





PROSTATE CYMRU IS WALES' LEADING PROSTATE HEALTH CHARITY

The generosity and support of volunteers and fundraisers enables us to carry out vital work.



Raising Awareness



Improving Research & Treatment



Providing Support Services

Prostate Cancer affects 1 in 8 men in Wales, increasing to 1 in 3 if there is a family history.

Help us #SaveTheMalesInWales

BE INSPIRED FUNDRAISING IDEAS



Any of these are great options, and could be done as personal or workplace challenges.





















Whatever you choose, we have the tools to help you make it a success.



It helps you stay motivated and gives you a strong focus to work towards.





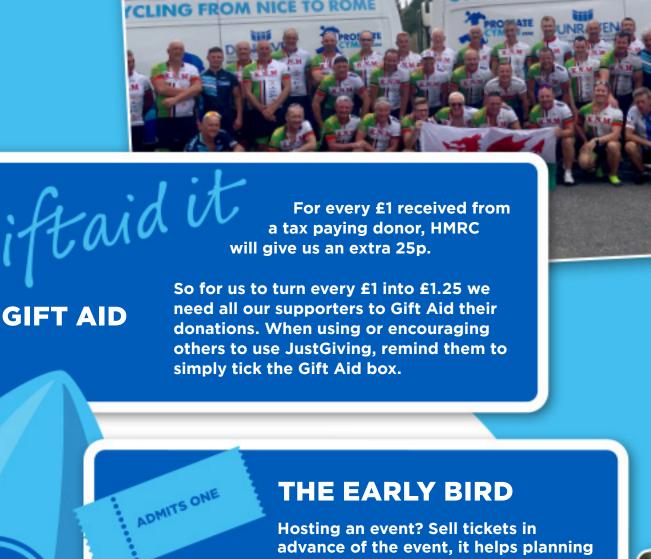
BE VISUAL

We've made a range of items to help you promote your fundraising including:

- Editable poster to help promote your event
- Prostate Cymru bunting
- Charity label for fundraising pots
- Sponsorship forms
- Social media tool kit creatives that can be used across your social media channels.







and your funds are guaranteed, even if they decide not to attend.

GET YOUR BUSINESS INVOLVED

Ask your employer to support you, either by making a donation or holding a workplace event such as a dress down day or a cake sale.

Many organisations offer matched funding to support staff, so always worth checking.

SPONSORSHIP

Why not approach all local businesses in your area to sponsor you? In return for donations, you can offer them advertising through your social media channels and promotional material.

RAFFLES & AUCTIONS

Raffles and auctions are the easiest way to raise extra money; you can use these at any event, or as a simple fundraising activity.

More information can be found in our legal section.

BUCKET AND POT COLLECTIONS

Place fundraising buckets and pots at various points around your event. You will be amazed at how generous people can be with their spare change. Make sure that any boxes or buckets are secure and tamper proof.

MORE **HELPFUL ADVICE**

CONTACT THE PROSTATE CYMRU TEAM

If you have any further questions, or if you have specific fundraising ideas that you would like to discuss you can contact a member of the team:



02920 340029



info@prostatecymru.com



Prostate Cymru supports four key values, as promoted by the Fundraising Regulator:

OPEN HONEST RESPECTFUL LEGAL

THANK YOU FOR YOUR SUPPORT

We could not do what we do without you.

Want to get involved in one of Prostate Cymru's own fundraising events, click here to find out what is coming up:



