



look good feel better
FACING CANCER WITH CONFIDENCE

Let's Go For Brunch

Facing cancer together

Visit our website
lookgoodfeelbetter.co.uk



Look Good Feel Better help people with the physical effects of cancer treatment.

Thank you for requesting your fundraising pack and signing up to host your own **Let's Go For Brunch** fundraiser. You can hold your brunch at home, at work or in your community and every pound raised will help ensure many more people can face their cancer with confidence.

Gather your friends, family and colleagues and take time to reunite, relax and refresh. Inside this pack you'll find a wealth of tips to get you started as well as handy fundraising materials to make sure your brunch is a big success!



How does my fundraising make a difference?

Look Good Feel Better understands how physically and emotionally challenging living with cancer can be. That's why we run free workshops, virtually and in local communities across the UK, which give practical advice and support to people living with cancer.

Every workshop offers an invaluable opportunity to talk to others in a similar situation, whilst helping support people with their changing appearance. People leave our workshops feeling empowered, motivated and less isolated – allowing them to **look good, but feel even better.**

The funds you raise will help ensure Look Good Feel Better's specialist support can be accessible to anyone, anywhere, living with a cancer diagnosis.

Just £50 funds a place at one of our workshops for someone like Suzie, a secondary school teacher from Dartmouth who was diagnosed with breast cancer in 2023. Following a nurse's recommendation, Suzie joined the Look Good Feel Better skincare and make-up workshop at The Lodge Cancer Support Centre, at Torbay Hospital.

"Everyone was full of excitement and yet the atmosphere was very calm. It was such a fantastic opportunity to be given practical, hands-on advice and lessons on how to look after your skin and nails. They explained what can happen to your skin and hair after the chemotherapy and how to look after yourself properly. For instance, wear SPF50 even in winter to protect your skin.

"And the goodie bags were big duffle bags of goodness! I love using the products. Particularly helpful was that I was shown how to fill in my thinning eyebrows to frame my face, and I haven't looked back.



"By a strange coincidence, I sat next to a lady, whose son had been my pupil at the school where I teach and we have become firm friends. It was such a helpful day, in a calm and supportive environment."



Suzie

Skincare & make-up workshop attendee, Torbay Hospital

Top Tips For Organising Your Brunch

Set a date

Allow a minimum of 4 weeks to plan and promote your event. Think about the best day of the week and time of day for your brunch.

Select a venue

You could host it in your own home or why not check out a local community cafe or hall and ask if you could host your brunch there. Or you could bring your colleagues together for some team bonding by hosting your brunch at work. Consider the amount of space you require, ease of access and available facilities.

Order your fundraising materials

If you haven't done so already, make sure to request your decorative and fundraising materials. We can provide you with things like balloons, bunting, collection boxes, posters and information leaflets about the charity.

Promote your brunch

Let everyone know the where and when your brunch will be in plenty of time. Digital assets, invitations and a press release template are available from our website to help promote your event in your local community.

<https://lookgoodfeelbetter.co.uk/raise-funds/fundraising-downloads/>

Think about locations of local notice boards, community spaces, schools and large businesses who may be willing to promote via their internal newsletters.

Helping hands

Make a list of what you may need help with for your brunch. From setting up, taking donations, and serving refreshments. Remember you only have one pair of hands so make sure to ask friends and family if they can help in anyway.



How do I raise money at my brunch

Here's just a few easy suggestions on how you can maximise your fundraising at your brunch event.

Donations on the door

The easiest way is to ask your guests to make a donation to join in on the fun. In return they'll receive some delicious refreshments and can take part in any games or anything else you may plan to host during your brunch event.

Host a raffle

Contact local shops and businesses and ask them to donate prizes. We can help provide you with a letter so you can approach local companies. Look Good Feel Better can also help by providing you with a couple of raffle prizes to get your started. If you are planning to run a raffle, please refer to www.gamblingcommission.gov.uk for rules and regulations.

Make it easy for people to give

Be sure to tell people to bring cash with them on the day and have your collection boxes clearly visible at your brunch. The small change really does add up!

Host a pre-loved sale

Get your guests to bring unwanted clothes or items along to your brunch and host a bring-and-buy sale with people making donations in return for anything they purchase. They can enjoy their brunch whilst perusing through the sale items!

Set up an online fundraising page

When you registered for your Let's Go For Brunch fundraising pack, you will have received an email with a link in to set up your online fundraising page. Follow the steps to create your fundraising page and then share this link in advance of your brunch and on the day so people can quickly and easily donate without the need for cash. Why not create a QR code, linking to your fundraising page, which you can then print and have displayed at your event?

If you need any support with setting up your fundraising page please don't hesitate to contact our team on fundraising@lgfb.co.uk.

Take time to chat

Let's Go For Brunch is all about taking time to relax and reunite as well as raise awareness of the amazing work that Look Good Feel Better does to support people living with cancer. Talk to them about the charity, what we do, why you chose to support us and your personal experiences.

Plan games

Have some fun games for people to take part in. Perhaps a sweepstake or a quiz, a guess the smoothie ingredients or a best baker competition, with people making a small donation to participate and a few prizes for the winners.



Fundraising support

Make your brunch stand-out by using the materials found in your pack and available from our website.

We have an array of handy fundraising and awareness materials available for you to use including posters, invitations, leaflets and sweepstakes. We also have branded items such as t-shirts, banners, collection boxes, bunting and balloons.

