light up the night!



## The next day

You did it! Share your success and special moments on social media and tag us using **#ShineWalk**



## 8 weeks to go

Now's the time to dial up your fundraising. Find handy fundraising materials at [shinewalk.org/raise-money](http://shinewalk.org/raise-money) and make a plan.

## 4 weeks to go

You're just a month away! Plan your travel to and from the event. Use the checklist on the back of your letter to make sure you've got essentials like comfortable trainers and socks.



## The big night!

Grab your glowsticks and neon paint and put on your t-shirt, walking number and back sign. Head to your starting venue and don't forget your water bottle – you can refill it along the route.



## 1 week after

Give your supporters a nudge – it's not too late to collect those last donations and return your sponsorship form. See page 2 for details.



# Five steps to success

Follow our top tips to help you prepare for Shine Night Walk.



## 1. Fuel up

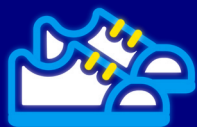
Make sure you're getting all the nutrients you need to power through your training and step through the night. An hour or so before exercising, choose a snack that provides long-lasting energy, like porridge, a banana or a slice of wholegrain bread spread thinly with a nut butter.

Get more advice at [cruk.org/sports-nutrition](https://www.cruk.org/sports-nutrition)



## 2. Listen to your body

When you're training, don't make big leaps in how far or fast you're walking. Follow your training plan and remember to warm up and cool down. If you start to feel pain and it doesn't go away, talk to your GP before training again.



## 3. Get comfortable

Remember to check the forecast and dress for the weather. Try out any new gear during your training – never wear anything new on the night to prevent chafing. If you're not sure what to wear, ask for advice from your local sports shop.



## 4. Hydrate

Make sure you drink plenty of water before and after exercise to replace what you lose through sweating.



## 5. Take rest days

You'll be pleased to hear that rest days are as important as training days. Have at least one day off a week to let your body recover, especially after longer sessions. Find your training plan at [shinewalk.org](https://www.shinewalk.org)

**It's your time to shine!  
You've got this.**

Thank you once again for choosing to support Cancer Research UK.



Registered with



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REGULATOR

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