




Live Well  
with Cancer



# Your guide to fundraising

**Together we can live well with cancer**



Thank you for choosing to fundraise for Live Well with Cancer! Every penny raised helps our community to live fully with and beyond a cancer diagnosis. Keep reading to discover ideas and resources to get started today.

**Together, we can  
make a real  
difference.**

## A word from our Founder

Since Live Well With Cancer began in 2019, we've delivered our services free of charge to anyone affected by a cancer diagnosis, including family, friends, carers and healthcare professionals.

Our work is only possible because of our wonderful community. We still remember receiving our very first donation of £54 in a lovely glass jar. It was the start of something special and we've been blown away by our supporters ever since. We remain full of gratitude for everyone who has raised vital funds and are thankful to you, for deciding to support us too.

We couldn't do what we do without you.

We've pulled together some handy information that we hope will help you on your fundraising journey.

If you have any questions, please don't hesitate to reach out at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

**Thank you!**

**Maureen Elliott, Founder & CEO**





## What we do

Live Well with Cancer delivers a range of services, which fall under one of four categories: Creative, Health & Fitness, Wellbeing, and Support Groups. We adapt support to meet people where they are. While some may benefit from counselling, others prefer creative activities, complementary therapies, movement classes, or just a cuppa and a chat. Our approach is holistic and person-centred, ensuring people access support that feels right for them.

Every week, we deliver over 30 Live Well Sessions from the Live Well Hub in North Shields and elsewhere in North Tyneside, providing invaluable support to people impacted by a cancer diagnosis.

**Every penny you raise makes a huge difference to our charity and the people and families we support.**

**£30**

could pay for an hour of  
Live Well Counselling

**£50**

could pay for a Live Well  
Wellbeing Session

**£600**

could fund a Support  
Group for a whole year

**£1250**

could help fund our Live  
Well Hub for a week

# Getting started

The first step is deciding if you want to take part in an organised event or organise your own fundraiser.



Don't forget to link your fundraising page, add this to your work email signature and share it on your socials.

## Taking part

- 1** Find an event you want to do and sign up. Living well sometimes means challenging yourself and setting new goals. Think of some fun challenges, pick one and commit.
- 2** Get online and create a fundraising page. We recommend using Just Giving as it's quick, simple and safe. Once you set the page up, they send your donations directly to us.
- 3** Personalisation is key. Make sure your page reflects your own experience and set a target that means something to you. If you reach your target early, you can always change it!
- 4** Share your efforts with pride. Putting yourself out to benefit others is a wonderful thing. Tell everyone you know about the amazing challenge you've signed up for, why you've chosen this event and why you've chosen Live Well with Cancer.
- 5** Maintain a momentum. Keep updating, keep sharing, and watch the support roll in.
- 6** Enjoy it, it's FUNdraising for a reason!

**Top tips!**

# Step in and make a difference

## Howay the Bay

If you're looking for a running challenge why not join our community for our annual 15km from Blyth to North Shields?



## Great North Run

Over the years, we've been blessed to have people using their spaces at the Great North Run to raise funds for our charity.



## Sahara Desert challenge

Emma completed a 100km trek through the Sahara, raising over £4,000 for our charity and creating amazing memories.



# Organising your own

Think about your networks (family, friends, colleagues) and what might appeal.

Choose your event. Quiz nights, raffles, balls, karaoke nights, themed parties, sponsored challenges, second-hand clothes sale. You name it, you can do it.

Share, invite, sell tickets. The more people who know, the more likely you are to make a success of it.

## Top tips!

Pick a date, secure a venue, plan fundraising, and boost donations with raffles, bottle bags, Heads & Tails, auctions, and tombolas.

Spread the load. Get people involved to help organise and promote.

Register your fundraiser with Live Well With Cancer and let us know how we can help you.

If you'd like to request t-shirts, booklets, or sponsorship forms please complete our sponsorship form.

## Bailey's Bears

Bailey started fundraising for our charity by running 3 minutes every day his dad was on treatment. Since then, he has raised over **£6,000**, earning VODA's Young Fundraiser of the Year in the process.



## Workplace fundraisers

Kingston Property Services raised **£1,119** with their Christmas jumper day event, maximising their total with a Pie your Boss challenge!



## Pop-up events

Gemma has hosted a number of fundraising events for members of our community, including an 80s Aerobics class and Indie Disco.



## Coffee Mornings & Birthday Fundraisers

Michelle hosted a Coffee Morning for her community, raising **£1,274.60** through the event and her birthday fundraiser on Facebook.

## Health & wellness events

Beth and Amber raised **£700** with their Beach Pilates event on Tynemouth Longsands, followed by a dip in the North Sea.



# Ways to boost your fundraising

## Matched funding

A quick win to boost fundraising is to ask your employer about matching donations. Many companies support fundraising and local charities as part of their corporate social responsibility scheme. Let them know what you're doing and see how they can support. You never know what it might lead to.

## Gift Aid

This is a payment from the UK government that can boost fundraising by 25%. It can be applied to sponsorship or general donations. Online fundraising pages automatically offer Gift Aid to your sponsors when they donate. Please note Gift Aid cannot be applied to sale of goods, such as raffles, event tickets or items.

## Online page

If you're hosting an event, it's worth creating an online page. This way, if people are unable to attend because they have other commitments, you can direct them to the page and encourage them to still contribute to your amazing efforts.



## Paying in Donations

The easiest way to pay in fundraising is through our website

Scan me using your phone's camera!



**Donate:** <https://www.livewellwithcancer.co.uk>

**Cheques:** Please make your cheque payable to 'Live Well with Cancer' and include a note to give us a bit more information about your kind donation. Send your cheques to the Live Well Hub at 38 Nile Street, North Shields, NE29 0BB.

**CAF:** Send vouchers to **38 Nile Street, North Shields, NE29 0BB**. If you have created a JustGiving page, you can add donations to your page and JustGiving will transfer a payment directly to us.

**Cash:** Please contact us at [info@livewellwithcancer.co.uk](mailto:info@livewellwithcancer.co.uk)

## Thank you!

Thank you for your generosity, passion, and dedication to our charity. We're excited to see the incredible impact we can create together.

If you ever have questions, need assistance, or want to share your successes, please reach out. We're here for you.

# Stay in touch.

Thank you for your generosity, passion and dedication to Live Well with Cancer. We are excited to see the incredible impact we can make together. If you ever have questions, need assistance, or want to share your successes, please reach out. **We're here for you.**



[www.livewellwithcancer.co.uk](http://www.livewellwithcancer.co.uk)



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Live Well  
with Cancer

We care. We empower. We are a community.

