



Cracking the cancer code

Fundraising ideas





Stuck for ideas?

You can do anything you like to raise money – this booklet contains just a few of our suggestions!



Climb a mountain...

or a few.



Hold a coffee morning.



Be silent...

For a whole day!

Hard for some.

Go for a
sponsored walk

maybe through the night?



Host a quiz night.



and sell cakes.

Hold a
rubber duck race.



Grow a beard.

Unless you have one already, in
which case, shave it off!?!

Wear fancy dress

for a whole day.



Custard pie the boss.

(best to ask first though).



Hold an

egg and
spoon race

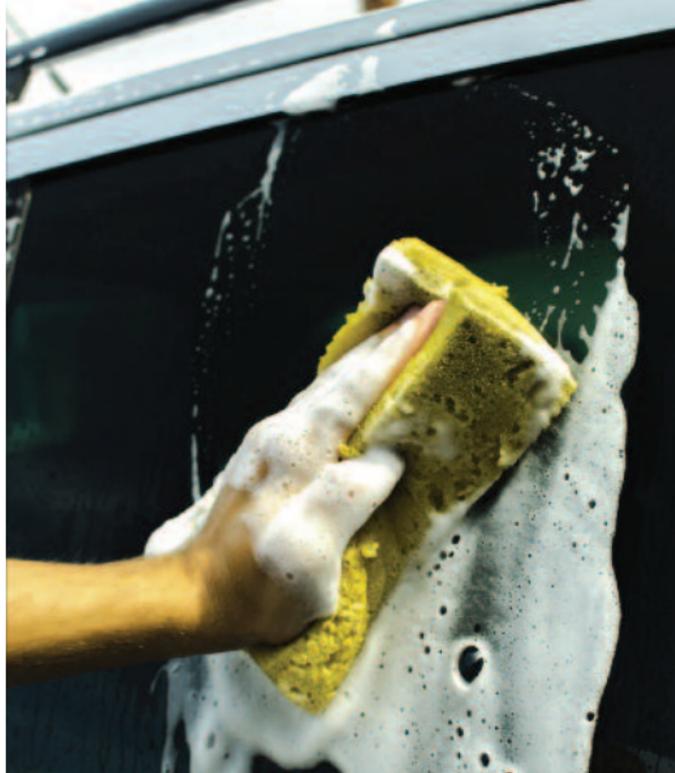


Organise a

flash mob.

Hold a charity
auction

or a bric-a-brac sale.



Organise a

carwash.



FINISH

Take part in a fun run
(e.g. runNTU)



Be creative

and set your own challenge.



Fundraising stories

Here are the stories of people just like you who have done their part to help our research.



“I cycled from Land’s End to John O’Groats. It seemed like a massive challenge at first, but the feeling of achievement was fantastic. I’d encourage anyone to have a go at something that they always wanted to do, have a great time doing it and raise money for this important cause along the way.” **Jerry**

“I lost my mum to cancer and decided to run a half marathon in aid of the John van Geest Cancer Research Centre after reading about it on the website. Although a challenge I enjoyed it and was able to tour the centre after my run. I was amazed at the work they were doing and their passion for finding a cure.” **Karen**





“I love to bake so set up a cake and chocolate stall at my workplace. I think the staff at the supermarket looked at me a little weirdly when I scanned the mountain of eggs at the checkout but I had great fun making them and everyone at work got involved by donating to a great cause – and helping to eat the cake of course!” **Janice**

“I undertook a 10km race and obstacle course and despite being nervous I had the best time doing it – despite being a bit bruised, battered and achy it was great. Weirdly my favourite bit was jumping in the canal – twice! It isn’t something that I’ve ever done before but it was great to set myself a challenge for such a good cause.” **Sian**





Fundraising stories



“We’ve experienced first-hand the dreadful effect of cancer within our family so this cause is so important to us. When the chance came to support this work through our pub business we jumped at the chance. We’ve held various events throughout the year and had a lot of fun getting others involved – there really is something everyone can do to make a difference, no matter how large or small.” **Neil**

We’d love to hear what you have planned and help with any questions you have – including how to set up a page on Justgiving. You can contact us on **+44 (0)115 848 8807** or on **vangeest@ntu.ac.uk**



www.ntu.ac.uk/vangeest

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