



Do something amazing for clan!

**Your
fundraising
information
pack!**

A guide to give you some ideas and fun things to do to raise money for Clan



Thank you...

for choosing to fundraise for Clan Cancer Support!

Your fundraising will help us to support anyone affected by a cancer diagnosis across the north east of Scotland, Moray, Orkney and Shetland.

Whether you know what fundraiser you are going to do or are just looking for some inspiration, then this pack has everything you need to help you run a successful event and raise as much money as possible for Clan.

We love to hear about all our supporters' fundraisers so please get in touch to let us know what exciting plans you have in aid of Clan.



Clan's work

What we do...

Clan is here for anyone affected by a cancer diagnosis. We provide emotional and practical support to people affected by cancer across the north east and northern isles through six wellbeing centres.

Since 1983 we have developed specialist knowledge and understanding of how a diagnosis of cancer impacts, not just the person diagnosed but also their wider circle of family and friends. Our range of free, person-centred services are delivered using qualified and experienced practitioners, councillors, therapists and volunteers, all focused on improving the wellbeing of our clients.

Clan helps people to live with and beyond a cancer diagnosis, but we need your support to continue to be here for them. You can help someone impacted by cancer and fundraise for Clan today.

Our Services:

Emotional Support – speaking to a trained member of staff or volunteer over the phone or in person in one of our centres.

Children & Family Services – a dedicated, confidential service provided by our professional support workers for children, young people and families.

Health and Wellbeing – one-to-one and group exercise sessions for patients going through a cancer diagnosis requiring support with our highly qualified exercise instructor.

Complementary Therapies – a number of credible therapies provided by trained professionals and aligned with the NHS to support and alleviate some of the physical and emotional side effects that comes with a client's cancer journey.

Support Groups – regular groups meet at Clan House to offer the opportunity for those affected by cancer to meet others in a welcoming and supportive environment.

Clan Haven Accommodation – a home from home bed and breakfast facility linked to Clan House in Aberdeen. The Haven is available to anyone affected by cancer who is attending or accompanying a friend or relative to ARI.



"I've been involved with Clan for almost 13 years now, after my friend Charlie was diagnosed with cancer. He sought advice and support from Clan. Sadly, Charlie passed away and I decided I wanted to give something back to Clan for all the support they gave him and his family.

In the last 13 years I've organised many events myself to raise much needed funds, including quite a few darts exhibitions, race nights, a halloween ball, decades disco and quiz night to name a few. Organising an event is always a good experience and when it's finally over and you donate the money to Clan, it's a great feeling knowing you are helping others.

I have also been lucky to be involved in many amazing events Clan have hosted including the Tartan Trek, Landmark Walk and the annual Ball.

I'm very proud to be an ambassador for Clan and will continue to support the charity and their clients and families as much as I can."

- Mark Taylor, Community Fundraiser

What your money could buy?

£100 – Could provide support materials for 50 Children and Families Sessions

“J was struggling to deal with things after his dad's passing. Speaking with Naomi has helped him a lot to deal with his feelings. J found the sessions good as he could express his feelings without embarrassment. He found the craft work a distraction, which helped him talk more and take his mind off how he was feeling that day.”

£250 – Could provide 15 one-to-one and group exercise sessions

“After my treatment, I had gained weight, and struggled to exercise due to fatigue and reduced mobility. Chris began introducing me to gentle exercise and tips for what I could do at home to help. After 6 weeks there was improvement in both my weight and mobility but most importantly for me, the fatigue had improved dramatically. I genuinely believe I would not be where I am now without the support I received.”

£500 – Could provide 40 complementary therapy sessions

“Thank you so much for the amazing scar tissue massage. After chemotherapy and radiotherapy, you are left in so much pain and not sure how to treat this pain. It's a slow progress, recovery and aftermath of cancer, and I am so grateful to you.”

£1,000 – Could fund our outreach support service within the oncology ward at Royal Aberdeen Children's Hospital for a six month period.

“I have enjoyed Kirst's visits, and it has been a nice change from the treatments and procedures. It has really helped with my wellbeing.”



Fundraising ideas

#1

Gaming Marathon

Gather a squad together or go solo for a live stream gaming marathon online! Encourage friends and family to sponsor your efforts and log on to watch you play!

#2

Host an online raffle or auction

Source prizes from local contacts or further afield that people would love to get their hands on! To find out more on how to do this, Check out our [FAQs](#).

