



# Fundraising tips and ideas.



Cancer Council's Undies Run is a cheeky event for a serious issue and by fundraising and taking part, you are helping us knock bowel cancer for six!

We have put together everything you need to know to kick-start your fundraising and help make a difference to the thousands of South Australians impacted by bowel cancer.



**\$50**

can help  
Cancer Council SA  
Nurses provide  
free and  
confidential  
information and  
support on all  
aspects of cancer.

## Tips for boosting your fundraising

Need some help getting your fundraising started? Here are our simple tips to help make fundraising easy and successful:

- Update and promote your personal and team fundraising pages at [undiesrun.com.au](http://undiesrun.com.au)
- Log in to upload photos, create a fundraising blog and recruit runners.
- Show you're serious by making the first donation and then ask your existing network to donate too.
- Encourage your friends, family and colleagues to donate online.
- Facebook, Twitter and emails can be a huge help. Don't forget to let everyone know why you're running in your undies and how their money is making a difference.
- Thank your supporters and thank them again. Let them know how grateful you are, and do it as personally as you can—no matter how big or small the donation because every dollar counts.



**\$500**

can help fund  
ground-breaking  
research into new  
ways to better  
detect, treat  
and live beyond  
cancer.

## Top fundraising ideas

Not sure where to start? Here are a few tried and tested ideas that will put the FUN in fundraising:

- Sell Raffle tickets to win movie vouchers.
- Take your lunch to work, or give up one coffee a day and donate the money you save.
- Walk or cycle to work and donate the money you save.
- Organise a cinema or movie night and sell tickets.
- Hold a quiz night, karaoke night or talent show.
- Host a dinner party and ask your guests to donate the money they would normally spend at a restaurant.
- Shave your hair or dye it with a whacky colour.

1300 65 65 85  
[undiesrun.com.au](http://undiesrun.com.au)

 **Cancer Council**  
Undies Run