Relay For Life Fundraising at home

Some things may have changed but here you'll find new ways to continue your fundraising safely

RELAY FOR LIFE®
CANCER RESEARCH UK

Coronavirus (COVID-19) and cancer

Cancer Research UK is, and will stay, at the forefront of the global fight against cancer. COVID-19 has slowed us down. But we will never stop. We're absolutely determined to continue our life-saving cancer research, but to create better treatments for tomorrow, we need your help today. Your fundraising will make a difference.

If you, or someone close to you, has cancer, you might feel especially worried about the virus. The NHS and the governments (both UK and devolved) have put together guidance on these issues which we have summarised and linked to from our website – cruk.org/coronavirus

Home is where the fundraising is!

These uncertain times may have affected your team's fundraising activities, but don't let that stop you in your tracks.

Now's the time to make your fundraising a huge success by turning it into an at home, virtual fundraiser. Host it with friends and family over video chat, FaceTime, Skype, Google Hangout or other online platforms*.

Why not get everyone involved in a virtual coffee morning, virtual bake or cook-a-long, or an online movie night? Have fun with everyone and ask for a small donation to be made to your fundraising page.

*Before using an online platform, always make sure to check their Terms and Conditions and Privacy Policy. It's your responsibility to be familiar and comply with these.

Fundraising ideas key

Our helpful key will let you decide on the activity best suited to you.

- How long the fundraiser takes
- How much the fundraiser can raise
- How much prep the fundraiser needs
- How active the fundraiser is

Take your fundraising virtual...

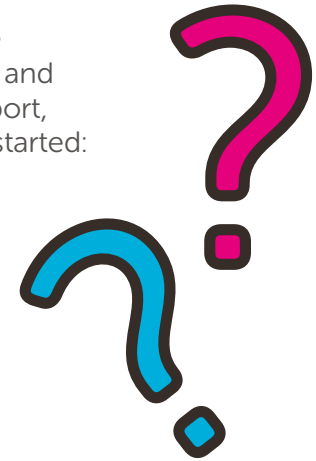
Virtual book club

Virtual book clubs are in! Why not rally up your Relay team and host your very own one online. Ask everyone to donate what you would've spent on drinks and snacks to life-saving research.

Virtual quiz night

If you're missing your local quiz, why not host one online? Get quizzical with The Big Quiz for Cancer Research UK and organise your very own charity quiz at home to raise money.

Head over to The Big Quiz website where you'll find a whole pack of quiz questions and answers on general knowledge, music, sport, entertainment and more to help you get started: cruk.org/big-quiz



...and get creative

Skill swap webinars

Now's the perfect time to share your skills with friends and family and teach them something new! Whether it's a hobby or business expertise, you could share your knowledge and talent online. Link to your fundraising page for optional donations or sell tickets online and raise those cancer beating pounds.

Poetry slam

Pick a theme of your choice and write a poem about it. Let your creativity flow and challenge friends and family to do the same in the ultimate virtual poetry slam. Collate all your poems into a booklet to publish in celebration of World Poetry Day in March, or turn it into a lovely gift for people to buy.

Craft making

If you can knit, sew, have other creative skills or want to give it a go, then why not create some unique items to help raise funds? These could be sold in a virtual auction or at a future fayre.

Live-streamed music night

For all you music lovers, it's your time to shine! Why not live stream your talents and provide an evening of entertainment for people in the comfort of their own homes? Whether you sing or play an instrument, host an online gig and encourage attendees to donate to your fundraising page.

Tip
Share a clip of yourself on social media dancing or singing to your favourite song. Nominate 5 members of your team to do the same and keep the good vibes going!

Try DIY haircuts...

Shave it

Could you shave your hair to raise money for us? Try out a brand-new look and ask friends and family to make a small donation to sponsor your head shave. If you need a little inspiration to get started, read Linda's story on how she did her head shave.

Cut it

Become a hairdresser for the day and offer your hair services to members of your household. Ask for a donation of what they would have paid at the hair salon to be made to your fundraising page or if you're in need of a haircut, ask someone at home to cut it for you and you can donate to yourself. Don't forget to share your new hairdo on social media!

Dye it

Go bright, go bold or why not just go purple like Sue, from Relay For Life Warrington, did? If you have what it takes to dye your hair then you could turn it into a great fundraising opportunity. Ask friends and family to sponsor you to dye it.

