















Your guide to fundraising.

Do something amazing. Make a life-changing difference.

www.teensunite.org
Registered Charity Number: 1118361

teens:)unite
FIGHTING CANCER

Make a life-changing difference...

Every young person deserves to thrive, and cancer shouldn't get in the way.

Cancer brings a specific set of challenges to teenagers and young adults. It impacts their mental and physical health, friendships, education, and their opportunities to achieve.

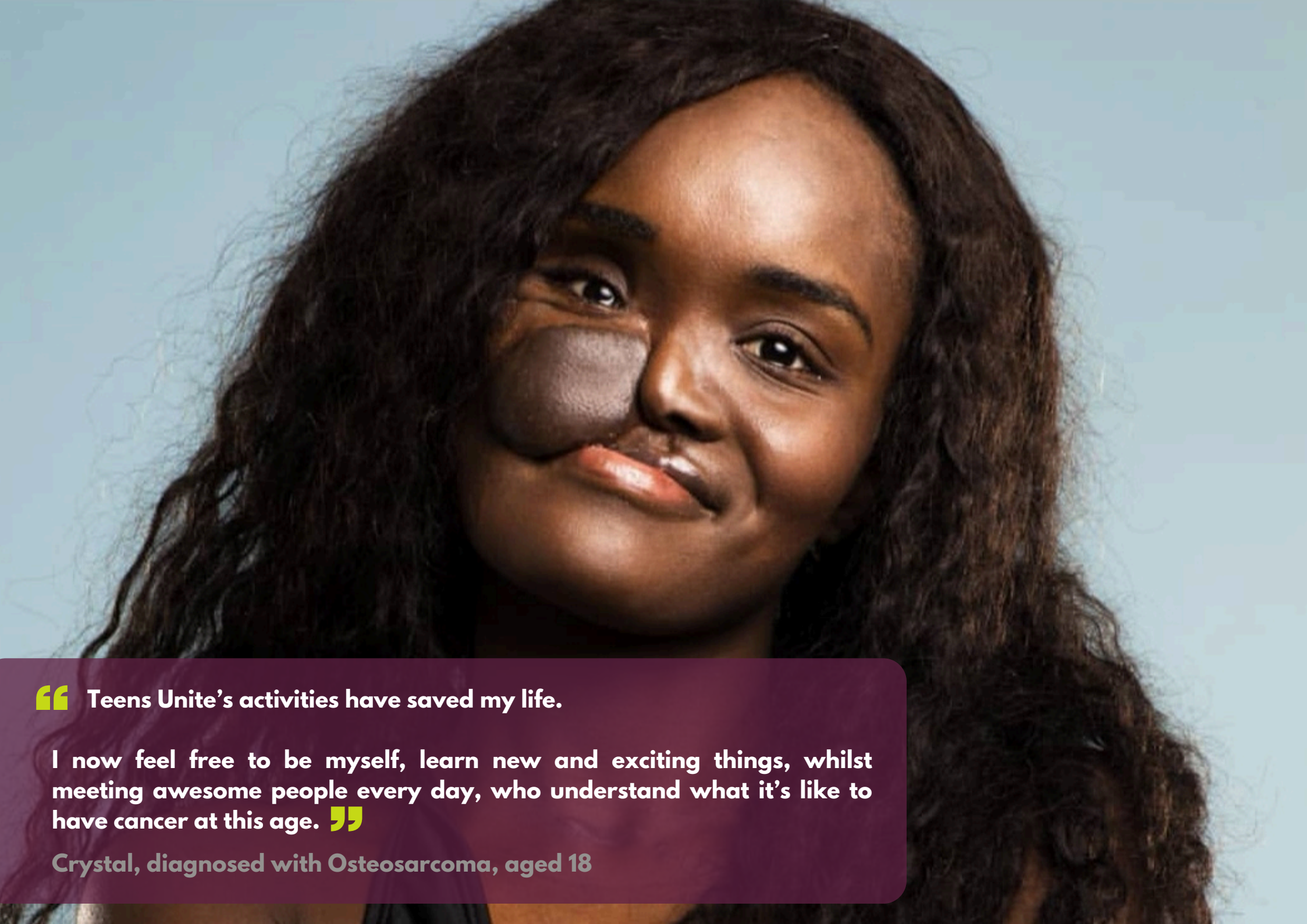
We ensure that cancer doesn't hold them back from reaching their potential, and living life to the full.

Our tailored activities, stays away from home, and programmes support young people aged 13-24 to live positively with cancer, and navigate the years that follow.

With your support, we can reach more young people, at a time when they need us most.

Help us to change the lives of 30,000 teenagers and young adults over the next 10 years





“Teens Unite’s activities have saved my life.

I now feel free to be myself, learn new and exciting things, whilst meeting awesome people every day, who understand what it’s like to have cancer at this age.”

Crystal, diagnosed with Osteosarcoma, aged 18

We really need your support...

Over 40,000 teenagers and young adults are currently living with cancer and the lasting effects of their diagnosis and treatment in the UK. A further 2,500 new cases will be diagnosed this year alone.

