



**ENGLAND NETBALL &
CANCER RESEARCH UK
TOGETHER WE'LL BEAT
CANCER SOONER.**



Supporting
**CANCER
RESEARCH
UK**



THANK YOU FOR CHOOSING TO SUPPORT US!

We are the world's leading cancer charity dedicated to saving lives through research. Our groundbreaking work into the prevention, diagnosis and treatment of cancer has seen UK survival rates double in the last 40 years.

We don't just do research. Every year we help millions of people get the information they need to understand the disease. And we campaign on key cancer issues including access to cancer drugs, screening and reducing the use of tobacco, keeping cancer at the top of the political agenda.

More than 1 in 2 people in the UK will develop cancer at some point in their lives. We don't receive Government funding for our research so every step towards beating cancer relies on every pound donated by amazing people like you. We're incredibly grateful for your energy and efforts, thank you so much for deciding to join us.

Cancer Research UK pioneers research to bring forward the day when all cancers are cured.

Hello from Cancer Research UK, we're delighted to be working with you once again and we are here to support you every step of the way.

This pack contains information and ideas to help kick start your fundraising journey.

Please email netball@cancer.org.uk if you have any questions.



A TIMELINE OF ENGLAND NETBALL AND CANCER RESEARCH UK



2013

A historic win for England Netball over Australia as well as some amazing discoveries from our teams at CRUK: Huge research effort revealed 80 new genetic variations that increase the risk of breast, ovarian and prostate cancers, discoveries which we hope will be helpful in terms of risk predictions. Researchers found that taking the breast cancer drug tamoxifen for 10 years rather than the recommended five years halves the risk of the disease returning. They also showed that the drug anastrozole halves the chances of breast cancer developing in women at high risk due to a family history of this disease.



ENGLAND NETBALL HIT £1 MILLION FUNDRAISING MILESTONE!



2012

Discovery that there are at least ten types of breast cancer, a finding which could revolutionise the way women with this disease are diagnosed and treated in the future. Ground-breaking study showing how cancers evolve within the body announced, helping to explain why they can be so difficult to treat.

ENGLAND NETBALL HIT £2 MILLION FUNDRAISING MILESTONE!



2014

Thanks in part to the incredible research being supported by people like you, we were able to report that death rates in the top four cancer killers – breast, bowel, lung and prostate – had fallen by almost a third in the last 20 years. For breast cancer, a 38% reduction was put down to scientists improving detection of the disease through screening, developing more specialist care and more effective treatments.



2011

A breast cancer 'accelerator' gene is identified, a significant step towards understanding the causes of cancer better.



ENGLAND NETBALL HIT £3 MILLION FUNDRAISING MILESTONE!

2015

The year of immunotherapy. Immunotherapy 'wakes up' a patient's own immune system so it can fight cancer. CRUK researchers have been at the forefront of immunotherapy research for many years and are continuing to identify ways it could help save even more lives.

2010

New bowel cancer screening technique rolled out, known as bowel scope, which could save thousands of lives. New treatment for leukaemia announced; could improve survival by more than 50% for children whose leukaemia has come back.

2016

Ground-breaking results from a study by Dr Charlie Swanton announced, which revealed why some patients respond better to immunotherapy treatments than others. This game-changing work offers hope for hard-to-treat cancers like lung and melanoma and will impact the future of all immunotherapy treatments.

2017

CRUK invest £10 million in PRECISION-Panc, a study that aims to match pancreatic cancer patients to the best clinical trial for them. Led by Professor Andrew Biankin at the University of Glasgow with researchers from hospitals across the UK, PRECISION-Panc aims to recruit patients to clinical trials faster, so that treatments can be developed more quickly. The study will look at the underlying biology of patients' individual cancers and offer them a 'menu' of clinical trials that might benefit them.

RIGHT NOW

OUR LIFE-SAVING WORK CONTINUES



Supporting

CANCER RESEARCH UK

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FUNDRAISING IDEAS

HOLD A BAKE SALE

Everyone loves a delicious homemade sweet treat, especially after you have been working hard on the court.

DRESS UP

Wear fancy dress on court and get sponsored to do so!

PINK QUIZ SOCIAL

Host a Pink Quiz Social for your netball team!

PINK WEEK

Host a pink week at your club, everyone has to wear pink at training and your weekly fixture – if you run a netball league get all the teams to do it on game day!

WITH YOUR TEAM

MUM AND DAUGHTER TOURNAMENTS

Try out a Mum and Daughter netball tournament to raise funds for CRUK!

