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“Fundraising with Iris”

IRIS aims to offer essential care to people whose lives have been affected by cancer. This much needed care helps patients to cope with the stresses that a cancer diagnosis can bring. As you know, **IRIS relies heavily on fundraising activities, donations and grants to provide our free service.**

Our charity is slowly but surely making progress towards its' goals but at this time we need funding more than ever. Our fundraising activities would simply not be possible without the valuable help from **YOU**, our **volunteers** and **members**.

Each year many of our volunteers and members introduce a new fundraising activity via their family, friends and work colleagues.

For those of you not already involved, **we are providing some information and guidance to help you decide if you would like to get involved.** We are always here to help, guide and assist you with your fundraising campaign.



We would love to hear from you if you are planning an event. Maybe you have always wanted to do something for charity? Now is your chance - we can help you find the event which is right for you.

Fundraising Ideas ...

- Auction/Raffle
- Car Boot Sale
- Charity of the Year
- Chill & Donate Week - February 2013
- Dinner Party
- Dress Down Day
- Football Tournament
- Halloween Ball
- Karaoke Evening
- Quiz Night
- Question of Sport
- Shocking Tie Day
- Sponsored Run, Swim, Cycle
- Treasure Hunt

..... and many more!

“How can you help?”



We are launching our **Chill & Donate week for February 2013.**

This fundraising event is very close to our hearts. It is the therapist's answer to the "Tupperware Party"! It is designed for therapists and IRIS members to offer family members, friends, neighbours, and work colleagues **an evening of complementary therapies**, usually in the therapist's or member's home, in return for a donation to the IRIS Cancer Partnership.

The event will usually involve getting two or three therapists together to provide therapy sessions (or you could do it solo). **Any type of therapy can be offered** and the wider the range the better for your party guests. You can run your Chill & Donate any time during February 2013 something to look forward to during those dark and dreary winter evenings. This really is a great opportunity to give something in return for your guests' donations a lovely complementary therapy.

Why not sign up now? If you are interested we can send you the **Chill & Donate Information Pack** or you can download it from the web site: www.iriscancerpartnership.org.uk.

To register to run a Chill & Donate event please return the registration form to Bill Stewart at fundraising@iriscancerpartnership.org.uk or by post to Bill at: 19 Langhouse Place, Inverkip, Renfrewshire, PA16 0EW .



If "Chill & Donate" isn't for you there are many other ways you can help us raise funds for IRIS:

"Sponsored Runs"

For all you keen runners there are many events throughout the calendar year. If required, IRIS can pay your entry registration fee, if you agree to raise a minimum amount of sponsorship.

Have a look at the **list of running events at the end of this newsletter**. However it need not be only running, we can help with swimming events, cycling You name the sport and we will help you apply your skills into fundraising!

Or maybe you are not quite as energetic? How about ...



- ◆ Giving up "favourites" for a time period e.g. chocolate/coffee/wine/beer
- ◆ A walk around a local nature trail or park
- ◆ Dress down/fancy dress days in your workplace
- ◆ Coffee mornings
- ◆ Swish Party (clothes exchange)
- ◆ Take one of our collection cans into your workplace

Alternatively ...

- ◆ **Auctions/raffles:** these can be held in the workplace or at the golf, tennis or bowling club or any other social club. You can raffle or auction prizes of all shapes and sizes. Prizes can be donated from family members, friends or even your employers or local businesses ... you just need to ask!
- ◆ **Hold a fundraising night:** whether its a disco, dinner party, themed party, pub quiz or curry night, gather round all your family, friends and workmates to take part in an enjoyable fun filled evening hangovers are optional!
- ◆ **Charity of the Year:** ask your employer to consider IRIS as their Charity of the Year.

Or

- ◆ **See our A-Z guide** for some great ideas, or create some of your own!

"Some A-Z Fundraising Ideas"

All day events – Ask your local pub or sports club if they can arrange a 24 hour sponsored event such as darts, football, squash, badminton.

Auction of Promises – Try to get people to donate a gift, the promise of their time or use of their belongings. You can even get people to donate themselves as "slave for the day"!

Bring a Pound into Work – Simply ask your colleagues to each bring a pound into work in aid of the charity you are raising money for.

Barbeque – Hold a charity barbeque and charge people to come to your party.

Book Sale – Dig out all those old books and have a book sale at home, at your club or at work.

Car Boot Sale - Get out all those unwanted items stashed in your loft or the back of a cupboard and sell them at a car boot sale.

Coffee Morning – Arrange a coffee morning at home or at your local club.

Competition – Hold a competition at work, home or at a club. Could be sport related, scrabble, bridge, anything you fancy.



“Some A-Z Fundraising Ideas” (...continued)

Dinner Dance – Have a band, good food, organise a raffle or an auction or both.

Dinner Party – Invite your friends around and charge them for a three/four course dinner.

Disco – Organise a disco or 70s night with fancy dress.

Dress Down Day – Ideal if you work in an office environment where your colleagues might be keen for an opportunity to dress casually for a change.

