

start fundraising for

# teens:)unite

FIGHTING CANCER

Your guide to raising funds and awareness to ensure no young person faces cancer alone.



teens:)unite  
FIGHTING CANCER

[www.teensunite.org](http://www.teensunite.org)

Registered Charity Number: 1118361

# “ thank you for supporting Teens Unite



Seven teenagers hear the words ‘you have cancer’ every day in the UK. By fundraising for Teens Unite, you are making a positive difference to their lives.

Thank you for helping to raise the vital funds needed to support these young people during a time of fear, loneliness and isolation. Beating cancer isn’t just about getting the ‘all clear’ from the doctor, it’s also about overcoming the ongoing emotional, social and physical side effects. Cancer doesn’t simply stop when the treatment stops.

**Did you know 90% of young people experience anxiety and 70% experience depression as a result of their cancer treatment?**

The workshops, activity days and residential stays we organise, bring young people together at any stage in their cancer journey. Whether they have been recently diagnosed, are still undergoing treatment or in remission, we are here to ensure they are not battling alone.

There are currently 16,110 teenagers and young adults currently living with cancer and the long-term effects in England, Scotland and Wales who could benefit from the support of Teens Unite. I would like to wish you the very best of luck with your fundraising and thank you for helping us to unite these young people and rebuild their lives. ”

**Debbie Pezzani**  
CEO and Co-Founder

84p of every single pound is spent directly on the young people supported by Teens Unite.



**TODAY, SEVEN TEENAGERS WILL BE TOLD THEY HAVE CANCER**

\*Statistical sources Bevan Foundation Report, [www.clicsargent.org.uk](http://www.clicsargent.org.uk), Cancer Research UK, Teens Unite surveys



# where your money goes

## Supporters, just like you, make our work possible.

As a self-funded charity, we must raise every penny needed to run the workshops, activity days and residential stays, which unite the young people.

Whether you raise £5 or £5,000, you will make a huge difference to the lives of the young people we support.

### £50

will provide the equipment needed for a young person diagnosed with cancer to take part in a gift making workshop, where they can express themselves and make an item for their friends and family to treasure.

### £1,500

will enable eight teens to attend a cookery workshop, where they will learn key culinary skills; helping them to regain their independence.

### £200

will enable a teen to attend an activity day with others in a similar situation, where they can challenge themselves and test their physical strength, often for the first time since their diagnosis.

### £4,000

will cover the travel costs of the young people attending all of our workshops, activities and residential stays for a whole year.

### £500

will pay for two young people to attend a team building day, where they will work together to problem solve, make new friends and spend valuable time with others in a similar situation.

### £15,000

will support 20 young people during their cancer battle by enabling them to attend our Reunion Stay. They will cement the friendships they have made from a previous residential stay, make new friends, learn life affirming skills and rebuild their confidence and self-esteem.

# you're about to do something amazing for Teens Unite



## Plan

It's time to put your thinking cap on! Let your imagination run wild; there's so many ways that you can raise vital funding for Teens Unite, whilst having fun at the same time. If you're stuck for ideas, why not look at our A-Z fundraising guide?

Costs, timings and venue should all be considered during the early planning stages. Share your story with those who are supporting you and provide regular updates on how your fundraising progresses. .

Don't forget to tag @teensunitefightingcancer in your social media posts and tell us about your plans, so it's shared with our network of supporters too.

## Promote

Tell the world about your plans and why you're doing it.

There's plenty of free ways that you can promote your fundraising, which won't cost a penny, but will spread the word quickly. From emailing your contacts, to sharing it on social media and telling your local newspaper about your plans, not forgetting word of mouth along the way.

Share your story with those who are supporting you and provide regular updates, so they can see you progress with your training or your event come to life.

Don't forget to tag Teens Unite in your social media activity and tell us all about your plans, so it's shared with our network of supporters too.

Visit [www.teensunite.org/fundraising](http://www.teensunite.org/fundraising) or call 01992 440091 to update us on your fundraising



## Deliver

You've done all the hard work with the planning and preparation, so now it's time to enjoy the big moment.

We're on hand to help provide you with the promotional materials you need, from balloons and banners, to collection buckets and Teens Unite merchandise to sell.

Take as many photos as you can to capture the special moment and share them not only with us, but all of those who have supported you along the way. We love hearing about the different ways people raise funds for Teens Unite and want to share your amazing efforts with others.