SPONSORED WALK

Organise a nice long walk and get friends and family to take part too.

DO A NETBALL-A-THON

Get sponsored to play netball for as long as you can!

GET ACTIVE

SWIM THE CHANNEL

Turn swimming into a real challenge – swim the equivalent of the English channel in your local pool.

DONATE PER GAME

Donate 50p per game you play during certain months!

SPONSORED SILENCE

Keep your lips sealed for a day and ask for donations.

SHAVE IT OFF

Get sponsored to shave off your hair or your eyebrows.

DO YOUR OWN THING

HAVE A GOOD CLEAR OUT

Start auctioning off all those items sitting around your house that you don't need any more.

GIVE IT UP

Get sponsored to give up one of your guilty pleasures like chocolate, shopping or swearing.

GET INVOLVED IN CAMPAIGNS

This year Cancer Research UK and England Netball have some exciting campaigns planned.

NET 10 FOR LIFE -MARCH

For the fortnight Monday 8th -Sunday 21st October 2018, every team – in every club, league, college, school, university and Back to Netball group – is invited to take part in this fantastic initiative by pledging to donate 10p per goal scored in their weekly fixture.

For information on how to set up your online fundraising page go to [page 11](#) of this digi pack.



PRETTY MUDDY & RACE FOR LIFE -SUMMER

England Netball has been taking part in Race For Life and Pretty Muddy this year. Pretty Muddy is a 5k obstacle course in which women walk their way through, up and over.

Every year netballers flock to Race For Life in huge numbers to join the pink army - so lace up your trainers and get training to take part this year right up until September.



STAND UP TO CANCER – OCTOBER

Last year we introduced SU2C into the England Netball portfolio of fundraising events. We encouraged Netballers to pledge to do something during the week of Stand Up whether that was doing 50 press ups every morning or running an extra drill session with your team. This year we want netballers to do the same and Stand Up to Cancer!





Last year England Netball raised **an incredible £13,700** through the Net 10 For Life campaign and since the campaign started you have raised **£33,700** for the life-saving work of Cancer Research UK. For the fortnight Monday 8th -Sunday 21st October 2018 every team in every club, league, college, school, university and Back to Netball group is invited to take part in this fantastic initiative by pledging to donate 10p per goal scored in their weekly fixture.

TIPS FROM THE REGIONS

Yorkshire

- Get your County Associations on board too so they can target the local leagues enabling a wider reach

East:

- Competitions always get people engaged.
- Encourage performance academies to take part in a challenge against other academies. For example, athletes could donate £1 per minute that they can plank and the academy that has the greatest total time would win a prize!

London & East:

- Run a 'Pink Saturday' on a league day. Get support from local clubs and volunteers to help run stalls, a tombola and a raffle (try to get prizes donated).

South:

- Get colleagues to administer their fundraising to cut down the number of individuals who'll need to donate.
- Tweet live scores on the day to encourage club v club competition.

FUNDRAISING MATERIALS

We've got lots of materials to help you with your fundraising including:

- Balloons
- Pink laces
- Net10 materials
- Polybanners
- Blank belly posters
- Collection goblets and buckets
- Pin badges
- Health awareness leaflets and posters

If you would like to order any of these materials go to [page 10](#) in this digi pack.

BANKING OPTIONS

- Please go to [page 17](#) of this digi pack to find out how to bank your donations.
- Send a cheque to Cancer Research UK and make sure you reference '**netball - 2462702**' somewhere on the cheque or letter you send with it.
- Donate your NET10 fundraising on the brand new Cancer Research UK online fundraising platform, where team pages have already been set up for each of your regions (just like we did last year on JustGiving) the only difference being that using this platform will mean more money coming to support the life-saving work of Cancer Research UK as JustGiving take an admin fee from all donations made. There will be prizes for the region who has fundraised the most. Check out the instructions sheet we've created to get your page set up today!



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NETBALL WORLD CUP LIVERPOOL 2019

NETBALL WORLD CUP 2019 OFFICIAL CHARITY PARTNER

Netball World Cup 2019 announced recently that Cancer Research UK will be the official charity partner for the event, which takes place from 12-21 July at Liverpool's Echo Arena.

As official charity partner, Cancer Research UK will work in partnership with Netball World Cup 2019 to create fundraising opportunities throughout the event build-up and at the tournament itself, raising money to fund vital research into game changing treatments, to help bring forward the day when all cancers are cured.