Simply get in touch by emailing or calling our Fundraising Team.

✉ fundraising@lgfb.co.uk

☎ 01372 747500

🖱 lookgoodfeelbetter.co.uk/raise-funds/fundraising-downloads



Let's Go For Brunch FAQ's

Do I need to provide the food

It's up to you! Get your Chef hat on and prep a classic brunch such as avo and eggs or keep things simple with a cold finger buffet. If prepping food for a lot of people isn't your thing, ask friends to bring their favourite dish to share. The choice is yours. Just make sure to ask about dietary requirements and always good to check the advice given by the Foods Standard Agency – www.food.gov.uk

Does it have to be a bunch?

Choose a menu and time suits that you best. This could be a classic brunch with pancakes at 11am, a lunchtime buffet or coffee and cake in the afternoon. The most important thing is that you bring people together and raise money to support those living with cancer.

Is there a minimum I need to raise?

There's no minimum fundraising target. All we ask is that you can raise as much as you can. Every penny you raise helps ensure many more people can face their cancer with confidence.

What happens after I pay in my fundraising?

Once you've finished your fantastic fundraising and you've paid your donations into the charity, within 1-2 weeks you will receive an official thank you letter and certificate which you can display and share with your guests. We would always advise thanking all your guests for their donations and support and letting them know the total that was raised so you can celebrate your success together.

I've taken photos at my brunch event, what should I do with them?

Amazing – we love to see our fundraisers in action!

You can either share these via social media and tag the charity into your posts and stories or alternatively you can send them to us by emailing fundraising@lgfb.co.uk.

Make sure you have permission to share from anyone who appears in the photographs or videos.



Share your fundraising

From writing a captivating story to using social media, check out our tips and make sure everyone knows about your charity fundraiser whether you're an individual, community group or corporate partner.

If you're organising a fundraiser for Look Good Feel Better, you'll need to shout about it to everyone you know to have the most impact. It's also helpful if you tell us what you're planning so our team can support you by providing handy advice and materials to promote your activity.

Because every pound raised, will help ensure many more people can face cancer with confidence and that's worth shouting about.

Top Tips



Social networks

Facebook, TikTok and Instagram are a great way to spread the word. Set up an event page and invite your friends to attend. Keep everyone updated by posting photos, updating your status and linking to your online fundraising page. There are some handy tips below on how to use social media effectively on the next page.



Use the power of email

If you send lots of emails for work or socialising, use your email signature to remind people about your event and include a link to your online fundraising page.



Done some newsworthy fundraising?

The media love to hear about fundraising heroes in their local communities. We have some template press releases for you to use and we can offer advice on approaching your local media. Contact us for more support.



communications@lgfb.co.uk



Put up posters

You don't have to be there in person to promote your event – use one of our poster templates and ask if you can put them up in your local shop or church. Your venue may also be able to display a poster, or you could promote your event on their website.



Be creative

It's important to get people's attention. Use unusual promotional strategies to stand out from the crowd, such as competitions to win tickets, taking out an advert in your local paper and contacting community groups that are relevant to your event – this could be sport groups, parental groups or social clubs.

How to pay in donations

Once you've finished fundraising, it's important you get your donations over to us as soon as possible so we can start using those funds to make an impact.

Online

You can make a donation or pay in any fundraising via the donate page on our website

 lookgoodfeelbetter.co.uk/donate

Please email us once you have done so, so we can make sure your payment is tracked.

If you have used an online fundraising page to collect donations, such as Enthuse or Justgiving, then you don't need to do anything, these funds will be automatically transferred to us and once received we will send you an official thank you.


Cash

The safest way to pay in cash donations is by using the paying in slip found in your fundraising pack or by requesting a paying-in slip via email and taking this, along with the funds, into your nearest Barclays Bank.

 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 a letter detailing who the cheque is from. Please include any sponsorship forms.

 **FAO Fundraising Team,**
Look Good Feel Better, West Hill
House, 32 West Hill, Epsom KT19 8JD

Over the phone

You can make a donation over the phone using your debit or credit card.

 **01372 747500**

Paying In Details

Payments can be made direct to our charity account at Barclays Bank plc. If the account name 'Look Good Feel Better' is not recognised then please try using our company name as stated below:

Company name

Cosmetic, Toiletry & Perfumery Foundation

Account number

90283843

Sort code

20-67-83

Bank name

Barclays Bank plc

Bank address

82-84 High Street, Epsom, Surrey KT19 8BH

IBAN

GB27 BUKB 2067 8390 2838 43

SWIFTBIC

BUKBGB22



look good feel better
FACING CANCER WITH CONFIDENCE

Each year around 393,000 people will be given a cancer diagnosis.

Whether you're an individual, a business or a community organisation, however you choose to support us, you'll be helping ensure Look Good Feel Better can be there for thousands more people living with cancer. Our services have been a lifeline for people for the past three decades and with your support we can continue to be there when people need us most.

**Thank you for joining our mission.
Together we can face cancer with confidence.**

Statistic from Macmillan
www.macmillan.org.uk/about-us/what-we-do/research/cancer-statistics-fact-sheet

For more information please contact

fundraising@lgfb.co.uk

01372 747500



Visit our website

lookgoodfeelbetter.co.uk

Registered Charity 1031728

