SUNSHINE WALK

SUNDAY 6 NOVEMBER 2022



FUNDRAISING GUIDE

Thank you for supporting our 100% local charity

To register and to find out more

SUNSHINEWALK.ORG.AU

or phone 02 6064 1538

#sunshinewalkforcancer

/sunshinewalkforcancer

Albury Wodonga Regional Cancer Centre Trust Fund Inc.

SUNSHINE WALK

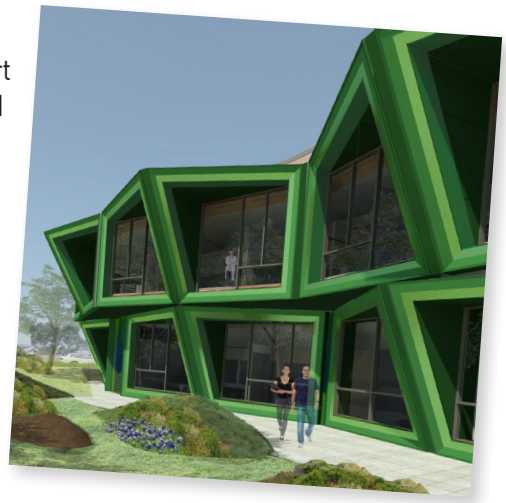
SUNDAY 6 NOVEMBER 2022

Thanks for your support!

We are a 100% local charity, with all money raised used to support cancer services in the Albury-Wodonga region.

By fundraising for the Trust, you can be assured that your money stays local to support family, friends and others in our community impacted by cancer.

The **Sunshine Walk** will be held on **Sunday, November 6**. This year the walk will offer the flexibility of a community gathering starting and finishing at **Noreuil Park, Albury**, or a DIY option of organising a walk at a location of your choosing.



As many of our supporters come from outlying regions, it may be more convenient to organise a group of family and friends to take part in the fun in your own community through a DIY walk. Stay connected with our fabulous **Sunshine Walk** community online through the webite or our dedicated social media pages.

The main event at Noreuil Park will offer three distances of 5km, 10km or 20km. The 20km course takes in some of Albury-Wodonga's most popular attractions including the Murray River, Gateway Island and Belvoir Park. It will also make an emotional journey past the Albury Wodonga Regional Cancer Centre, which has become a symbol of hope for so many in our region.

The 10km course travels over the Lincoln Causeway to Belvoir Park, Wodonga, while the family-friendly 5km course takes in the spectacular Murray River. For those unsure if they can make the full distances of 20km or 10km, Dyson's will be running buses around the course with the option to catch a lift back to the next rest stop or the finish line.

As part of your participation in the **Sunshine Walk**, we ask that you also fundraise. Every donation made to the walk will have a real impact on people in our community who have been touched by cancer.

Combined with money raised by other **Sunshine Walk** participants, your generous donation will help us fund new life-saving medical equipment, staff training and development, and cancer research. You also help to support the emotional and psychological needs of those affected by cancer through a range of programs and services offered in the Wellness Centre.

We have put together this guide to assist you with your fundraising. As there may still be some uncertainty surrounding the pandemic, we ask that you please keep in mind any relevant COVID-safe measures when considering hosting a fundraising event.

If you have any enquiries regarding this, or anything else about the **Sunshine Walk**, please feel free to phone us on **(02) 6064 1538** or email **events@awcancertrust.org.au**

Michelle Hensel

Michelle Hensel
Chairperson of the Albury Wodonga Regional Cancer Centre Trust Fund

Albury Wodonga Regional Cancer Centre Trust Fund Inc.

FUNDRAISING IDEAS

Why not use a good cause like the cancer centre as an excuse to have some fun? Get your friends, family or wider community together for a fundraising event, or have them involved in your fundraising activity. There are so many ways to raise money for charity, but here are some ideas to help get you started:

AT HOME WITH YOUR FRIENDS AND FAMILY

- Host a dinner party and ask guests to donate what they would have spent at a restaurant.
- Hold a karaoke night where people can sing along to their favourite tunes, and put them in the mood to donate. If you don't have a karaoke machine, there's a good chance one of your friends do!
- Opt for a night in with board games or pampering. Ask guests to donate money they would normally have spent on a night out.

