Too young for cancer? We get it!

Fundraising guide

Use this guide to help you decide what you’re going to do to make a difference.

www.shinecancersupport.org/fundraising

Help us to improve lives of young adults with cancer by raising money.
SHINE Cancer Support (reg. charity no 1146902) is the only charity in the United Kingdom that is exclusively focused on supporting men and women in their 20s, 30s and 40s who have had a cancer diagnosis. SHINE is run by people who have first-hand experience of cancer. We work to identify the unmet needs of people in this age group, and to develop innovative solutions that help to them live their lives to the fullest.

Our vision is that every adult in the UK diagnosed with cancer in their 20s, 30s or 40s can access the help and support that they need in a way that suits their lifestyle, and that they are a part of a confident, supportive, and empowered community of young adults with cancer.

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Thirty thousand adults aged 25 to 49 are diagnosed with cancer in the UK every year. This is ten times the number of children and teenagers diagnosed with the disease and yet this group gets very little attention or support either clinically or psychologically.

• Survival rates for young adults (particularly those in their 20s and 30s) have not improved since the 1980s.
• Younger adult cancer patients also have much lower rates of enrolment in clinical trials (e7.5% vs. 52.5% for children under 15 years of age), which often offer the “gold standard” of cancer treatment (Fern, 2010).
• Younger adults with cancer tend to suffer higher rates of loneliness, isolation, depression and anxiety than their older counterparts (Zebrak, 2011).
• Despite a clear need for psychological support during and after treatment, most people are not offered counselling. SHINE’s 2012 young adult survey also found that 50% of respondents felt that others had avoided them since their diagnosis and 84% felt that they had lost a sense of security in their future.
• Employment and financial security are also often put at risk by a cancer diagnosis, with 50% of people in SHINE’s 2012 young adult cancer survey stating that they were unable to work in the same way as they had done before their diagnosis.
• Treatment-related infertility is common but is often poorly dealt with by clinicians. In SHINE’s survey, just over 50% of respondents stated that they had not felt adequately supported to preserve their fertility prior to treatment.

We believe that young adults who have experienced cancer are uniquely placed to provide support to others in the same situation and we are creating a community of young adults with cancer across the country. We also offer tailored information, developed with leading experts, which support young adults to deal with issues related to employment, fertility, anxiety, and relationships.

What people are saying about us!

“Shine events are so welcoming and it was easy to meet new people. It’s given me a lot of my confidence back.”
- SHINE Dorset member

“Everyone was so kind and welcoming. I actually couldn’t sleep for ages afterwards….it was great to have a good giggle about different things.”
- SHINE London member

“Through SHINE I have met fantastic people who understand the thoughts and feelings I have.”
- SHINE Dorset member

“If I’m honest, I had my reservations, mainly because I thought it would be depressing. But everyone was so upbeat, we had a fantastic weekend.”
- 2013 SHINE camp attendee

“Shine events are a great place to meet and talk to others who are going through similar cancer journey. I finally feel I can tell someone how really felt and still feel.”
- SHINE Dorset member
HOW CAN YOU HELP?

£10  gets one young adult with cancer connected through their local network
£20  will pay for one young adult with cancer to come to Shine Camp
£100 will support one of our local networks for a month
£500 pays for one young adult with cancer to go on one of our Great Escapes
£1k allows us to set up a new Shine Network in a new area
£2k will support the essential training for our network leaders for one year
£3k will pay for a one-day workshop where young people with cancer can access expert speakers and peer support
£5k will support a years worth of research into the impact of cancer on younger adults, like our small c project
£10k Would cover most of the costs of hosting our flagship annual conference ‘Cancer Fest’ which brings together

We don’t have fancy offices or teams of staff so you know that every £1 you raise will be used on directly supporting young adults with cancer.

What are you waiting for? Start planning your fundraiser today!

VOLUNTEER YOUR TIME AND SKILLS

We can always use new volunteers, who are often more valuable than any amount of money!

From micro-volunteering to running big projects, take a look at the latest volunteering opportunities we have on our website or get in touch for a chat.
It’s simple and a great reason to shop! www.giveasyoulive.com/join/shinecancer
Or why not make room for all that shopping by selling unwanted items on eBay – did you know that you can donate a percentage of your sale prices and your fees reduce as well!

GET SHOPPING!

Take a look at our website to find out what fundraising events are happening in your area. Come along to our charity ball, host a swap shop or take part in our annual wig walk. We list annual events in our website: shinecancersupport.co.uk

GET SHOPPING!

Raise money without any effort through your online shopping register with giveasyoulive.com and money will be instantly donated to Shine every time you shop online with over 1000 retailers to choose from.

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TAKE ON A PHYSICAL CHALLENGE

From walking 5k to trekking the Himalayas, there are a huge range of exciting events you can sign up for – the only question is... what will you do first?

• Cycle from London to Paris
• Skydive
• Run a marathon
• Tough mudder
• Climb a mountain (or three)

TAKE ON A PHYSICAL CHALLENGE

We love it when people use their planning and party skills to host big events in aid of Shine.

• Charity ball
• 80’s disco
• Workplace event
• Pamper day
• Live music gig
So why not get a team together and plan a big event?

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ORGANISE A BIG EVENT

Many employers have special programmes that help you to help us!

From matching your sponsorship funds to giving you time off to volunteer, take some time to find out what your company offers.

If your company has a ‘charity of the year’ scheme, then please nominate us!

We can help with details about our charity and even come and talk to your colleagues about our work.
If you would like to discuss any of the information in this pack, please email fundraising@shinecancersupport.org

THANK YOU