96% feel cancer negatively impacts their mental health, yet 44% do not have access to NHS support for this.

In the last 12 months, Teens Unite has provided over 1,600 opportunities for young people to access our support.

However, we still need to do more. We're experiencing a 45% increase in the number of teenagers and young adults registering with us each year.

Only with your support can we continue to meet this growing demand, and provide teenagers and young adults with the support they need during and after cancer.



We can't do it without you...

As a self-funded charity, we need to raise every pound to make our support happen.

For every £1 raised, 89p is spent directly on the young people we support

Here's how you'll be making a difference.

£100	**Registers another young person with Teens Unite** From the first call to welcome packs and an online session within two weeks, we ensure every young person feels supported from the start.
£250	**Buys items for our upcoming activities** Your £250 helps purchase the materials needed to host our activities, from art supplies, to baking equipment, and more.
£500	**Brings a smile to the hospital ward** We'll host an inclusive activity that brings young people on the ward together, sharing food and refreshments, while introducing them to Teens Unite's support.
£1,200	**Transports 40 young people to our activities** Travel expenses are a key barrier for young people accessing our support. Fundraising £1,200 covers transport for 40 young people to attend our activities.
£2,400	**Makes our support accessible** 48 teenagers and young adults will benefit from one of our digital activities from wherever they are in the UK. They'll receive an activity kit in the post, which we'll complete together, and the young people will connect over.

Be inspired...

Meet our incredible supporter and fundraising champion, Jayne.

Ultimate host, always ready for a challenge, and shouts from the rooftops about the work we do.

Jayne has completed six overseas cycles in aid of Teens Unite, raising in excess of £18,000 in sponsorship through different fundraising events with friends, family, and her local community.



Why do you support Teens Unite?

"I want to help and support young people who are going through such a difficult time in their life. They deserve to be themselves and have fun with other young people. You feel so wonderfully proud when you see the difference you are making."

How have you fundraised?

"I've organised gala fundraising evenings, a pre Ascot garden party, curry nights, quiz nights and I'm currently planning a vintage afternoon tea; mainly to raise sponsorship money for the overseas challenges I take on to support Teens Unite."

What's your top fundraising tips?

"Secure more guests than the venue holds as 10% will always drop out, always secure ticket money before the evening and don't leave things until the last minute!"

Top tips for getting started...

This is your first step to doing something amazing!

Whether you're hosting an event, taking on a personal challenge, or bringing your workplace or school together, here's our top tips for getting started.

1 Pick a fundraising activity or challenge

From cake sales to marathons, there are countless ways to make a difference—just choose something you'll enjoy! For inspiration, check out our A-Z of fundraising ideas.

Get feedback from friends, family, and colleagues to gauge their interest in supporting you.

2 Start planning

Set a date early to allow time for training and reaching your sponsorship goal. If organising an event, plan realistically for venue bookings and ticket sales.

Consider timing around bank holidays and school terms, and choose an accessible location. Make a plan and stick to it!

3 Get fundraising and spread the word!

Tell everyone what you're doing and why - post on social media, send a WhatsApp broadcast, and put up posters.

An online fundraising page is the easiest way to collect sponsorship.

Maximise your fundraising - ask about workplace match-funding, hold a raffle, or find a sponsor for your challenge kit!

4 Final preparations

We're here to help with banners, balloons, stickers, t-shirts and more!

After all the planning, it's time to enjoy your big moment. Thank those involved and share what you've done and why.

Around 30-50% of donations come in once a challenge has taken place, so it's important to keep people engaged.

Create your fundraising page...

If you're taking on a challenge, an online fundraising page is the easiest way to collect sponsorship from supporters far and wide.

We recommend using JustGiving. It's quick and easy to set up, and all donations and gift aid are automatically transferred to Teens Unite.

It's great way of sharing updates, and keeping track of how much you've raised. And, if you collect any cash donations, you can still add these onto your page as 'offline' donations, so they are still incorporated into the fundraising total displayed.

To set up your page:

1. Find Teens Unite here
2. Click on 'Fundraise for us'
3. Follow the next steps provided

Our JustGiving top tips:

Personalise your page
Fundraising pages that have a personalised story, on average, raise 65% more, and those who add a photo to their page tend to raise 13% more!

Add a fundraising target
Having a target is a great way of motivating yourself and encouraging your supporters. Don't forget that if you reach your target you can increase it!

Sharing your page
Sure your JustGiving page with family, friends and colleagues! Put the link on social media, and link it to your email signature!

Add updates to your page
Add updates to your page to keep supporters engaged. Include photos from your training, and from the challenge itself.

Create a QR code
Did you know you can create a QR code on JustGiving so people can scan to donate. Add this to a poster or leaflet!

For help with your JustGiving page:

E: info@teensunite.org
T: 01992 440091



“Teens Unite has transformed my life for the better. They’ve boosted my confidence and given many of us hope for the future. I owe much of my progress to them, and I’m excited about the upcoming activities I’ll be part of.”

Motayyab, diagnosed with Leukaemia, aged 23

Host an event...

No matter how big or small your plans, hosting an event is the perfect way to bring together friends, family and colleagues, whilst raising vital funds and awareness.