CHALLENGE YOURSELF

- Be brave and shave, wax or colour your hair.
- Get sponsored to give up a guilty pleasure like alcohol, chocolate or social media for a month.
- Walk or cycle to work and donate the money you save. This would also be good training for the Sunshine Walk!

AT WORK

- Host a morning tea and ask your colleagues to donate an hour's wage.
- Provide a donation box on your workplace counter so customers can donate their spare change. Secure lockable donation boxes are available from the Albury Wodonga Regional Cancer Centre Trust Fund.
- Ask your boss to go dollar-for-dollar, and match what you raise.

AT SCHOOL OR SPORTING CLUBS

- Organise a lamington, chocolate or pie drive. Contact your local bakery or a confectionary distributor for a delicious range of options.
- Choose a theme, such as sports team, super hero or crazy socks, and ask people to dress up for a day. Seeing as you are fundraising for the Sunshine Walk, you might like to ask everyone to dress in yellow.
- Make a coin trail and see what distance you can cover with donated gold coins.

IN THE COMMUNITY

- If you have a beautiful backyard, why not share it with everyone? Host an open garden and charge visitors a gold coin donation to enter.
- Organise a movie night. Most cinemas will offer heavily discounted rates for groups. Sell the tickets at a price of your choice and donate the profits.
- Approach your local pub or community centre about organising a trivia or bingo night. You host the night and guests pay to play.
- Organise a dinner at your favourite restaurant. Negotiate a good price with the restaurant then charge a set price to cover the food and a donation.

OTHER IDEAS:

- Raffle
- Sausage sizzle
- Golf, bowls or tennis day
- Auction dinner
- Car wash
- Fashion parade
- Art or crafts stall
- Guest speaker night
- Cake stall
- Wine tour
- Street or garage sale
- Donations in lieu of birthday gifts
- Plant, book or second hand items stall at a local market
- Garage sale

*** Please be mindful of any social distancing restrictions that might be in place at the time of organising your fundraising event.**

WHAT'S NEXT?

Once you have decided on your fundraising event or activity, be sure to tell your family, friends, colleagues and community about what you are doing and how they can support you.

- Update and promote your personal and team profile pages at **sunshinewalk.org.au**
- Take advantage of a range of resources, including downloadable posters, email signatures and profile photos, available at **sunshinewalk.org.au/fundraising**
- Share your fundraising event promotion and photos on our social media pages. On: **#sunshinewalkforcancer** or on **/sunshinewalkforcancer**

  Show you're serious by making the first donation, and then asking your existing network of friends and family to donate too.
- If you are hosting an event for the general public, contact us on phone **(02) 6064 1538** or email **events@awcancertrust.org.au** so we can promote it through our networks too.
- Don't forget to thank your supporters. No matter how big or small the donation, let them know how grateful you are and that they are helping to make a difference to families in our region impacted by cancer.

BANKING YOUR FUNDS

Bank your fundraising as you go and watch as your fundraising tally rises on your individual and team profile. You can deposit the funds via one of four ways listed:

1. ONLINE

Simply pay securely by credit card through either of the following websites:

sunshinewalk.org.au
awcancertrust.org.au/donation

2. IN PERSON

Hand over the donations in person at the Albury Wodonga Regional Cancer Centre Trust Fund. Make an appointment by phoning (02) 6064 1538 or email **events@awcancertrust.org.au**

3. DIRECT DEPOSIT

Deposit your donations at your local bank in to our account:

Bendigo Bank

Account: Albury Wodonga Regional Cancer Centre Trust Fund Inc.

BSB: 633-000
Account No: 150854123

Be sure to notify us of your deposit so we can add it to your fundraising tally. Contact us via phone on (02) 6064 1538 or email **events@awcancertrust.org.au**

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GOOD LUCK WITH YOUR FUNDRAISING!

Albury Wodonga Regional Cancer Centre Trust Fund
PO Box 326, Albury NSW 2640

Email: events@awcancertrust.org.au
Phone: (02) 6064 1538
Website: awcancertrust.org.au