



ENGLAND NETBALL &
CANCER RESEARCH UK
TOGETHER WE'LL BEAT
CANCER SOONER.



Supporting
CANCER
RESEARCH
UK



THANK YOU FOR CHOOSING TO SUPPORT US!

We are the world's leading cancer charity dedicated to saving lives through research. Our groundbreaking work into the prevention, diagnosis and treatment of cancer has seen UK survival rates double in the last 40 years.

CANCER RESEARCH UK
PIONEERS RESEARCH TO
BRING FORWARD THE DAY
WHEN ALL CANCERS ARE
CURED.

We don't just do research. Every year we help millions of people get the information they need to understand the disease. And we campaign on key cancer issues including access to cancer drugs, screening and reducing the use of tobacco, keeping cancer at the top of the political agenda.

We don't receive Government funding for our research so every step towards beating cancer relies on every pound donated by amazing people like you. We're incredibly grateful for your energy and efforts, thank you so much for deciding to join us.

Hello from Cancer Research UK,

I'm Katie and I'm delighted to be your account manager.

I'm really excited to be working with you **and I'm** here to support you every step of the way. This pack contains information and ideas to help with your fundraising.

Please contact me if you have any questions.

netball@cancer.org.uk



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FUNDRAISING IDEAS

DRESS UP

Wear fancy dress on court and get sponsored to do so!

HOLD A BAKE SALE

Everyone loves a delicious homemade sweet treat, especially after you have been working hard on the court.

PINK QUIZ SOCIAL

Host a Pink Quiz Social for your netball team!

PINK WEEK

Host a pink week at your club, everyone has to wear pink at training and your weekly fixture – if you run a netball league get all the teams to do it on game day!

WITH YOUR TEAM

MUM AND DAUGHTER TOURNAMENTS

Try out a Mum and Daughter netball tournament to raise funds for CRUK!

DO A NETBALL-A-THON

Get sponsored to play netball for as long as you can!

SPONSORED WALK

Organise a nice long walk and get friends and family to take part too.

GET ACTIVE

DONATE PER GAME

Donate 50p per game you play during certain months!

SWIM THE CHANNEL

Turn swimming into a real challenge – swim the equivalent of the English channel in your local pool.

SPONSORED SILENCE

Keep your lips sealed for a day and ask for donations.

DO YOUR OWN THING

SHAVE IT OFF

Get sponsored to shave off your hair or your eyebrows.

HAVE A GOOD CLEAR OUT

Start auctioning off all those items sitting around your house that you don't need any more.

GIVE IT UP

Get sponsored to give up one of your guilty pleasures like chocolate, shopping or swearing.

GET INVOLVED IN CAMPAIGNS

This year Cancer Research UK and England Netball have some exciting campaigns planned.

NET 10 FOR LIFE - MARCH

For the fortnight Friday 10 March to Friday 24 March every team – in every club, league, college, school, university and Back to Netball group – is invited to take part in this fantastic initiative by pledging to donate 10p per goal scored in their weekly fixture.

Link your JustGiving page to the 2017 Net10 page:

<https://www.justgiving.com/campaigns/charity/cancerresearchuk/englandnetballnet10>



PRETTY MUDDY & RACE FOR LIFE - SUMMER

England Netball will be taking on Pretty Muddy this year! Pretty Muddy is a 5K obstacle course in which women of any ability can unite in pink to climb, jog and walk their way through, up and over. This year we are introducing three amazing netball waves across the country – where you can line up as an army of netballers to take on the course! Stay tuned for locations and how to sign up.

Every year netballers flock to Race for Life in huge numbers to join the pink army – so lace up your trainers and get training to take on Race for Life with your team in 2017!



STAND UP TO CANCER – OCTOBER

Last year we introduced SU2C into the England Netball portfolio of fundraising events. We encouraged Netballers to pledge to do something during the week of Stand Up – whether that was doing 50 press ups every morning or running an extra drill session with your team. This year we want netballers to do the same and Stand Up to Cancer!



