



**FORGET  
CANCER.  
LET'S  
MOVE!**

**FUNDRAISING  
PACK  
NOV 2016**

**MOVECHARITY.ORG**

Enabling children and young people  
to engage with physical activity in a positive way.

Reg No: 1165675

# /HELLO!



**We would like to say a huge thank you for deciding to commit your time & effort to raise money for MOVE.**

No matter how big or small we really appreciate your support.

As a result of fundraising for MOVE, donations will enable us to support children and young people with and recovering from Cancer through the power of sport and physical activity.

Good luck with your challenge and we look forward to supporting you every step of the way.

## /MOVE TEAM





**FORGET  
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**MOVECHARITY.ORG**

Helping children and young people build their self-esteem, confidence and create healthy habits that will last a lifetime.



## Tomato, Olive and Mozzarella Bruschetta

### Ingredients

- 400g mixed baby tomatoes cut into 1/2's
- Drizzle of Extra Virgin Olive Oil and Balsamic
- 55g Chopped Green Olives
- Sliced Sourd Dough
- Garlic Clove
- Mozzarella
- Fresh Basil Leaves

### Cooking Instructions

1. Charged or dry fry the sour dough slices, whilst warm rub each slice with minced garlic clove, then drizzle with a little extra virgin olive oil and toss the tomatoes with a good drizzle of extra virgin olive oil and season well with salt and black pepper, and add a tiny pinch of balsamic vinegar.
2. Spoon a generous amount of the tomato mix, some torn mozzarella and fresh basil leaves, onto the warm slices.

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**\*Don't forget to share all your pictures on social media #MOVEcharity & tag @MOVEcharity on twitter and Instagram. Also follow us on facebook!**



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# OUR IMPACT



# /HOW TO DONATE



## Set up a fundraising page on JUST GIVING.

Just Giving is such a wonderful platform to set up your fundraising page and make fundraising and donating easy! Visit the MOVE Just Giving page on the link below to set up your own unique page and help raise funds to help children and young people with cancer through the power of sport and exercise.

<https://www.justgiving.com/move-charity>



## Postal Donation

You can pop a cheque in the post to the following address:

**MOVE Charity**  
21 Cleeve Mount,  
Loughborough  
Leicestershire, LE11 4SD



## Direct Donation

We accept BACS donation to our community account

- Account name: MOVE
- Account number: 13889793
- Sort code: 40-30-24





# MOVE SPONSORSHIP FORM

**PLEASE SPONSOR** ..... **TO TAKE PART IN** .....

NAME	ADDRESS	AMOUNT	GIFT AID	PAID

Adding Gift Aid to your contribution means that for every pound you donate, MOVE will be able to claim an additional 25 pence at no extra cost to you, but at great value to the charity.

NAME	ADDRESS	AMOUNT	GIFT AID	PAID

I confirm that I would like MOVE to claim Gift Aid on my donation by completing the necessary details below. I understand that I have to pay an amount of income tax and/or capital gains tax equal to the tax MOVE will reclaim on my donations:

## 1

### Quick Wins!

- MOVE Bake Sale
- Football Tournament
- Dress Down Day at work
- Raffle Sale
- Tea and Cake Evening with friends



## 2

### Felling more ambitious?

- Run a Marathon
- Take part in a trek such as Great Wall of China or Kilimanjaro and create memories that will last forever
- Sponsored Bike Ride
- Host a Come Dine with me for friends and Family
- Organise a Village Fundraiser
- Organise a Ball
- Organise a Talent Show

Contact our team if you would like to chat through your ideas, get our advice and some MOVE resources for your event.





# /SAFETY FIRST!



## LICENSES REQUIRED FOR EVENT

### PUBLIC LIABILITY INSURANCE

Make sure you check with your venue first

### FIRST AID PROVISION

Check with your local council that your event needs first aid.

### FOOD

If you are selling or supplying food at your event please make sure you take care when handling, storing and preparing food.

### EVENTS

Please make sure if you are organising and holding a fundraising event at home, work, school or in a public venue, that you always keep health and safety in mind.

Make sure you are as organised as possible so the event runs smoothly and so you minimise the risk of loss, damage or injury.

**Don't forget to email or tweet us with all your pics and a paragraph about your event so we can put it on our website and social media.**



**Gemma.hillier@movecharity.org**



**facebook.com/ForgetCancerLetsMOVE**



**@MOVEcharity**



**@MOVEcharity**

## /GOOD LUCK & HAPPY FUNDRAISING FROM THE MOVE TEAM



**THANK YOU**



**FORGET  
CANCER.  
LET'S  
MOVE!**

Dear  
future,  
I am  
ready