

Charis
Cancer Care

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Cancer Care

Your Comfort
in a Cup

FUNDRAISING GUIDE



Every journey of healing begins with a simple step.

At **Charis** we begin with a cup of tea – the first gesture in our commitment to support and comfort you or your loved one through cancer.

*That means we stick the kettle on to provide 20,000 cuppas every year. We want to raise £100,000 through our **Comfort in a Cup** campaign.*

£5 will pay for 1 of the 20,000 cuppas which starts the journey of support and healing for anyone affected by cancer.

So, whether you are an individual, business, school or community group you can help us continue to provide this service. Take a look through our Comfort in a Cup fundraising pack for ideas, tips and guidance – we will do everything to make your event a success.

**Every cuppa will
make a difference**



We rely on donations from the public to offer our services

Whether it's a couple of cuppas for £10 or 200 cuppas for £1000 from a fundraising event your support means we can continue to provide our services free of charge to those struggling with life after a cancer diagnosis – both the person affected and their loved ones.



£10 will pay for

The start of someone's journey – they will be greeted with a warm welcome, made to feel at home and calmed with a cup of tea or coffee before their treatment. Afterwards they can relax in our conservatory with a cuppa.



£60 will pay for

On average someone diagnosed with cancer and/or their loved one will avail of 6 sessions of counselling / complementary therapies. So your contribution will support this person through that journey – welcomed into our centre at every visit with a familiar cuppa. No hurry home – just relax and enjoy the beautiful, serene setting at Lough Fea.



£600 will pay for

That warm and comforting cuppa will mean the world to 10 individuals who come to us for help and benefit from our cooking & nutrition programme, financial advice, yoga, counselling or complementary therapies. It's our person centred care that sets us apart and we will do everything we can to make sure no one faces cancer alone.

How to Get Involved with our **COMFORT IN A CUP** Campaign



You can

DONATE DIRECTLY

through our dedicated Cuppa section on our website

www.chariscancercare.org
or scan the QR code below:



You can

HOST AN EVENT

Rally together your family, friends and work family by holding a fundraising event.

We have a few ideas to get you thinking, but we'd love to hear about your own personal plan and help you with buckets, balloons, posters and stickers.

Contact us on
fundraiser@chariscancercare.org

We will use the money raised to buy as many Cuppas as possible – we will have a running total available on our website. Just pay the money into us and we will adjust our Tea Totaliser.



You can take part in a

SPONSORED EVENT

You can raise money for our campaign with any type of sponsored event – walks / abseils / ziplines – whatever takes your fancy.

Contact us for advice on organising an event, or for sponsor cards if you are taking part in an event organised by someone else.

Contact us on
fundraiser@chariscancercare.org

Lets Get Started...

ONLINE FUNDRAISING

An online fundraising page is a great way to receive donations for your event.

It's easy to set up a JustGiving page – Go to www.justgiving.com/campaign/comfortinacup click on “Fundraise for us” and follow the instructions to set up you page.

If you need any help just contact us. *You can collect cash at your event and run a JustGiving page alongside it.*



SCAN ME

GIFT AID

Increase the value of your gift at no cost to you with

giftaid it

If you are a UK taxpayer we are able to reclaim 25p for every £1 donated at no extra cost to you.

If you're using online or paper sponsorship forms, make sure your sponsors tick the **Gift Aid box** and complete their details.

We can provide you with Gift Aid envelopes to use at your event.



Don't be afraid to ask for **HELP!**

Tell people why you
care about Charis.

Charis
Cancer Care

Fundraise
at work

For big events
call on help
from friends.

Ask your employer
to match any
donations you raise
— Many do

Run a tea themed
fundraiser from
our ideas list

Fundraise in
your community

Ask local businesses
to sponsor goodies
or donate prizes

Set a **TARGET** to give
you and your donors
something to aim for.

Remember
to **THANK** all
your donors.


Fundraising Ideas *Events*

Vintage Tea Party

Dust down granny's fancy china tea set and have a vintage tea party.