Easter Egg Hunt/Party

Egg Rolling Competition

Football Tournament

Film Show At Your House - For friends and family

Golf Competition – Organise a charity golf day

Halloween Ball – Sell tickets to a fancy dress ball or party

Jumble Sale – Hold a jumble sale. People love a good rummage and it's always a good fundraiser.

Karaoke Evening – Ask your local pub to host a karaoke night for you and charge for entry.

Lunch Money – Ask your colleagues to bring in sandwiches for their lunch and donate the money they saved to charity.

Match the Pet to the Owner – Ask your colleagues to bring in one photo of themselves and one of their pet. Charge people £1 a time to match all the photographs.

No Smoking/Drinking - Get people to sponsor you and/or colleagues for giving up cigarettes or alcohol for a period in time.

Open Day – If you have a colourful garden, let all those garden lovers come and admire, for a charge.

Quiz Nights – Always a favourite whether it is at home at work, in a club or in your local. Charge people to take part.

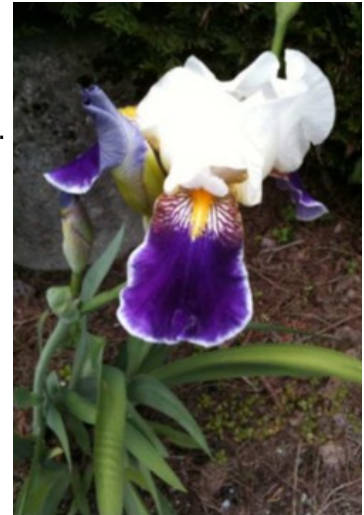
Question of Sport – For all the sports fanatics, make up your own questions and test your friends' knowledge.

Race Night – Hold a race night at your club or local pub.

Shocking Tie Day – Those who take part are asked to donate £1, those who don't pay a forfeit of £2.

Sponsored Events – Bike ride, walk, silence, swim, slim, headshave etc.

Treasure Hunt – A challenge event for people, a fun way to raise money.



IRIS really does need your help now!

Hopefully from the information we have provided, you can come up with an idea and feel that you want to organise a fundraising event for IRIS. Remember, we will help you as much as we can. Please get in touch with any of the Management Team or directly with Bill Stewart on 07932-622952 or at fundraising@iriscancerpartnership.org.uk if you want to discuss your idea.

We look forward to hearing from you and remember it doesn't need to be a big event ... every penny counts!



“Volunteers Needed! Help us organise events!”

We are always looking for volunteers to help us raise funds.

If you would like to volunteer or know of anyone who is keen to get involved in fundraising contact:

Bill Stewart at 07932-622952 or by e-mail at fundraising@iriscancerpartnership.org.uk.

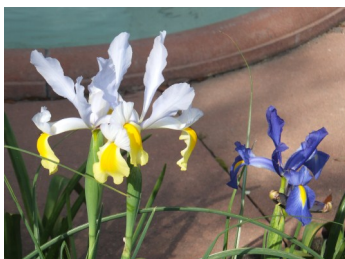
“2012 Running Events”

The following are some of the running events which are being held over the next few months:

Date	Event	Venue
Saturday 22 nd September	Big Fun Run 5K Aberdeen	Hazelhead Park, Aberdeen
Sunday 23 rd September	Dumfries Half Marathon	The Crichton Campus, Dumfries
Sunday 23 rd September	Big Fun Run 5K Perth	North Inch Park, Perth
Sunday 30 th September	Marathon & Festival of Running	Bught Park, Inverness
Saturday 6 th October	Ben Venue Hill Race	Ben Venue, Trossachs, near Aberfoyle
Sunday 7 th October	BUPA Great Edinburgh Run 10K	Holyrood Park, Edinburgh
Sunday 7 th October	Atlantis Leisure Oban Half Marathon	Atlantis Leisure Oban
Saturday 13 th October	Aviemore Mile Fun Run	Macdonald Aviemore Highland Resort
Sunday 14 th October	Aviemore Half Marathon	Bagaduish Outdoor Centre, Aviemore
Sunday 14 th October	Winter Warmer 5K/10K Glasgow	Pollok Park, Glasgow
Sunday 21 st October	Winter Warmer 5K/10K Edinburgh	Holyrood Park, Edinburgh
Sunday 28 th October	The Culloden Run 10K	Culloden Visitor Centre, Inverness
Sunday 28 th October	Jedburgh 10K & Half Marathon	The Town Hall, Jedburgh
Sunday 4 th November	Queensberry Half Marathon, 10K & Fun Run	Drumlanrig Castle, Thornhill, Dumfriesshire
Saturday 10 th November	Braid Hills Cross Country	Kings Buildings Edinburgh
Sunday 18 th November	Fraserburgh Half Marathon	The Pavilion, James Ramsay Park
Sunday 2 nd December	The Edinburgh Christmas 5K	Inverleith Park, Edinburgh
Sunday 9 th December	Lossiemouth 10 Mile Turkey Trot	Lossiemouth Community Centre

The above details have been extracted from the Scottish Running Guide website:

http://scottishrunningguide.com/race_listings.php



These are just a few of the many events listed.