Linda's live-streamed head shave

Linda decided to shave her hair live on Facebook, raising an incredible £835 for Relay For Life Clacton! Linda's mum was diagnosed with throat cancer, and on the same day she received her diagnosis, her sister died of cancer. In January 1983, Linda's mum sadly died and 15 years later she also lost her own sister to cancer. Linda is a very dedicated and committed fundraiser.

> "I became a part of Clacton Relay five years ago, because raising money for cancer research is a cause very close to my heart. I've lost my mum, auntie and sister to cancer, two of my best friends are cancer survivors and I myself suffer from Barrett's oesophagus so I can see how far research has come on over the years."

Linda's top three tips for making your fundraiser a success

1 Tell everyone about your fundraiser

Linda used social media to create a buzz and promote her upcoming fundraiser by sharing her story and a link to her fundraising page. She started off with a goal of raising between £100-£200 but received many more generous donations.

2 Live stream your event

Linda's head shave was streamed live on Relay For Life Clacton's Facebook page, and to create engagement around this, Linda let the voting commence for how short her hair should be shaved.

3 Keep friends and family up to date

Remember to keep everyone updated even after your fundraiser, as this is the perfect way to get in any last-minute donations! Linda posted her before and after picture online and saw more donations roll in.

Please make sure you follow standard salon hygiene best practices when shaving, cutting or dying hair. This includes hand washing, patch test first if colouring your hair, and ensuring equipment is clean and sterilised prior to and after use.

...or challenge yourself

10-day challenge

10 days. 10 challenges. Ready? These can be set by friends, family, colleagues, followers or set your own. They could be something creative, fitness related or even taking on a good deed. For each challenge you accept, you can either donate to yourself or have your ideas squad donate for each challenge you take on.

Savings challenge

With less money spent on commuting and going out, why not take this opportunity to save some cash? Whether it's for a week, fortnight or month – put aside what you would've spent and see how much you've saved by the end of it! You can then donate part or all your savings to help beat cancer.

Tip
Share what you're doing online using **#RelayForLifeUK**. Have a scroll through the hashtag too and see what others Relayers are doing, this may help you to find some inspiration, spread the word and share top tips.

Choose your sports

From squats and lunges to walking and running – take this time to try out a new activity or enhance your at home workouts by choosing a sport to take on for one hour per day. Turn it into an online challenge and get friends, family and your Relay team to join in and donate.

If you are taking on a physical challenge, please always make sure it is within your capability to do.

Sofa diving

Dive into the corners of your sofa and dig out all of the loose change that's been lost down the sides all these years! Add all those coins to your fundraising total, or if that's too easy – for any change you find, double it and make the donation to your online fundraising page .

Relay For Life Peterhead

Angie, from Relay For Life Peterhead, came up with the 'Coin Tower Challenge', which involved building the tallest tower with spare change and then donating the money to help beat cancer. Angie's tower was 20.5cm, and Lorraine, Peterhead's Event Chair, managed to build hers to 18.5cm. All that loose change raised over £200! How tall could you build a coin tower?

40 miles in 24 hours

After their event was postponed due to the coronavirus pandemic, Charlotte, Erin and Owen, also known as 'Team Tally' from Relay For Life North Staffordshire, took on an enormous challenge.

The team hiked 40 miles in 24 hours in memory of their best friend, Tally, who died of leukaemia in 2015 when she was 13.

They embarked on their journey across North Staffordshire and South Cheshire ending in Leek, where Tally was from, at 4am, raising over £2,000!

Owen's top tip:

Planning is key

Owen's top tip is planning – this is important for creating a good fundraising activity and having your team support you. First, think about the location – do you have somewhere to host your event? Timing – you'll need to give yourself enough time to prepare for your fundraiser. And finally, set goals – it can be daunting planning a fundraiser, but you can keep on track and remain focused by setting milestones along the way.

> **"It's important to remember that fundraising is a marathon and not a sprint, to be successful it always helps to look where you're going."**
>
> Owen

Erin's top tip:

Decide on a particularly impressive fundraiser

Erin's fundraising tip is to get creative – choosing a physically challenging or a particularly impressive fundraiser could catch people's attention, and help you achieve your target. It could also be a great inspiration to others who may later decide to pursue a fundraiser of their own.

Charlotte's top tip:

Promote on social media

'Team Tally' used Facebook to promote their fundraiser, they kept their content brightly coloured to show the cheerful personality of the team. Charlotte recommends that getting people talking about your event and spreading the word whether through word-of-mouth, live-streams, virtual Q&A's or bake-offs will engage your audience and help raise those all-important donations.