NET10 – TOP TIPS FROM THE REGIONS



Yorkshire:

- Get your County Associations on board too so they can target the local leagues enabling a wider reach

London & East:

- Run a 'Pink Saturday' on a league day. Get support from local clubs and volunteers to help run a stalls, a tombola and a raffle (try to get prizes donated).

Remember to use the #Net10forlife



South:

- Get leagues to administer their fundraising to cut down the number of individuals who'll need to donate.
- Tweet live scores on the day to encourage club v club competition

East:

- Competitions always get people engaged
- Encourage performance academies to take part in a challenge against other academies For example, athletes could donate £1 per minute that they can plank and the academy that has the greatest total time would win a prize!

Make sure to donate your NET10 fundraising on the Just Giving Page below– there will be prizes for the region who has fundraised the most!

<https://www.justgiving.com/campaigns/charity/cancerresearchuk/englandnetballnet10>

FUNDRAISING AND HEALTH AWARENESS RESOURCES

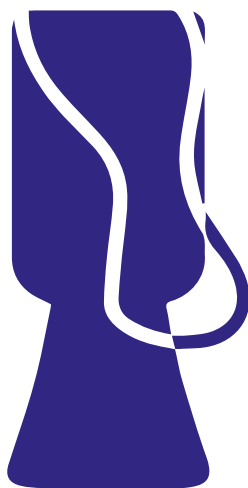
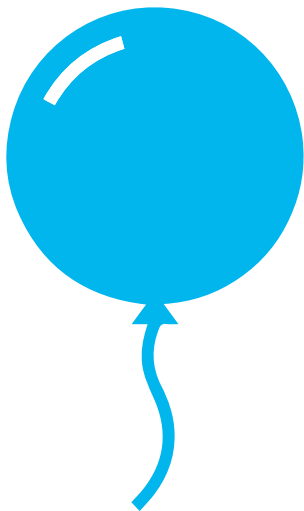
We've lots of materials to help you with your fundraising including:

- Balloons
- Pink Laces
- Net 10 materials
- Polybanners
- Blank belly posters
- Collection goblets & buckets
- Pin badges
- Health awareness leaflets and posters

ORDERING FUNDRAISING MATERIALS

If you would like to order any of these materials or any seasonal fundraising materials please use the attached email template order form or email:

netball@cancer.org.uk



DO YOU WANT TO BE A NETBALL CHARITY CHAMPION?

OUR CHARITY CHAMPIONS ARE KEY TO MAKING CHARITY PARTNERSHIPS A SUCCESS. IT'S A FANTASTIC OPPORTUNITY TO HAVE FUN WITH YOUR FELLOW NETBALLERS, DEVELOP YOUR LEADERSHIP SKILLS, STRENGTHEN YOUR NETWORKS AND CONTRIBUTE TO OUR CAUSE. MOST OF ALL, WE ARE SURE YOU'LL ENJOY IT!

WHAT IS THE ROLE OF A CHARITY CHAMPION?

- Be the internal face of the charity amongst your netball communities.
- Raise awareness of the charity partnership and keep netballers updated on the money raised.
- Motivate and inspire netballers to get involved in Cancer Research UK events and campaigns.
- Update netballers on fundraising ideas, activities, local events and how to obtain fundraising materials.
- Be the main contact in your area for the CRUK account Manager, who will give you all the information and help you need to ensure fundraising success.

WHAT DOES IT TAKE TO BE A CHARITY CHAMPION?

- Lots of enthusiasm for new and exciting challenges.
- Hunger to achieve great things in support of Cancer Research UK.
- The ability to motivate and inspire your colleagues to get involved.



IF YOU OR SOMEONE YOU KNOW MAY BE INTERESTED IN BECOMING A NETBALL CHARITY CHAMPION, PLEASE CONTACT:

netball@cancer.org.uk

ONE DAY CANCER WILL BE BEATEN. WE CAN HELP MAKE IT SOONER.