#3

Take on a personal challenge

Whether it's getting in 10,000 steps a day, running a 5k or cycling 100 miles, setting a goal is a great way to gather sponsorship. Clan have spaces for a number of runs, walks and cycles – click [here](#) to find out more.

#4

Bake sale

Whether it's baked or bought, gather your apron army and get baking to raise funds in the staff canteen, local hall or with friends. Check out our pre-made bake sale kits to boost your event.

#5

Radio bingo

Line or full house, put together bingo sheets with a mix of songs with a small fee to enter and listen out for your songs to be played on the radio. Ideal for the office!



#6

Pay per view

Aimed at pubs/small clubs, screen a large sporting event (perhaps one that requires a box office fee) and charge to enter the venue.

#7

Charity dinner party

Inspired by come dine with me, take it in turns with your friends to host a dinner party. You can charge a fee, or to make it more competitive your guests can pay what they think the meal was worth.

#8

Workplace recipe book

Take one recipe from each colleague and put together a recipe book to sell.

#9

Battle of the bands/talent show

Organise a night in your local hall or a venue of your choice and sell tickets to showcase local talent, check our event ticket template [here](#).

#10

Workplace sweepstake

Big sporting event coming up? Organise a sweepstake in your workplace and split the profits between Clan and the winner.

What happens next?

Step by step...

We are here to support you every step of the way with your fundraiser, so here are a few steps to help you get started:

Once you have decided on how you would like to fundraise or if you would like more information, simply get in touch with us by emailing **fundraising@clancancersupport.org** or call us on **01224 647000**.

Make a plan and promote – the key to a successful fundraiser is forward planning and promotion. Why not use our **downloadable poster** to help promote your fundraiser.

Grow your £ – there are many ways for you to raise as much as possible below are a few ways to enhance your final total:



- Reach out to family, friends, colleagues for support
- Set up an online giving page – we would recommend using JustGiving (**www.justgiving.com**)
- Download our sponsor **form**
- **Gift Aid** – Gift aid is a government scheme which enables charities to reclaim the tax on their donations. By asking people to gift aid their donations we can claim an extra 25p for every pound from HMRC, at no extra cost to you or your supporters
- **Match Giving** – some companies will pledge to match whatever monies you raise and donate it to the cause, so why not ask your employer to see if this is something they would be willing to do

Making your fundraising go further. Clan can provide branded collateral to help raise awareness and as much funds as possible at your fundraiser:



- Clan information leaflets
- Clan t-shirts
- Banners
- Donation buckets
- Clan merchandise to sell at the event

After the event – The hard work has been done, you should be feeling proud. Take a moment to reflect on your achievement and the support you have enabled Clan to give.

The money you have raised can be donated to us in few different ways, but please always include a note with your contact details and an outline of what your event involved.



- Drop into Clan House or any of our community bases with cash or cheques, please contact your local Clan Centre to arrange a suitable time
- Send a cheque made payable to Clan Cancer Support to: Fundraising Department, Clan House, 120 Westburn Road, Aberdeen, AB25 2QA
- Make a donation by credit or debit card by calling the fundraising team on 01224 647000
- Donate online via our website [here](#)
- Pay your donation directly into Clan's bank account, please contact your local Clan Coordinator for the details

Hints and tips



Spread the word

Tell all your family, friends and colleagues about your fundraiser. Share your activity on your social media platforms and promote with posters in your local area.

Set up an online giving page

Make the most of your online fundraising tool, just giving is a brilliant platform it allows you to collect online donations without the hassle of organising to collect donation.



Set a target!

Setting a fundraising target can be really motivational, not just for you but for your supporters too and we are here to help you achieve it!

Update and thank your supporters

Make sure you are interacting with your supporters; this encourages more people to pledge a donation.



Other ways to donate

If organising an event or taking on a challenge is not for you, then there are many other ways you can support Clan:

- Donate unwanted goods to one of our shops
- Purchase our Clan branded merchandise
- Volunteer with us
- Become a Regular Giver
- Provide us with a one-off donation
- Participate or attend one of Clan's Events/Challenges

If you are interested or would like to know more about other ways to donate, then please visit our website, **www.clancancersupport.org** or contact us:

Fundraising@clancancersupport.org
01224 647000





Thank you!

On behalf of Clan staff, clients and volunteers we want to thank you and wish you the very best of luck for your fundraisers for Clan Cancer Support.



Clan House & Clan Haven,
120 Westburn Road, Aberdeen AB25 2QA
Email: fundraising@clancancersupport.org
Telephone: 01224 647000
www.clancancersupport.org

Search for 'Clan' on social media

