



Your Great Give It Up
fundraising pack



NEUROBLASTOMA UK
FIGHTING CHILDHOOD CANCER

www.neuroblastoma.org.uk
#GreatGiveltUp

Welcome

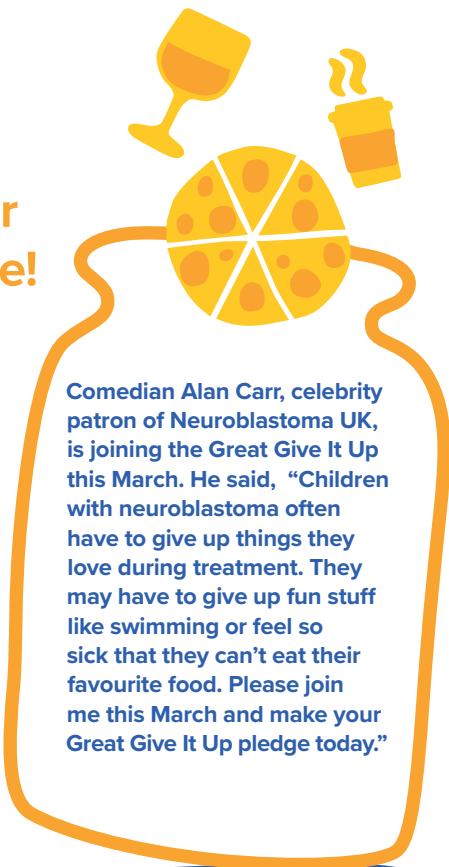
Thank you for joining our Great Give It Up challenge!

Every month, around eight children will be diagnosed with neuroblastoma in the UK.

By giving up your favourite thing for one month – maybe chocolate, coffee or wine – and donating the money you would have spent to Neuroblastoma UK, you're helping to save young lives.

The money you raise will fund vital research into neuroblastoma, a rare childhood cancer. And in this pack, you'll find inspiring stories, helpful tips and fundraising advice to support your efforts.

Good luck!



Comedian Alan Carr, celebrity patron of Neuroblastoma UK, is joining the Great Give It Up this March. He said, "Children with neuroblastoma often have to give up things they love during treatment. They may have to give up fun stuff like swimming or feel so sick that they can't eat their favourite food. Please join me this March and make your Great Give It Up pledge today."

How you can make a difference

Your donations can help fund much-needed research to improve treatments and one day, find a cure for neuroblastoma.

£2 – or your daily coffee

could pay for a glass petri dish to help researchers grow and study cells, to understand the causes of neuroblastoma.

£25 – or your weekly lunch

could buy a pack of microscope slides, enabling scientists to examine neuroblastoma cells in minute detail.

£50 – or filling up the car with petrol

could pay for equipment to help researchers grow neuroblastoma cells and study possible treatment of the disease.

£100 – or your monthly takeaways

could help pay for a DNA extraction kit, enabling researchers to develop personalised treatment for children with neuroblastoma.

How to Give It Up

1

Choose what to give up – take a look on page two to see how you can make a difference by ditching your daily coffee, giving up the car or cutting out the cakes! Other ideas include giving up alcohol, meat, chocolate treats, sugary snacks, cigarettes, and even taking the bus.

2

From 1st March until 31st March, each time you give up your favourite thing, keep a note of the money you've saved on our Great Give It Up totaliser. **Download your Great Give It Up totaliser at: www.neuroblastoma.org.uk**

3

Pop the money into your own collection box or simply save the money in your bank account. **Download and make your own collection box at www.neuroblastoma.org.uk**

4

Count up those coins. At the end of the month, count it all up and see how much money you've saved! Then make a donation to Neuroblastoma UK, and give yourself a well deserved pat on the back!

Want to make it really great?

Now you've decided what you're going to give up, tell your friends and family how you intend to donate the money you've saved to Neuroblastoma UK. Not only can they help you to stick to your plan, but they might want to sponsor you to complete your challenge too!

Download a sponsorship form or set up your online fundraising page on our website or with JustGiving.
www.neuroblastoma.org.uk

Tips for success!



Tell people what you're doing. Share your Great Give It Up on social media and get friends and family to keep you motivated and in check.



Team up with colleagues for an office challenge, with each person choosing their own thing to give up.



Set up a forfeit in case you fail! Pay a fine each time you give in and buy your favourite thing.



Consider the health benefits of giving up sugary snacks and junk food – you'll feel good too!



Ask friends and family to sponsor you to complete your challenge. You could double the amount you raise!



Keira lost three stone after having her second child, Oscar. Oscar was later diagnosed with neuroblastoma.

Keira said, "After I had Oscar, I lost three stone, trained as a slimming consultant and ran my own group. But when Oscar was diagnosed with neuroblastoma at 18 months, I had to give up the group to focus on caring for him.

"With the stress of it all, I've put on two stone but I'm determined to get back to where I was!

"I'm joining the Great Give It Up to help Neuroblastoma UK continue their great work and fund more research into this rare childhood cancer. Because not all children diagnosed with neuroblastoma are as lucky as Oscar."

How to pay in your donations

Now you've completed your **#GreatGiveItUp** challenge, give yourself a pat on the back! Thank you for taking part and helping to save young lives. Please send in your donations as soon as you can so we can send you a Great Give It Up certificate to say thank you.

You can pay your money in by post, via our website or by bank transfer:

By post:

Please make cheques payable to **Neuroblastoma UK** and send to **Neuroblastoma UK, 7-14 Great Dover Street, London SE1 4YR**.

Remember to include your name, address and please write 'Give Up' on the reverse of your cheque.

By bank transfer:

Pay the money directly into our bank account using the reference '**Give Up/ your surname**'. Our bank details are:

Barclays Bank, Sort code: 20-60-38, Account number: 13962989.

If you choose to pay your money in this way, please email us at hello@neuroblastoma.org.uk to tell us how much you've paid in, along with your name and address.

Via our website:

Got to www.neuroblastoma.org.uk and donate online. Fill out the short form and remember to tell us how the money was raised.

Thank you for helping to save young lives.



NEUROBLASTOMA UK

FIGHTING CHILDHOOD CANCER

Registered charity number: 326385

Registered office: Neuroblastoma UK,

7 -14 Great Dover Street, London SE1 4YR

www.neuroblastoma.org.uk