One in two people will be diagnosed with cancer at some point in their lives. Right now, half of those people will survive.

Our ambition is to accelerate our progress and see three-quarters of people surviving the disease by 2034. Our scientists, doctors and nurses are working to save more lives and create more tomorrows for people in the UK and across the world. Every day, they're making progress towards preventing more cancers, diagnosing the disease earlier, and developing new treatments.



Our ambition is to accelerate progress and see 3 in 4 patients surviving cancer by 2034.

IN THE PAST YEAR...



WE LAUNCHED A WORLD-FIRST IMMUNOTHERAPY CLINICAL TRIAL THAT COULD CHANGE THE WAY WE TREAT SOME CANCERS



WE CELEBRATED OUR 7TH NOBEL PRIZE, AWARDED TO TOMAS LINDAHL FOR HIS WORK TO UNDERSTAND HOW CELLS REPAIR THEIR DNA



AFTER A LONG CAMPAIGN, STANDARDISED PACKAGING WAS INTRODUCED ACROSS THE UK, REDUCING THE APPEAL OF CIGARETTES TO CHILDREN AND ULTIMATELY SAVING LIVES

OUR YEAR IN NUMBERS

Every step we make towards beating cancer relies on you. It's been an incredible year...



500,000

Our Cancer Awareness Roadshow reached a milestone of 500,000 visitors, helping them to reduce their risk of cancer and spot it early.



16,000

Over 16,000 of you signed our 'Big Tobacco Cough Up' petition to make tobacco companies pay for the damage their tobacco products cause.



11,000

Our specialist nurses answered almost 11,000 queries about cancer, supporting people when they need help and advice.



6,000

We received over 6,000 gifts left to us in Wills by our generous supporters, helping us to fund future research.



40,000

Around 40,000 volunteers gave 7 million hours of their time.



25,000

More than 25,000 patients join our clinical trials each year, helping us develop new treatments.



1 million

More than 1 million donors gave us regular gifts.



4,000

You funded over 4,000 scientists, doctors and nurses across the UK.



200

Together we're fighting over 200 different types of cancer, including the one that matters most to you.

WHAT YOUR MONEY CAN BUY

£2, or the price of a WCD Unity Band, buys a box of microscope slides, just like the ones used in breakthroughs such as the discovery of temozolomide, which has saved the lives of many thousands of people with brain tumours across the globe.



£10, or the cost of a trip to the cinema, buys a new bulb for our microscopes to illuminate new ways to beat cancer, sooner. This vital bit of kit lets our CRUK scientists look for crucial clues about cancer in precious samples at a fraction of the cost of a microscope!



£20, or the cost of one round of drinks, buys a lab coat, box of gloves and goggles – not only geek chic, but these vital items help our scientists to carry out life-saving research.



£100, or the savings made by going teetotal for a month, buys a chemical tape measure that lets scientists find the size of DNA molecules, vital information that could reveal crucial clues about how to beat cancer.

£1000, or the cost of a new big screen TV, kits out a fresh-faced PhD student with everything they need to beat cancer sooner, helping us to train the researchers of tomorrow who could be making the breakthroughs of the future.



HOW TO PAY IN YOUR FUNDRAISING

Banking Options:

- Email netball@cancer.org.uk for a GIRO to be sent to you – this means you can pay in the cheque directly to your local bank.
- Send a cheque to CRUK and make sure to reference 'netball - 2462702' somewhere on the cheque or letter you send with it.
- Donate your NET10 fundraising on the JustGiving Page – there will be prizes for the region who has fundraised the most!

<https://www.justgiving.com/campaigns/charity/cancerresearchuk/englandnetballnet10>

YOU'RE MAKING LIFE-SAVING RESEARCH HAPPEN, THANK YOU.

Please contact the below email address if you have any questions:

netball@cancer.org.uk