The partnership with Netball World Cup 2019 builds on Cancer Research UK's ongoing relationship with England Netball, which has seen over £3 million raised since 2010.

HOW YOU CAN GET INVOLVED...

We are encouraging all netballers to get behind this incredible event and fundraise. More information on how you can fundraise will be communicated with you over the coming months.



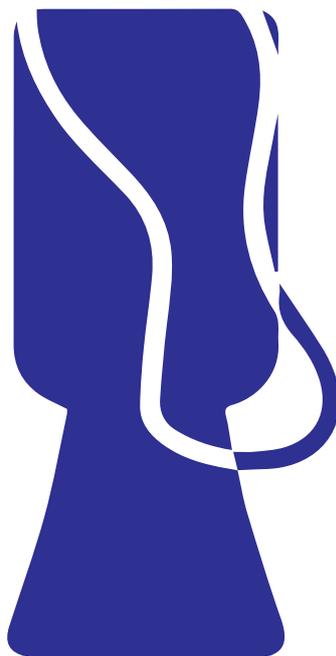
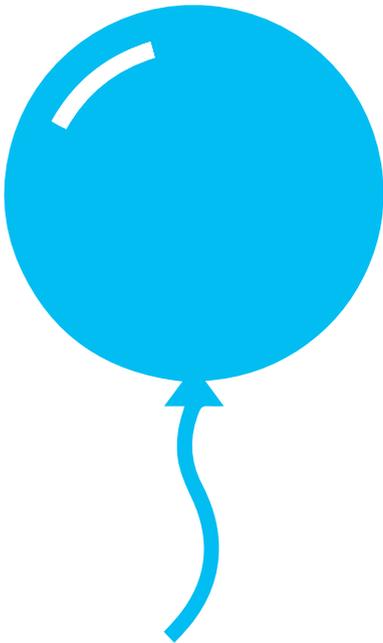
In aid of

CANCER
RESEARCH
UK

FUNDRAISING AND HEALTH AWARENESS MATERIALS

We've lots of materials to help you with your fundraising including:

- Balloons
- Pink Laces
- Net 10 materials
- Polybanners
- Blank belly posters
- Collection goblets & buckets
- Pin badges
- Order Health awareness leaflets and posters [here](#)



ORDERING FUNDRAISING MATERIALS

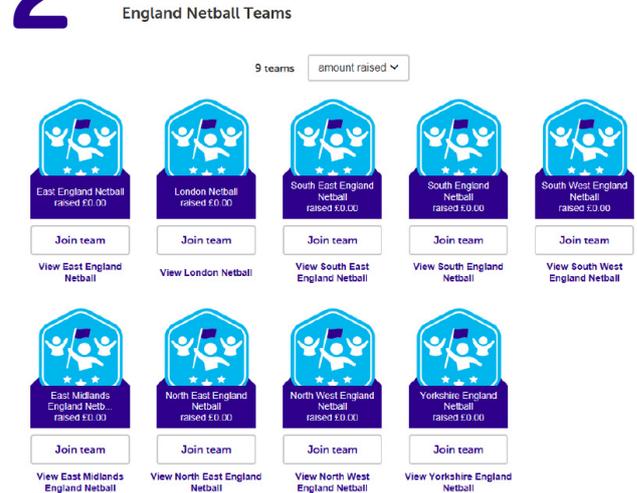
If you would like to order any of these fundraising materials please [click here](#) to order your materials online. These will be delivered within four working days or you placing your order.

HOW TO SET UP YOUR ONLINE FUNDING PAGE

1 Visit <https://fundraise.cancerresearchuk.org/unite/England-netball>



2 Scroll down and click 'see all teams'



3 Find your area/team and click 'join team'



4 Fill in your email address, then create an account by filling in the further details form
(If you already have a CRUK giving page from a previous event/fundraising, it will just prompt you to put in your password rather than create a new account. You can then click 'create a new page'. Do not link up an old page to your new team)

Join Yorkshire England Netball

To join this team you will need an account and a Giving Page.

OR

5a If you already have a page you want to link to your team, you can select it here then click 'Choose this page' and you're done!

