Welcome to...

helping kids
...with cancer

cyclists fighting cancer

FUNDRAISING PACK
Dear Fundraiser,

Thank you for choosing to raise money to help support children living with and beyond cancer.

Each year approximately 2,400 children and young people (up to, and including the age of 18) are diagnosed with cancer in the UK. We feel passionately about supporting these families along this difficult journey. We help children to regain their physical fitness, strength and confidence by giving them new bikes, adapted trikes and specialist support during treatment and into recovery.

Exercise has been shown in numerous adult studies to be the single most effective way of improving both physical and mental wellness for people surviving cancer. We encourage cycling as the best form of exercise-based rehabilitation especially for children because it provides all the same benefits but in a low impact, fun, sociable and exciting way. Cancer causes massive disruption in families; therefore, we also give bikes to their siblings, and in some cases their parents, in order that they can take part in an activity as a family once again after what can be years of hospitalisation and upheaval.

Since the charity began in 2005 we have awarded over 7,000 bikes/trikes to children and their families, this would have not been possible without the support of our amazing fundraisers.

You’ll find lots of ideas to help get your fundraising started in this pack as well as lots of hints and tips to help you achieve your fundraising goal.

If you need any help or advice, we’d love to hear from you. Give us a call on 0300 500 4040 or email info@cyclistsfc.org.uk.

Thank you!
Making a difference

Your fundraising changes the lives of children living with and beyond cancer by enabling them to be active, get stronger and to have fun with their friends and family. As well as the fantastic bikes/trikes below, the money that you raise is also used to fund a network of Cancer Exercise Specialists who work closely with the twenty-one paediatric oncology units around the country to promote fitness and exercise. Each hospital visit costs approximately £300 and this is vital to ensure that we reach the families who really need our help and to provide ongoing support.

<table>
<thead>
<tr>
<th>Tag-a-long</th>
<th>Specially adapted bike</th>
<th>Lightweight bike</th>
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<tbody>
<tr>
<td>£200</td>
<td>£500-£1500 (dependent on age)</td>
<td>£300-£1000 (dependent on age)</td>
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<tr>
<td>Trike</td>
<td>KMX Kart</td>
<td>Junior recumbent static bike</td>
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<tr>
<td>£1500+</td>
<td>£500-£1300 (dependent on age)</td>
<td>£4000 (for hospital use)</td>
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Many ways to fundraise

There are many ways to fundraise, from doing an organised event to hosting your own unique fundraiser. Check out the CFC events on our website www.cyclistsfc.org.uk/events/ or get some inspiration from the list below. You may want to go it alone or get friends, neighbours, work colleagues and schools involved, it could be the more the merrier!

A
Aquathon 
Abseiling

B
Balloon Race
Bake Sale
Bag packing

C
Car Wash
Coffee Morning
CFC Sportive

D
Dance-a-thon
Duathlon

E
Easter Egg Hunt
Elf Day Expedition
Escape Room

F
Football Match
Fun Run
Fancy Dress Day

G
Golf Competition
Games Night
Give Something Up

H
Head Shave
Hiking
Hula Hoop Competition

I
It’s a knockout
Indoor Rowing

J
Jailbreak
Jog-a-thon
Jumble Sale

K
Karaoke
Knobbly Knee Contest

L
Leg Waxing

M
Marathon
Mini Olympics

N
Netball Tournament
New Years’ Resolution

O
Obstacle Course
Open Garden
Odd Job Day

P
Paintballing
Pool Competition
Penalty Shoot Out

Q
Quiz Night

R
Roller Disco
Rugby Tournament Raffle

S
Spring Classic
Scoot-a-thon
Supermarket collection
Swear Box

T
Triathlon
Tennis Tournament

U
Uniform Free Day
University Challenge

V
Volleyball Tournament
Vertigo! (Skydive)

W
Wine Tasting
Welly Throw

X
Xmas Party
X Factor

Y
Yoga-a-thon
Yacht Race
Yodelling Competition

Z
Zumba-a-thon
Zip-lining
We recommend using Just Giving for your online fundraising, go to the website and when you’re asked which charity you are supporting select Cyclists Fighting Cancer.

