

LOOK GOOD FEEL BETTER WEEK 2023

FACING CANCER TOGETHER

FUNDRAISING GUIDE

helping to support people living with cancer

From office bake sales to bungee jumps, garden parties to walks and runs, there are so many ways you can raise funds and make a significant impact on our work supporting people living with cancer. In this pack you will find lots of ideas and information to help make your fundraising a big success. Let's make a difference together during #LGFBWEEK!

HOW YOUR FUNDS HELP

£10

helps fund essential hygiene items required at one of our workshops

£15

will help us fulfil and distribute our gift bags, filled with essential products to help during cancer treatment, to every beneficiary who attends a Look Good Feel Better workshop

£20

will help towards recruiting and training a workshop volunteer

£50

funds a place at one of our uplifting face-to-face workshops for someone living with cancer

£100

will help fund a virtual workshop for people living with cancer

£500

will fund an entire face-to-face Workshop for up to 10 people, helping restore their confidence and self-esteem whilst undergoing cancer treatment



FUNDRAISING IDEAS

Here is a selection of fundraising ideas to inspire you and help when planning your Look Good Feel Better Week activities. There are ideas you can do at home, at work, in your local community or online. Whatever you choose to do, please do get in touch and tell us what you're planning.

SUMMER SPRING CLEAN



Why not get yourself ready for Summer by having a spring clean, whether you hold a garage sale, a car boot sale or a product sale at work, your unwanted items could turn into valuable pounds.

COFFEE MORNING



Throw a bake sale at work or set up a coffee morning at home with friends. Whether you have a traditional afternoon tea or serve classic favourites like Victoria Sponge, everyone will give generously for a sweet treat.

SWEEPSTAKE



You can do this at home with friends, at school with peers or at work with colleagues. Ask everyone to make a £1 donation for a stake and once the sweepstake has been drawn, give a prize to the winner. Funds raised from everyone's guesses can be donated to Look Good Feel Better.



GLORIOUS GARDENS



A plant sale is really easy to organise and a great excuse for keen gardeners to get together and raise money. You need to plan and advertise your event well in advance as this will allow everyone time to sow extra seeds, take cuttings, pot flowers and anything else necessary to have some spare plants for the sale. Hold an open garden or sell them at work or in your local community for suggested donations.

10

COME DINE WITH ME

Create your own Come Dine with Me experience – invite everyone to your home for an evening of classic retro cuisine; or get to know your neighbours with a night of musical chairs serving each course at a different house.



SUMMER SKYDIVE

Take to the skies and jump for Look Good Feel Better. The Tandem Skydive experience is like nothing on earth and it's pretty much accessible to all. Skydiving is a fantastic way to raise money and complete one of life's most exhilarating experiences.



KARAOKE NIGHT

Karaoke is a great way to get together and have a good laugh. You could create categories such as most expressive singer, silliest song, and best performer overall. Host your karaoke night at home, at work or in your local pub.

TOP TIPS FOR PLANNING YOUR FUNDRAISER

1

Order your fundraising materials in plenty of time

2

Confirm the date and details of your event and be sure to promote this well in advance so everyone can take part

3

If you are running your fundraiser online then make sure to test your technology beforehand

4

Make it as easy as possible for people to donate at your event – encourage people to donate online if they do not have cash – you can do this through an online fundraising page, via the donate button on our website or by sharing our text donate details 'FEELGOOD+amount' to 70085

FUNDRAISING MATERIALS

We have additional materials available to order to help make your fundraising a big success. You can download these from our website or by dropping our Fundraising Team an email at fundraising@lgfb.co.uk

- Collection tins
- Posters • Balloons
- Sweepstakes • Invitations
- Bunting • Stickers



DON'T FANCY ORGANISING YOUR OWN FUNDRAISING EVENT? DON'T WORRY YOU CAN STILL GET INVOLVED.



SIGN UP FOR AN ORGANISED WALK, RUN OR CYCLE.

Find local events near you via our website or sign up for one of our virtual challenges which you can do anytime, anywhere.



TELL YOUR FRIENDS

As someone who already knows about the charity, you can give one of our Information flyers to your local businesses, community groups, schools, sports clubs etc and encourage them to support us during Look Good Feel Better Week. We're sure there are lots of organisations who would love to help support our local services and ensure more people living with cancer from their local communities can benefit from our support.



SHOP WITH US

Head to our online shop and purchase a goodie bag – they're filled with incredible products to make you look good and feel great this summer.



MAKE A DONATION

Make a one-off donation or become a Look Good Feel Better friend and make a regular donation to support our work. No matter how much you give, every pound will help ensure we can be there to support many more people living with cancer. Please visit our website to donate.

PAYING IN YOUR FUNDS

You have done all this fantastic fundraising and now you are ready to pay in your funds. After all your efforts, it is important to get the funds you have raised to us as quickly as possible. Once received we will make sure to send you an official thank you for your kind support.

CASH

The safest way to pay in cash donations is by taking it to your local Barclays Bank and paying it into our charity account using the paying in slip included in your fundraising pack. If you don't have a paying in slip then you can request one by emailing fundraising@lgfb.co.uk.

CHEQUES

Please make cheques payable to 'Look Good Feel Better' and send to us at our head office address along with any sponsorship forms used. Send to – Fundraising Team, Look Good Feel Better, West Hill, West Hill House, Epsom, Surrey, KT19 8JD

ONLINE

You can transfer any funds you have raised via bank transfer or by paying in through our 'Donate' button on our website.

Please use the bank details below and email us on fundraising@lgfb.co.uk to let us know when you have paid the funds in and how much. Please make sure to use an easily identifiable reference – FULLNAME/LGFBW.

Account name: **Look Good Feel Better
OR Cosmetic Toiletry and Perfumery
Foundation**

Account number: **90283843**

Sort code: **20-67-83**

Bank name: **Barclays Bank plc**

LET'S GET SOCIAL!

Share your #LGFBweek stories and photos with us on social media and tag us so we can reshare!



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