Join Yorkshire England Netball
Please select the Giving Page to link to this team

Ashley's Giving Page

Choose this page

OR

6b Click on the England Netball event

(if this doesn't show up automatically, you can use the search bar to find it. Just search 'England Netball' and it will appear)

Activity Motivation Page

I'm taking part in an event
Create a Giving Page to raise money for an organised event

Search events

England Netball

England Netball
27 Mar 2018 - 27 Mar 2020

> Can't find your event? Tell us what you are doing

5b Otherwise, click on 'Create a new Giving Page'

Join Yorkshire England Netball

Create a new Giving Page

OR

I'm doing my own thing
Raise money my own way by organising my own activity

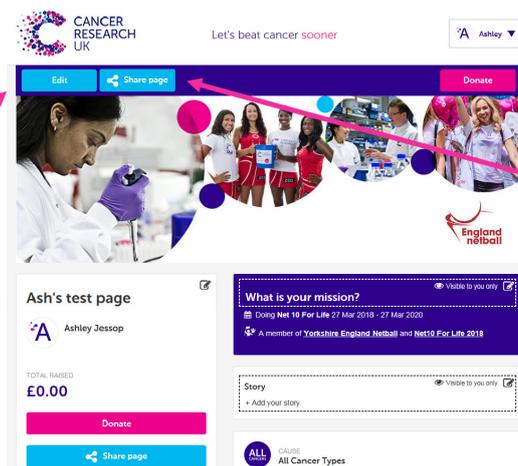
Do my own thing

7b Follow the steps to finalise your page. Describe what you're doing for example if its Net10 For Life Fundraising call your page this so we know how much you've raised through this campaign, your motivations (optional) and your page's name

<p>Your activity</p> <p>Activity Type (Optional) Please select</p> <p>Activity name (Optional) <input type="text"/></p> <p>Activity date (Optional) DD/MM/YYYY</p> <p>Continue</p>	<p>Your fundraising</p> <p>The money you raise will change people's lives. Help us put it to the best possible use by telling us why you're fundraising</p> <p>I'm fundraising because (Optional) Please select</p> <p>I'm aiming to raise (Optional) £ <input type="text"/></p> <p>I want to help research into Where the need is greatest</p> <p>Continue</p>	<p>Nearly there</p> <p>You're almost ready to start fundraising. Give your page a name that's personal to you and we'll set everything up.</p> <p>Page name <input type="text"/></p> <p>Page URL Please only use letters, numbers and hyphens. <input type="text" value="https://fundraise.cancerresearchuk.org/page/"/></p> <p>Create page</p>
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8b CONGRATULATIONS – YOU'VE CREATED YOUR PAGE

You can edit your page by clicking here – change your image, story or update your fundraising total



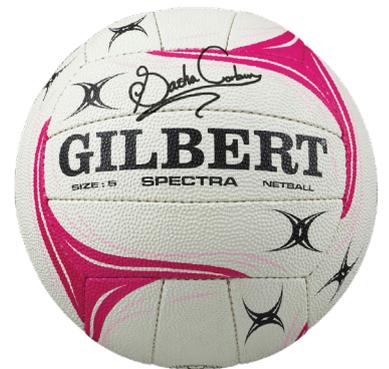
You can share your page with friends and family using this button

DO YOU WANT TO BE A NETBALL CHARITY CHAMPION?

OUR CHARITY CHAMPIONS ARE KEY TO MAKING CHARITY PARTNERSHIPS A SUCCESS. IT'S A FANTASTIC OPPORTUNITY TO HAVE FUN WITH YOUR FELLOW NETBALLERS, DEVELOP YOUR LEADERSHIP SKILLS, STRENGTHEN YOUR NETWORKS AND CONTRIBUTE TO OUR CAUSE. MOST OF ALL, WE ARE SURE YOU'LL ENJOY IT!

WHAT IS THE ROLE OF A CHARITY CHAMPION?

- Be the internal face of the charity amongst your netball communities.
- Raise awareness of the charity partnership and keep netballers updated on the money raised.
- Motivate and inspire netballers to get involved in Cancer Research UK events and campaigns.
- Update netballers on fundraising ideas, activities, local events and how to obtain fundraising materials
- Be the main contact in your area for the CRUK account Manager, who will give you all the information and help you need to ensure fundraising success.



WHAT DOES IT TAKE TO BE A CHARITY CHAMPION?

- Lots of enthusiasm for new and exciting challenges.
- Hunger to achieve great things in support of Cancer Research UK.
- The ability to motivate and inspire your colleagues to get involved.

IF YOU OR SOMEONE YOU KNOW MAY BE INTERESTED IN BECOMING A NETBALL CHARITY CHAMPION, PLEASE CONTACT:

netball@cancer.org.uk

ONE DAY CANCER WILL BE BEATEN. WE CAN HELP MAKE IT SOONER.