Just Giving has these top 10 tips to help make your page and fundraising a success:

1. Use **PHOTOS** to personalise your page, fundraisers with pictures on their page raise 14% more per photo.
2. Tell your **STORY**, why you care about the cause.
3. Aim high! Pages with a **TARGET** raise 46% more.
4. Don’t be afraid to **SHARE**. Spread the word about the great thing you are doing on Facebook, Instagram, Twitter, LinkedIn, Snapchat and WhatsApp, those who do raise more.
5. Be **CREATIVE**. Think of interesting ways to get people excited about your fundraising, “if I reach £1,000, I’ll take part in the event wearing fancy dress”.
6. Stay in **CONTACT** with us here at CFC, we can help you spread the word.
7. Keep your fundraising page **UPDATED**. Your followers will enjoy following your progress and your journey.
8. **ENCOURAGE** your friends to take part and raise money as well, it makes the experience more fun!
9. 20% of donations come in after an event has ended, so it’s worthwhile doing a **FOLLOW UP** once you’ve finished to let everyone know how you got on.
10. It’s still a good idea to **EMAIL** friends, colleagues and neighbours as not everyone is on social media and add your Just Giving page link to your email signature.

Don’t forget to **THANK** everyone for their support, letting them know what this means to you and to CFC.
How we can help

We have leaflets, pull up banners and collection boxes that we can send out to help make your fundraising event a success. To request some, give us a call on 0300 500 4040 or email us at info@cyclistsfc.org.uk.

There is also a fundraising poster in this pack which you can use to help advertise your event.

Don’t forget to tell us about your event as we can feature you across our social media channels to help spread the word and to show our followers what amazing things our wonderful fundraisers do for us. This is also a great way to inspire other people to get involved too.

Once you’ve raised your first £25, we will send you a CFC Fundraiser t-shirt to help promote your fundraising. Wear it everywhere, even shopping in the supermarket, you will be surprised how many people will want to talk to you about it!

It’s also worthwhile checking to see if your employer offers Company Match Funding. If they need any further information give them our contact details and we’ll happily provide them with anything they need.
Paying your money in

If you receive any donations that don’t come in via your fundraising page, it’s easy to pay these in:

**ONLINE**
you can pay it online via our website [www.cyclistsfc.org.uk/donate](http://www.cyclistsfc.org.uk/donate)

**PAY ON THE PHONE**
give us a call on **0300 500 4040**
to pay using your debit or credit card.

**PAY BY POST**
you can send us a cheque made out to Cyclists Fighting Cancer and post to us at,
Cyclists Fighting Cancer,
Eversfield, Shipston Road,
Alderminster,
Stratford upon Avon,
CV37 8NY.

We can still claim the gift aid back on these donations if you ask people to fill out their details on our Sponsor form which is at the end of this pack and then post it to us at the above address.

Don’t forget to add the amount to your JustGiving page (if you have one) as offline donations, as they will go towards the total amount raised.
Helping kids with cancer

Exercise based rehabilitation provides a highly effective way of helping kids with cancer through activity and exercise, as they grow in confidence and have some fun!

I’m fundraising for...

Who?

What?

Where?

When?

Cyclists Fighting Cancer delivers over 600 FREE bikes & trikes every year, across the UK to children and young people affected by cancer

HELPING KIDS WITH CANCER
SUPPORT US
DONATE
#RIDEFORUS
CYCLISTSFCC.ORG.UK
If you are a UK taxpayer, the value of your donations increases by 25% under the Gift Aid scheme, at no additional cost to you! Please tick the Gift Aid box. Registered Charity No: 1140017

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TOTAL