



United Against Cancer™



One For The Boys: Fundraising how-to guide

#SaySomething

www.onefortheboys.com

@One4theBoys



A big thank you for choosing to fundraise for us.



At One For The Boys, we're all about breaking the stigma around men's health, raising awareness about male cancers, and supporting the mental health of those going through cancer - and their loved ones - during diagnosis, treatment, and recovery.

What you're doing isn't just fundraising, it's helping to save lives. So, let's make it happen!

#SaySomething





Why fundraise?



Men don't always talk about their health (we know, shocker).

But that silence can cost lives. That's where we come in: to encourage those conversations, promote early checks, and make sure no one feels alone on their journey.

By fundraising, you're helping us:

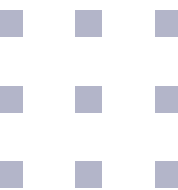
- Get more men talking and getting checked sooner.
- Provide support for the mental health side of cancer, for those going through it and their loved ones.
- Spread education and awareness to help improve cancer outcomes for men.



Whether you're into sports, hosting, or just having fun with friends, you can find a way to fundraise that works for you. Here are some ideas to get you started:

Challenge yourself

Take on a fitness goal, dare to shave your head, or set up a fun challenge - if you're brave, let your supporters pick what you do when you hit a milestone!



Host an event

Plan a pub quiz, dinner party, or movie night, or go all out with a blue-themed party to celebrate One For The Boys.

Get people in your life involved

Like a 'Wear Blue Day' at work, or organising a raffle or coffee morning at your local community club or gym.

Get creative

Turn your hobby into a fundraiser, sell what you create, or come up with a unique idea to get donations flowing.



Pick your fundraiser



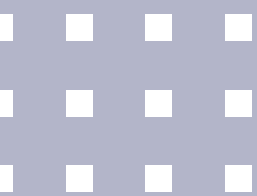


Plan it out



Once you've picked your fundraiser, here's how to make it happen:

- 1. Set a goal:** How much do you want to raise? Aim high, but keep it doable.
- 2. Pick a date:** Choose a date that works for you and your potential supporters.
- 3. Spread the word:** Let everyone know about your fundraiser. Use social media, emails, posters, messages, whatever works.
- 4. Make it personal:** Share why you're fundraising. Whether it's for someone close to you or just because you believe in what we do, people are more likely to donate when they understand why it matters to you.



There are plenty of ways to collect donations for your fundraiser. Here are just a few options:

- JustGiving
- Enthuse
- Facebook fundraising
- A One For The Boys donation bucket or sponsorship form

You'll find all the details on getting started at:

onefortheboys.com/donate



Get ready to start fundraising





Make some noise

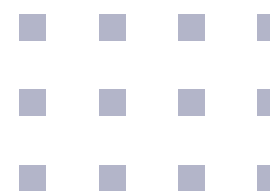
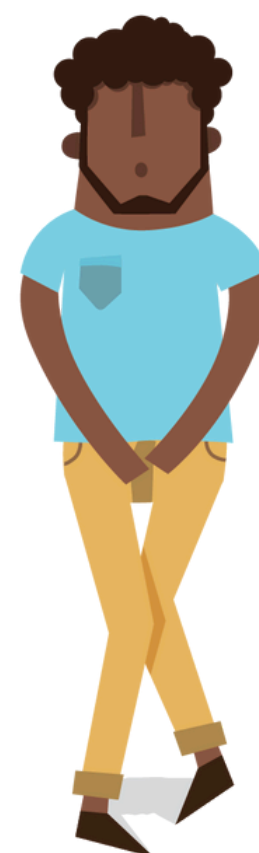
Tell everyone about your fundraiser - seriously, *everyone*.

Post on social media, email your friends and work mates, share it in your WhatsApp groups.

You can even drop it into conversations whenever you get the chance (trust us, it's totally fine to be *that* person when it's for a good cause!).

Here are some tips to help spread the word:

- Share stats about male cancer to show why your fundraiser matters (find them on our website).
- Post regular updates about your progress - people love to see how you're doing!
- Tag @One4theBoys on social media and use our hashtag #SaySomething to reach more people.



Keep it fun ■●

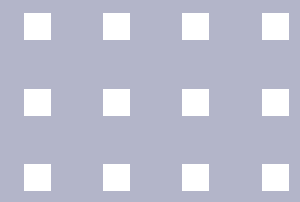
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Fundraising doesn't have to be serious, and you definitely don't want it to feel like a chore. It should be fun for you and everyone involved!

Here's how to keep it light and enjoyable:

- **Celebrate milestones:**
Halfway to your goal? Share a selfie - the sillier, the better!
- **Say thank you:**
Shout-outs on social media go a long way.
- **Keep people updated:**
Share your progress to get others involved and feeling excited.
- **Get your pets involved:**
After all, who doesn't love a cute pic of a dog, cat, or even a snake (if that's your thing)?





Send in what you've raised

When your fundraiser is done (awesome work, by the way!), here's how to send in what you've raised:



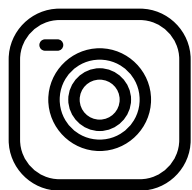
- 1.** Close your fundraiser through your chosen platform, or head to onefortheboys.com/donate to donate what you've collected.
- 2.** Share your final total with your supporters and give them another huge thank you.
- 3.** Send us photos and stories from your fundraiser and tag **@One4TheBoys** - we'd love to see what you've done!

Stay involved



We'd love to keep you in the loop with everything we're doing.