One in two people will be diagnosed with cancer at some point in their lives. Right now, half of those people will survive.

Our ambition is to accelerate our progress and see three-quarters of people surviving the disease by 2034. Our scientists, doctors and nurses are working to save more lives and create more tomorrows for people in the UK and across the world. Every day, they're making progress towards preventing more cancers, diagnosing the disease earlier, and developing new treatments.



Our ambition is to accelerate progress and see 3 in 4 patients surviving cancer by 2034.

IN THE PAST YEAR...



WE LAUNCHED A WORLD-FIRST IMMUNOTHERAPY CLINICAL TRIAL THAT COULD CHANGE THE WAY WE TREAT SOME CANCERS



WE CELEBRATED OUR 7TH NOBEL PRIZE, AWARDED TO TOMAS LINDAHL FOR HIS WORK TO UNDERSTAND HOW CELLS REPAIR THEIR DNA



AFTER A LONG CAMPAIGN, STANDARDISED PACKAGING WAS INTRODUCED ACROSS THE UK, REDUCING THE APPEAL OF CIGARETTES TO CHILDREN AND ULTIMATELY SAVING LIVES

OUR YEAR IN NUMBERS

Every step we make towards
beating cancer relies on you.

It's been an incredible year...



500,000

Our Cancer Awareness Roadshow reached a milestone of 500,000 visitors, helping them to reduce their risk of cancer and spot it early.



16,000

Over 16,000 of you signed our 'Big Tobacco Cough Up' petition to make tobacco companies pay for the damage their tobacco product cause.



11,000

Our specialist nurses answered almost 11,000 queries about cancer, supporting people when they need help and advice.



6,000

We received over 6,000 gifts left to us in Wills by our generous supporters, helping us to fund future research.



40,000

Around 40,000 volunteers gave 7 million hours of their time.



25,000

More than 25,000 patients join our clinical trials each year, helping us develop new treatments.



1 million

More than 1 million donors gave us regular gifts.



4,000

You funded over 4,000 scientists, doctors and nurses across the UK.

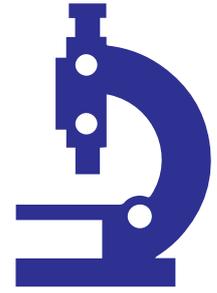


200

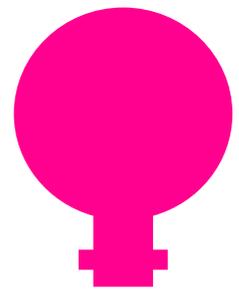
Together we're fighting over 200 different types of cancer, including the one that matters most to you.

WHAT YOUR MONEY CAN BUY

£2, or the price of a WCD Unity Band, buys a box of microscope slides, just like the ones used in breakthroughs such as the discovery of temozolomide, which has saved the lives of many thousands of people with brain tumours across the globe.

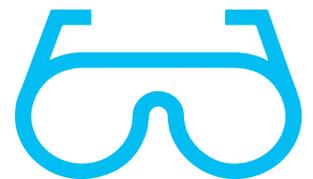


£10, or the cost of a trip to the cinema, buys a new bulb for our microscopes to illuminate new ways to beat cancer, sooner. This vital bit of kit lets our CRUK scientists look for crucial clues about cancer in precious samples at a fraction of the cost of a microscope!



£20, or the cost of one round of drinks, buys a lab coat, box of gloves and goggles – not only geek chic, but these vital items help our scientists to carry out life-saving research.

£100, or the savings made by going teetotal for a month, buys a chemical tape measure that lets scientists find the size of DNA molecules, vital information that could reveal crucial clues about how to beat cancer.



£1000, or the cost of a new big screen TV, kits out a fresh-faced PhD student with everything they need to beat cancer sooner, helping us to train the researchers of tomorrow who could be making the breakthroughs of the future.



HOW TO PAY IN YOUR FUNDRAISING

Banking Options:

- Email netball@cancer.org.uk to pay in a cheque or cash.
- Send a cheque to CRUK and make sure to reference netball - 2462702 somewhere on the cheque or letter you send with it.
- Donate your Net10 fundraising via the online fundraising pages mentioned in this digi pack on [page 11](#).

<https://fundraise.cancerresearchuk.org/unite/england-netball>

YOU'RE MAKING LIFE-SAVING
RESEARCH HAPPEN, THANK YOU.

Please contact the below mail address if you have
any questions:

netball@cancer.org.uk