> **"With Relay For Life being cancelled, we wanted to do something different. While we walked, I just thought of Tally and her strength – she is our inspiration."**
>
> Charlotte

Get the family involved

At home sports day

Host a sports day in your garden or around your house to raise life-saving donations. Set up your athletics course with household items and take on an obstacle like no other! Ask your household to join you or take it online and get family involved over video chat to get those heart rates pumping.

Visit: raceforlife.org/sportsday to download some sports day materials and get started.

Virtual Candle of Hope ceremony

Take part in your very own virtual Candle of Hope ceremony with your Relay team, friends and family. Get everyone to decorate their candle bags and head outside to the garden or street to light them up while you celebrate, remember and fight back. Ask for a small donation to be made to take part.

Tip
Make sure your fundraiser is safe as well as fun. We've got everything you need to know on our website cruk.org/safety

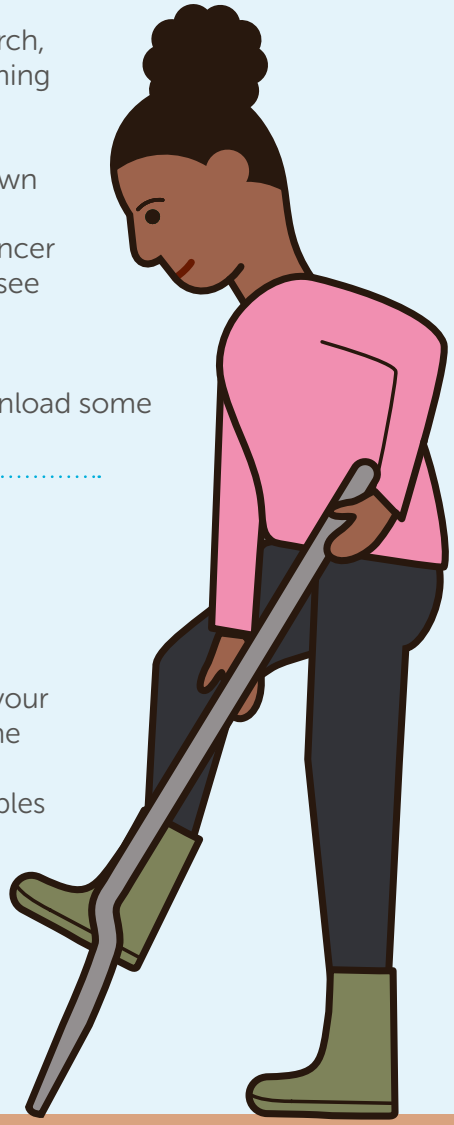
Science activities

Inspire the kids with the world of research, get the whole family involved in becoming an experimental scientist at home. From identifying MRI scans of fruit to understanding and making your very own cell, these easy science activities give children a glimpse into the world of cancer research. For each activity completed, see if you could make a small donation to your page.

Visit: cruk.org/science-activities to download some science activities and give them a go!

Vegetable growing contest

Do you have vegetable seeds sitting in your shed? Or thinking about picking up some online? From tomatoes and carrots to potatoes and onions, plant your vegetables and get people to vote on which ones will grow first or who out of your team, family and friends can grow the biggest veg. The quicker they grow, the quicker you get to eat them.



How to return your money

Completed your fundraising? Please make sure you return all the money you've raised. The sooner you return your money, the sooner it can go to funding life-saving research.

You can quickly and easily pay in your money by:

Using your fundraising page

Using your fundraising page to return money is a simple and fuss-free way to sharing your hard-earned donations with us.

Contacting your Relay Committee

If you're unable to pay in your money online, you can take it to your Relay Committee, when it is safe to do so, and they will send it to us directly. Please contact your Committee and always make sure you follow the government guidance in place regarding social distancing.

Text to donate

The quicker you return your fundraising, the sooner you'll be able to make a difference. For a quick win, why not donate £10 today by simply texting **Relay10 to 70180**.*

Over the last 40 years, cancer survival in the UK has doubled, thanks to the generosity of supporters like you. We couldn't do it without our Relayers.

Together we will beat cancer.

*£10 donation plus one standard rate message. Age 16+, UK mobiles only. 100% of your donation goes to Cancer Research UK. Ts&Cs at CRUK.org.uk/terms. Please note that your £10 donation won't show on your Relay For Life online fundraising page but funds received will be added to your local Relay For Life fundraising total.

Cancer Research UK will not be liable for any injury, damage or loss experienced by supporters or their participants or sponsors as a result of carrying out any of the fundraising ideas suggested in this pack. Please always make sure you follow the government guidance in place when carrying out an activity.

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