

Ideas to let your awesome imagination run wild

From discos to dart-a-thons, there's been no end of brilliant activities by fundraisers to help The Royal Marsden Cancer Charity. Here are a few ideas to help inspire you.



Easy to do

- Quiz night
- We've Got Talent show
- X-factor party
- Dinner dance
- Cake sale
- Dress down day
- Pub crawl
- Race night
- Pamper session
- Raffle
- Cycle / walk to school, college or work for a week
- Sponsored swim
- Treasure / Easter egg hunt
- Face painting
- Football tournament
- Sponsored toddle
- Colouring competition
- Custard or baked bean bath
- Wet sponge competition
- Quiz event
- Grow a beard or moustache



A bit more challenging

- 5k run
- Karaoke
- Runs – color run, electric run, santa run, Bupa 10,000
- 'It's a knock out' competition
- My Marsden March sponsored walk
- Welly throwing
- Wax the boss
- Tug of war contest
- Office olympics
- Head shave
- Endurance events like Spartan Race and Nuts Challenge
- Sporting event sweepstake
- Sponsored slim
- Organise your own cycle ride e.g. cycle around to all the tube stations in London
- Organise your own run e.g. run to every station on the Jubilee line in 24 hours



Do something amazing

- Marathon
- Parachute jump
- Overseas treks – trek the Great Wall of China or along the Inca Trail in Peru
- UK treks – Thames Path or South Downs
- Overseas cycle – from London to Paris or across Vietnam
- UK cycle – from Land's end to John O'Groats
- Swim across the English Channel
- London triathlon



For information on overseas challenges and other activities, contact the Community Events Team on 020 8770 0279.

Sign up to receive our monthly email newsletter at www.royalmarsden.org/news

Do something amazing

Why not really push yourself and take part in one of our amazing challenges.



“It took months of training but was all worth it and I was amazed by all the support”

London Triathlon

Thanks to our supporters taking part in Amazing challenges, incredible amounts of money have been raised to help patients at The Royal Marsden. You can take part in an amazing challenge too!

From marathons to parachute jumps there is a challenge to push you to your limit.



“The 50k was a great challenge, it was tough”

David Griffiths

The Thames Path Challenge

‘I always wanted to give something back to The Royal Marsden for the fantastic treatment my wife received. What better way than by competing in my first ever triathlon, Olympic distance of course!’

Mark Gwinnell (pictured top left)



“It was the most amazing experience and for such a great cause. I would encourage anyone to do it”

Denise Van Outen

Great Wall of China Trek

Find out about our challenge events at www.royalmarsden.org/amazing

Support us on your special day



If you have a birthday, anniversary or wedding day coming up, why not use your special event to support the work of The Royal Marsden?

One person who has done just that is former Royal Marsden patient Debbie Middleton, who was 32 when she was diagnosed with Hodgkin lymphoma. "I'd never had anything worse than a cold – but I'd started to feel increasingly tired and unwell," she says. "I lost a lot of weight, and went from being an energetic and ambitious career woman to being almost unable to get out of bed."

Debbie underwent chemotherapy at The Royal Marsden and was eventually given the all-clear. She was so impressed with the treatment and care she received while at the hospital that she wanted to do something to show her gratitude.

"The Royal Marsden gave me my life back," says Debbie. "When I felt better, I suggested to my netball team that we raise money for the hospital by trying to break the record for the world's longest netball game. It was a hugely successful event that lasted 60 hours."

And when Debbie married her partner Dominic last year, she saw this as another opportunity to help the hospital that gave her a second chance. The couple asked guests to donate to the charity instead of buying wedding gifts.

There are lots of ways you can include The Royal Marsden Cancer Charity in your special day. Contact us and we can also provide you with gift items for your guests in return for donations. For more information please contact the Special Occasion Giving team.



'The Royal Marsden gave me my life back'

Debbie Middleton



Phone: 020 7811 8073



Email: charity@royalmarsden.org

My Marsden March

Organise your own Marsden March and walk to raise money for The Royal Marsden Cancer Charity.



Seaton House school at their My Marsden March

Each year thousands of supporters walk the 14 miles between The Royal Marsden's hospitals in Chelsea and Sutton, or the family-friendly 5-mile route. It's a positive way of bringing everyone together to support the hospital. But you don't have to wait until March to get involved. Why not create your own Marsden March event?

We can give you all the information and the resources to organise your own My Marsden March event any time, anywhere.

The idea is exactly the same – ask friends, family and work colleagues to come together and walk to take on cancer and raise money for The Royal Marsden Cancer Charity. We will support you all the way, with advice from our fundraising team and official My Marsden March materials.



The Farlow family from Surrey organised their event for the same day as our annual Marsden March. They walked 15 miles along the North Downs in the rain and wind. They had a fantastic time, stopping at some of the many pubs along the way and raising over £1,000 for all their efforts.

Ask your friends and family to come together and walk with you to take on cancer!

My Marsden March

A few simple tips to ensure the success of your event



10 steps for organising your own Marsden March

- 1** Establish the distance you want to walk and a route in your area that's safe and achievable but also a challenge, so that you can ask people to sponsor you for completing it.
- 2** Set a date that will enable everyone to get involved – even the local community.
- 3** Ask friends, family and work colleagues to join in and commit to getting sponsorship. You may want to set a fundraising target.
- 4** Register your event and team members with us so that we can send you all the supporting materials: www.royalmarsden.org/mymarch or call 020 8770 0279
- 5** Depending on the number of people that are involved, certain rules and regulations may apply. Contact us for more details.
- 6** Create a JustGiving page to collect your sponsorship money and display the link prominently wherever you can.
- 7** Encourage your friends and family to tell everyone they know about the event. Promote it on social media and send emails out. Get the community involved and display posters in local shops, cafés, pubs, etc.
- 8** Contact your local press, especially if you are happy to share your story about why you are raising money for The Royal Marsden Cancer Charity.
- 9** Don't forget to train for your event.
- 10** After your event please let us know how it went and send us some pictures. If you found a route that you would recommend to others in the area please send us information about that as well.



Reed Business Information in Sutton organise a 14-mile My Marsden March event every September for about 50 members of staff. They follow the route of the annual walk between Chelsea and Sutton and have raised almost £10,000 to date.

Visit www.royalmarsden.org/mymarch for more information.

Materials order form



To order fundraising materials please fill in this form and return to the address below. Alternatively you can call or email us using the details below.

Today's Date / /

Fundraiser's contact details

Mr Ms Mrs Miss Other

First Name

Surname

Address

Postcode

Day Tel

Email

Mobile

Event details

Name/ type of event

Amount you are hoping to raise £

Venue/details etc

Date of event / /

Why have you chosen to support

The Royal Marsden Cancer Charity?

Materials required

- Sponsor forms Posters Balloons
 Stickers Leaflets Newsletters
 Collection boxes (Max three) Banners
 Email The Royal Marsden Cancer Charity logo

T-shirts

Three are provided free of charge. For extra T-shirts please call or email us. These can be purchased for £5.60 each.

White

Small Medium Large X-large

Charcoal grey

Small Medium Large X-large

General notes

Post:
The Royal Marsden Cancer Charity
Downs Road
Sutton
Surrey SM2 5PT

Call: 020 8770 0279
Email: charity@royalmarsden.org

To see a full list of our materials and merchandise please visit www.royalmarsden.org