You can ask people to dress for the era or try some of the old war time hair styles.

With VE Day and VJ Day celebrating 80 years in 2025 you could pair up with some old time music or tea dances – Go big and organise a Strictly Come Jiving event with couples raising money prior to your Dance off.



JOIN US FOR A

TEA party

in aid of **Charis Cancer Care**
support those affected by cancer at every stage of their journey

Date:

Time:

Location:

Contact:

Charis
Cancer Care

Comfort in a Cup

Every cuppa will make a difference

The invitation template features a light green background with a subtle floral pattern. At the top, there are illustrations of a tiered cake, a cupcake, and a chocolate treat. The central text is enclosed in a white arched frame. The word 'TEA' is in a large, blue, serif font, while 'party' is in a smaller, blue, cursive font. Below the title, the text 'in aid of Charis Cancer Care' is in a green, sans-serif font, followed by 'support those affected by cancer at every stage of their journey' in a smaller, grey, sans-serif font. To the left of the registration fields, there is an illustration of a stack of four vintage-style teacups with various floral and polka-dot patterns. The registration fields are white with green borders and labels. The Charis Cancer Care logo is at the bottom left, and the 'Comfort in a Cup' logo is at the bottom right. The tagline 'Every cuppa will make a difference' is at the bottom center.



Tiger who came to Tea Party

Great for primary schools / girl guides / boys brigade / any group with primary age children.

Run a themed Tiger Came to Tea event charging a suggested donation.

Tell the story and let the children create their own tiger masks.

Check out our downloadable section for suggested games and resources to promote your event.

Run in conjunction with the PTA and split the proceeds



Charis
Cancer Care

"I'm delighted to support Charis with their Comfort in a Cup campaign"

Jenny Bristow

Tea Break Time at Work

Organise a tea break fundraiser.

Promote well in your workplace and team up with some home made goodies.

Check out our downloadable section for some amazing recipes from our Patron Jenny Bristow.

We can supply countertop collection boxes and gift aid envelopes.

Time for a Tea Break Fundraiser

in aid of
Charis
Cancer Care

support those affected by cancer
at every stage of their journey

Comfort in a Cup

Date:

Time:

Location:

Contact:

Every cuppa will make a difference

TIPSY tea party

FUNDRAISER

Date:

Location:

Time:

Contact:

in aid of
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Comfort in
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Tipsy Tea Party

Forget the traditional afternoon tea – shake things up with a Tippy Tea.

Swap the scones and sandwiches out for innovative savoury snacks served with a spirited side of fun.

Indulge in some tea based cocktails, pair with your favourite nibbles and raise funds for Charis with a “Cheers” rather than a “Chin-Chin”

CHECKLIST FOR SUCCESS

☐ Organise your event

Choose something you are really going to enjoy. Set a date, decide how you are going to collect money – JustGiving / Collection buckets. Get in touch with us straight away for advice and materials – fundraiser@chariscancercare.org. Check out our section on downloadable resources.

☐ Plan your event

If you are planning a big event get a group of friends around you to help out. You'll need to think about how where to hold your event and allow realistic time scales for getting it all together.

☐ Decide how to promote your event

Tell everyone you know about your fundraiser by sharing it on social media and messaging platforms – ask all of your contacts to share. We can help with t-shirts, social media images and downloadable posters.

☐ Run your event and Enjoy it

You are doing a wonderful thing and although it may cause a few nerves on the day it's truly worth it. Have fun, take lots of pictures to share on social media and give yourself a pat on the back.

☐ Share your event and say Thank You

This is important – thank everyone who helped out with your fundraiser – share your pictures on line and we can help with official thank yous to any larger donors or businesses. If you would like to do an official cheque presentation we can organise that as well.

☐ Send your donations to us

We can provide collection buckets, gift aid envelopes and sponsorship forms. Once you have collected your donations please forward on to us – we can collect your buckets and you can transfer any money directly to our bank account / by cheque or by card over the phone. Contact us for any advice.



For further information contact us on:
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www.chariscancercare.org

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