## Donate

You've done an amazing job of raising vital funds and awareness for Teens Unite and it's all been leading to this pivotal moment. The sooner we receive your fundraising, the sooner you'll see the difference you're making.

### Here's how your money can reach us safely:

#### By Post

Send a cheque made payable to 'Teens Unite Fighting Cancer' to 99 High Road, Broxbourne, Hertfordshire, EN10 7BN.

#### At the Bank

Go into your local bank to pay the funds directly into our bank account.

Teens Unite Fighting Cancer  
Account number: 73848671  
Sort-code: 20-74-09

#### Over the Phone

You can call us on 01992 440091 and we'll be able to debit your bank card over the phone.

#### JustGiving

Set up a page, the money your supporters have donated will automatically be paid to us.

#### Online

Head to [www.teensunite.org/donate](http://www.teensunite.org/donate) to make your donation online.

“ Teens Unite was chosen as our Charity of the Year because cancer has touched all of us in some way, shape or form, but also because it's key for teenagers to support their peers and develop empathy and understanding.

To celebrate the World Cup we organised a day of fundraising, where the beauty therapy students painted flags on hands and faces, the marketing students promoted the event, the sports students held a 'beat the goalie competition' and the catering students cooked world foods. The students enjoyed having the opportunity to help others their age. ”

“ A family member has been personally supported by Teens Unite, so I know first-hand just how much of a difference this charity makes to young people following a cancer diagnosis.

I enjoy being able to combine my passion for running with raising funds and awareness for a cause so close to my heart. I've ventured all the way to Helsinki to complete a half marathon, completed the British 10k three times and have now signed up for the Great North Run in between volunteering my time and bucket collecting. I love seeing the difference my fundraising makes. ”

“ I support Teens Unite because I want to help and support young people who are going through this horrible disease. They deserve to be themselves and have fun with other young people. You feel so wonderfully proud when you see the difference you are making.

I've organised gala fundraising evenings, a pre-Ascot garden party, curry nights, quiz nights and I'm currently planning a vintage tea; mainly to raise the sponsorship money for the overseas challenges I take on to support Teens Unite.

My top tips would be to secure more guests than the venue holds as 10% will always drop out, always secure ticket money before the evening and don't leave things until the last minute! ”

# they've made a difference and so can you

## Meet Angela

Lecturer, Hertford Regional College  
Funds currently raised: £600

## Meet Mark

Supporter and Volunteer  
Funds currently raised: £1,000

## Meet Jayne

Supporter and Volunteer  
Funds currently raised:  
In excess of £20,000



# the legal bit

To ensure your fundraising runs smoothly and remains fun and enjoyable; there are a few simple guidelines you need to follow to keep everything safe and legal.

## Permission

If your event is being held in a public space, obtain the appropriate permission from the property owner or local authority.

## Photos

If you're taking photos of other people, make sure you have their permission to share them.

## Public Collections & Lotteries

If you're thinking of fundraising in this way, please give us a call as you may need a license.

## Fundraising with Food

If you're going to be serving or selling food, familiarise yourself with the Food Standard Agency guidelines by visiting [www.food.gov.uk](http://www.food.gov.uk), for advice on preparing, handling, cooking and staying safe.

## First Aid

If your event involves physical activity, you may wish to get some advice from St John's Ambulance or British Red Cross.

## Insurance

If your fundraising event involves members of the public, it's best to check that you're covered with Public Liability Insurance. Many venues will already hold cover and if you're hosting your event at home, take the time to check your own insurance policy.

## Data Protection

Only collect the personal details that you need, make sure you store them correctly and destroy them once they are no longer needed.

We would love to keep your contacts up to date on the work of Teens Unite and the difference they are making, so ask if you can pass their details onto us or encourage them to sign up to our newsletter by visiting [www.teensunite.org](http://www.teensunite.org).





“ Once you’ve finished treatment, all you want is to become ‘normal’ again and you don’t know how to do that. With the support of Teens Unite, I feel I can do ‘normal’ things that I wouldn’t have done a year ago. ”

**Azreen**

diagnosed with  
Ewings Sarcoma.

Teens Unite  
99 High Road Broxbourne EN10 7BN  
Email: [info@teensunite.org](mailto:info@teensunite.org)  
Telephone: 01992 440091



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