

HERE COMES THE SUN...

YOUNG LIVES
vs CANCER

Fill up the paddling pool and dust off your BBQs! There's no better time to celebrate summer and fundraise for Young Lives vs Cancer.

Any questions? We're here to help - contact us on 0300 330 0803 or email: supporter.services@younglivesvscancer.org.uk

SUMMER SPORTS AND CHALLENGES



Why not host your own summer sports day? Think three-legged races, egg and spoon races, apple bobbing and welly throwing! Charge athletes and spectators an entry fee to participate.

Why not try your hand at a sponsored sports activity? Individually, or with a group of friends, you can raise money for a sponsored run, bike or swim. Find out what challenges you could get involved in at [younglivesvscancer.org.uk/events](https://www.younglivesvscancer.org.uk/events)

WIMBLEDON

27 JUNE - 10 JULY



Get into the Wimbledon spirit by running a sweepstake. If you're a small group, select one competition. If more people want to get involved, why not run a sweepstake for every competition? www.younglivesvscancer.org.uk/startfundraising

COLLECT YOUR FOREIGN COINS



If you're going on holiday, or know some who is, then fundraising has never been easier! Ask your friends and family to save their foreign coins after their trip and donate them to Young Lives vs Cancer. Contact ebay@younglivesvscancer.org.uk to find out how to send them in.

FESTIVAL FUNDRAISER



Summer isn't complete without a festival. Whether it's a celebration of food, music, or just an excuse for a party, we know how to have a good time. Have a festival themed dress up day and ask those participating to make a donation.

FOODIE FAVOURITES



- **National Cream Tea Day (24 June):**
It's strawberries and cream season! Throw an afternoon tea party with your colleagues in the office or with your friends in the garden, asking for a small donation. You can apply for free cream and jam from <https://www.creamteasociety.co.uk/apply-for-cream-teas>. All you need is the tea, scones and little bit of sunshine.
- **Summer BBQ:**
BBQ season is a great excuse to get together and enjoy a sun-soaked afternoon while raising money. Invite your friends and family and ask them bring a dish each. Make it into a competition and donate the amount you would pay for the dish in a restaurant. The person with the most expensive dish wins a prize!



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