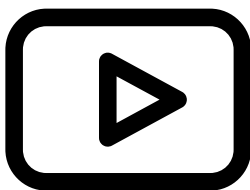
- Got an idea or want to do more? Reach out! We're all ears.
- Sign-up for our newsletter to stay up-to-date with all things One For The Boys.
- Follow us on social media:



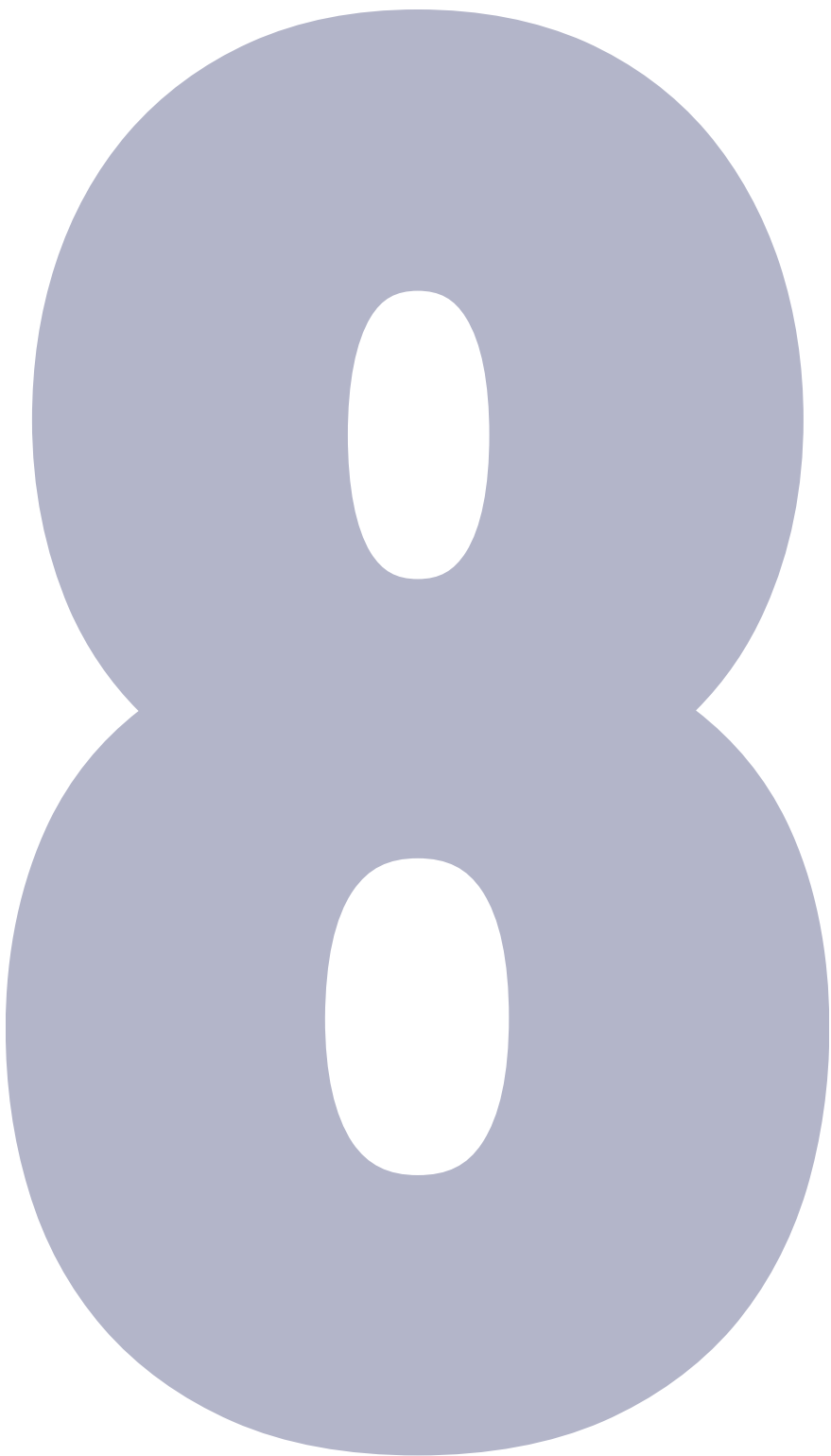
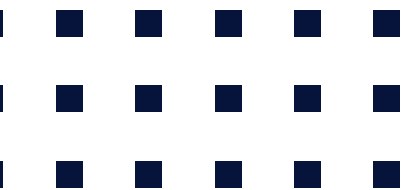
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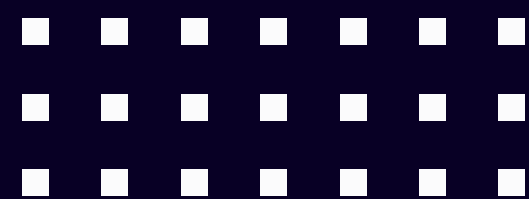




One final thing...



You. Are. Brilliant!
No, seriously.



By fundraising for One For The Boys, you're making a real difference, not just for us, but for all the men and families who need support.

So, from the bottom of our hearts, thank you.

Ready to get started? Let's do this! 

#SaySomething



Thank you!

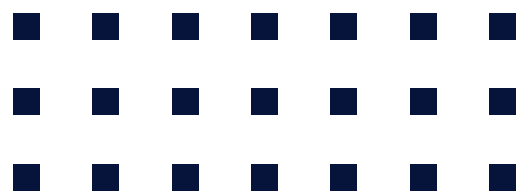


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