

READY TO STAND UP TO CANCER? OF COURSE YOU ARE.

IT'S TIME TO BEAT CANCER AT ITS OWN GAME.

Cancer is unforgiving, unpredictable and relentless. But by standing up to it, with a united pledge to fundraise for ground-breaking research, we can beat it at its own game.

Since its launch in the UK, Stand Up To Cancer has raised \$62.9 million for translational cancer research. This has funded 52 clinical trials and projects, which aim to improve survival and bring breakthroughs in labs to the patients who need them.

Your donations enable scientists to continue to explore brave new ways to fight the disease and develop radical treatments, meaning more lives can be saved.

To get the ball rolling, and the money rolling in, here are a bunch of fundraising ideas to inspire you. You can choose to take on one or a few. You can do it alone or with mates. At work or at home. But whatever you do, just know the results will be life-changing.

There's no better time than now to fundraise so follow our simple steps, be unforgiving, be unpredictable, be relentless and let's beat cancer at its own game.

IT'S EASY TO STAND UP TO CANCER

1. Choose an idea

Choose how you'll raise cash, when and where. Stuck for inspiration? We've some starters for ten below.

2. Spread the word

Let everyone know how you're planning to beat cancer at its own game and how they can help by sponsoring you or participating and donating.

3. Stand Up To Cancer

Take on your fundraiser, raise as much cash as possible and send it our way to fund life-saving research.

WORK UP.



THE TIME OFF BIG BID

Channel your inner auctioneer and hold a sale at work for a longer lie in bed (with permission from the boss of course). Either pre-set the price or the highest bidder wins the extra zzzzzs. Alternatively, add a longer lunch break or the chance to leave work early to the list of auction items.

THE 9 TO 5 DJ

The office playlist is a thing of power. Who plays what is a constant debate and there's always reason to tune out. Unless you're the DJ. So step up and spin the decks in your office for a week. Each request comes with a price, and be sure to mix in your faves, from Little Mix to Led Zeppelin.

LUNCH RUN CHALLENGE

The office lunch break is a perfect time to squeeze in some exercise. So why not organise a run club and set targets over a fortnight of fundraising? Get your colleagues to sponsor you and you'll soon feel the benefits. Not into running? Walk, swim, skip or hop.

MEET UP.



CRAFTS & LAUGHS

Can you knit? Are you a floristry fan? Or an embroidery enthusiast? Then host a get together for an afternoon of skill sharing for a small donation. Everyone learns something for a fee. You could even sell off your creations to friends and colleagues or online.

TV MARATHON

Get your mates over for a Stand Up To Cancer TV marathon as we've got some awesome programmes on Channel 4. Tune in or catch up on your favourite celebrities appearing on your favourite TV shows. Charge a fee for a seat on your sofa (oh, and the popcorn, of course).

BOARD GAME BONANZA

Invite your friends round for an epic board game gathering. Grab some healthy snacks to get brains fired up and get your game face on. Just make sure everyone who plays, pays. Or hold a sponsored gaming tournament... but no cheating!

FITNESS FORTNIGHT

Take part in a two-week fitness challenge at home. Get your family, friends and colleagues to sponsor you to work out every day for a fortnight. Planks, push-ups, burpees, sun salutations, anything goes. Daily exercise is good for you and in this case even better for others.

GET A PLACE

Ready to take on a next level fitness challenge? Sign up to an organised fitness event and use your online Giving Page to collect the sponsorship money as it rolls in. Whether you chase the adrenaline highs of a sky dive, sweat it out on a half marathon run or head out on an iconic cycle ride, choose the challenge that's perfect for you.

THE UNPREDICTABLE



Set the date when everyone at work, at home, or on your street agrees to wear something completely unpredictable. Encourage them to think outside the fancy dress box. Could be a throwback, could be a throw-forward, or it could just be totally outrageous. Just make sure people are ready to dress to impress and pay for the privilege.

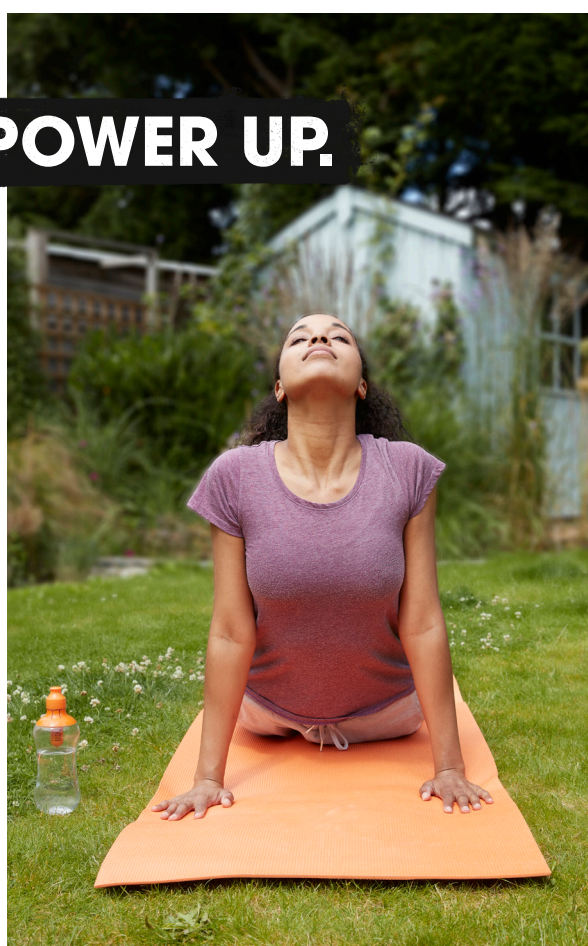
DRESS THE BOSS

If you can't persuade the whole office to dress up, why not challenge the boss to dress up instead? Way more fun and definitely worth paying money to see. Of course, the more bonkers the look, the higher the donations. And if your boss 'hasn't got time' to sort out their costume, you could prepare a surprise look.

HOLD A RAIL SALE

Everyone has a few clothes in the back of their wardrobe they no longer wear. So have a rummage, dig out your old garments and hold a rail sale. Invite your friends and family at home, or hold one at work with colleagues. Clear out some space and raise some life-saving cash.

DRESS UP.



EAT UP.

HOST A ROAST

Everyone loves a good feed. So why not host a roast and invite your mates over for a feast - as long as they flash the cash. They pay a set price or pay what they feel its worth. Whatever they do, just make sure they leave a big tip to fund even more life-saving research.

THE BIG LUNCHBOX SALE

Are you one of those budding chefs who make their colleagues' mouths water when you bring in your homemade lunches? If so, why not rustle up a few extra portions to sell off to the highest bidders? Or team up with a colleague to cook a special lunch for the whole office. Pay up and eat up.



**BE RELENTLESS.
BE UNPREDICTABLE.
BE UNFORGIVING.**

LET'S BEAT CANCER AT ITS OWN GAME.

However you plan to raise the cash, nothing is as motivating as having a target amount to smash. Once you've planned how you'll raise the cash, fill in the pledge below and add your target to aim for.

STANDING UP TO CANCER BY:

TARGET:

YOU'VE SMASHED YOUR TARGET.

On a roll? Turn over and choose another challenge!

YOU'VE GONE FROM ZERO TO HERO.

YOU'RE SMASHING IT.

YOU CAN DO IT.

NOT ALL HEROES WEAR CAPES.

GET YOUR GAME FACE ON.

SU2CFRCGUIDE

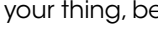
SHOUT ON SOCIAL

Share your Just Giving page with friends, family and colleagues. Don't be shy!



And don't forget to tell us about what you're up to on **Twitter @SU2CUK**, on **Instagram @su2cuk** with the hashtag **#StandUpToCancer**, or if **Facebook's** more your thing, be sure to tag us in at **standuptocancerUK**.

OUR PARTNERS:



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