



## Fundraising Calendar

We're here to help support your fundraising every step of the way. You don't have to run events every day - this is simply a great way to get you started!

pasta party. Ask them to donate

to attend.

## My Target

For more information on how to fundraise for Cancer Research UK visit cruk.org/fundraising or call 08701 60 20 40.

pictures to show your friends your

amazing work!

8th January	9th January	12th January
New Year, New style – clear out your wardrobe and auction any items that you no longer require!	Burn off those Christmas calories and get your friends and family to sponsor you to only use the stairs all day, no lifts allowed!	National Marzipan Day! Hold a bake sale with all things Marzipan.
13th January	20th January	24th January
National Sunday Supper Day! Orga- nise a Sunday roast with all the trimmings and ask your friends and family to donate to attend.	Get those thighs ready for the big run and organise a sweepstake on how many squats you'll manage in 2 minutes.	Midweek catch up! Host a movie night. Ask for donations by serving popcorn and snacks.
26th January	28th January	29th January
Health kick! It's National Green Juice Day so why not organise a healthy drinks morning in your office and get your colleagues to donate.	Cancer Research UK London Winter Run Sweepstake Poster! Everyone likes a com- petition so get your friends and family to guess your finish time using the poster. Click here to download.	It's National Puzzle Day! Hold a pub quiz and ask people to donate to enter.
2nd February	3rd February	4th February
Carbo Load! Get your friends and family involved and organise a	It's race day! Thank you for all your support, enjoy and Good Luck!	You've done it! Make sure you share your JustGiving page, finisher time and pictures to show your friends your