Here's some of our favourite ideas to get you started, and if you're in need of more inspiration, check out our A-Z guide.

Quiz night

Test your friends knowledge - you could even make it a themed event.
Sell tickets to the event, and think about how you could raise further funds on the evening - could you host a raffle? An auction? Or sell refreshments?

Coffee morning or tea party

Host a coffee morning or tea party at home or in a local venue. Consider sourcing donated products to reduce costs and increase profit, or if it's with family and friends - ask them each to bring some baked goods!

Gala dinner

If you're looking to host a larger scale event, it's time to put on your best outfit ready for a gala dinner. Why not team up with some friends to help with selling tickets and the organisation? Think about the connections you already have for venues and entertainment.

Seasonal fundraising

Why not hold a seasonal event such as an Easter Egg hunt, spooky Halloween disco, or Christmas party to celebrate the festive season.







Take on a challenge...

Anyone can take on a challenge - you just need to find the right one for you.

Take part in one of our organised challenges or if you're looking for something bespoke, we can help you with that too. Whether you're completing it as an individual or a team, we'll support you every step of the way.

Cycle

Whether you join our annual overseas cycling challenge or opt for an adventure closer to home, every pedal you take will help transform lives.

Run

From completing your first 10km run to pushing yourself across the finish line of a marathon; use it as an opportunity to raise vital funds and awareness for Teens Unite.

Trek

The possibilities are endless! From climbing the National Three Peaks in 24 hours, to venturing overseas, or climbing Snowdon at night, we'll find a trek to suit you.

Skydive or Wing Walk

The ultimate adrenaline rush! If you're looking for a challenge that you don't have to train for, a skydive or wing walk could be just what you're looking for!

Something a bit different!

Set yourself a personal challenge with a difference - whether it's squats or climbing stairs, this is your chance to put the 'fun' into 'fundraising'.







Fundraise at work or school...

Supporting charity is the perfect way to bring colleagues, students and parents together within your workplace or school. Opt for something fun that everyone can get involved in.

Bake sale

Why not mix in some ‘Bake Off’ competition? Award prizes for taste and appearance, and then host a bake sale selling the baked goods that have been entered.

Go purple and green

Make a donation to wear our brand colours for one day! Whether you keep it low key with socks or a tie, or go all out with purple and green outfits, it’s an easy way to show your support.

Hold a raffle

Sell tickets within your workplace or school to be in with a chance of winning. Include an ask within the school newsletter for vouchers or prizes, and see what connections your colleagues have.

£10 Challenge

Start with £10, and see how much profit you can turn it into for Teens Unite. Set yourself a time limit, or a fundraising amount to aim for, and keep reinvesting until you get there. Contact us for further information on how the initiative could work for you.

Embrace a challenge

Could students take on a sponsored fun run or dance-a-thon to raise vital funds? Could your company unite to complete a virtual challenge - traveling around the world or covering the distance between your offices?

Ask your organisation whether they would consider match-funding!







Do something extra special...

In memory

Fundraising in memory is a way of creating a lasting legacy for years to come. There's a few ways you can support Teens Unite as you celebrate the life of a loved one.

You may wish to ask for donations in place of funeral flowers, or you may wish to mark their anniversary or birthday by taking on a challenge or hosting a special event. However you decide to remember your loved ones, we'll be here to support you.

A gift in your will

Whether you have a personal connection to the charity, the cause, or share our passion for changing young lives, leaving a gift in your will is such a special act of kindness.

If you're considering including Teens Unite in your will, please get in touch so we can discuss the process with you and tell you more about the legacy you'll provide.

Celebrate with us

Why not make a special upcoming celebration even more memorable, by showing your support for Teens Unite?

Got a birthday coming up? It's the perfect time to run a Facebook fundraiser, or set yourself a birthday milestone challenge. Running 50km for turning 50 has a certain ring to it, don't you think?

Maybe you're getting married? Speak to us about Teens Unite wedding favours or asking for a donation to Teens Unite rather than gifts.



“What an exhilarating adventure it was, pushing ourselves to the limit to complete The Three Peaks challenge in 24 hours.

The breathtaking views, sense of accomplishment, and team work made it an unforgettable experience.

Thank you to everyone who enabled us to support Teens Unite and improve the lives of young people diagnosed with cancer.”

Lee, Contracts Manager, VolkerWessels



We'll support you, too...

We're so grateful that you're going the extra mile to support Teens Unite and we want to support you every step of the way as you train for your challenge, or put the plans in place for your fundraising event.

Here's just some of the ways we can make your fundraising easier, and bring even more meaning to your incredible efforts.

Advice and support when you need it

Our dedicated fundraising team are here to help you have the best fundraising experience, and raise as much as you possibly can.

Whether you need ideas to get you started, help with setting up your online fundraising page, hints and tips to maximise funds and awareness, or a Teens Unite video to play at your event - we're here for you!

Fundraising materials

Whether you're taking on a challenge and in need of a Teens Unite running vest, or looking for branded balloons to decorate a venue - get in touch.

Use our poster template and invites to help promote your event and invite guests to come along.

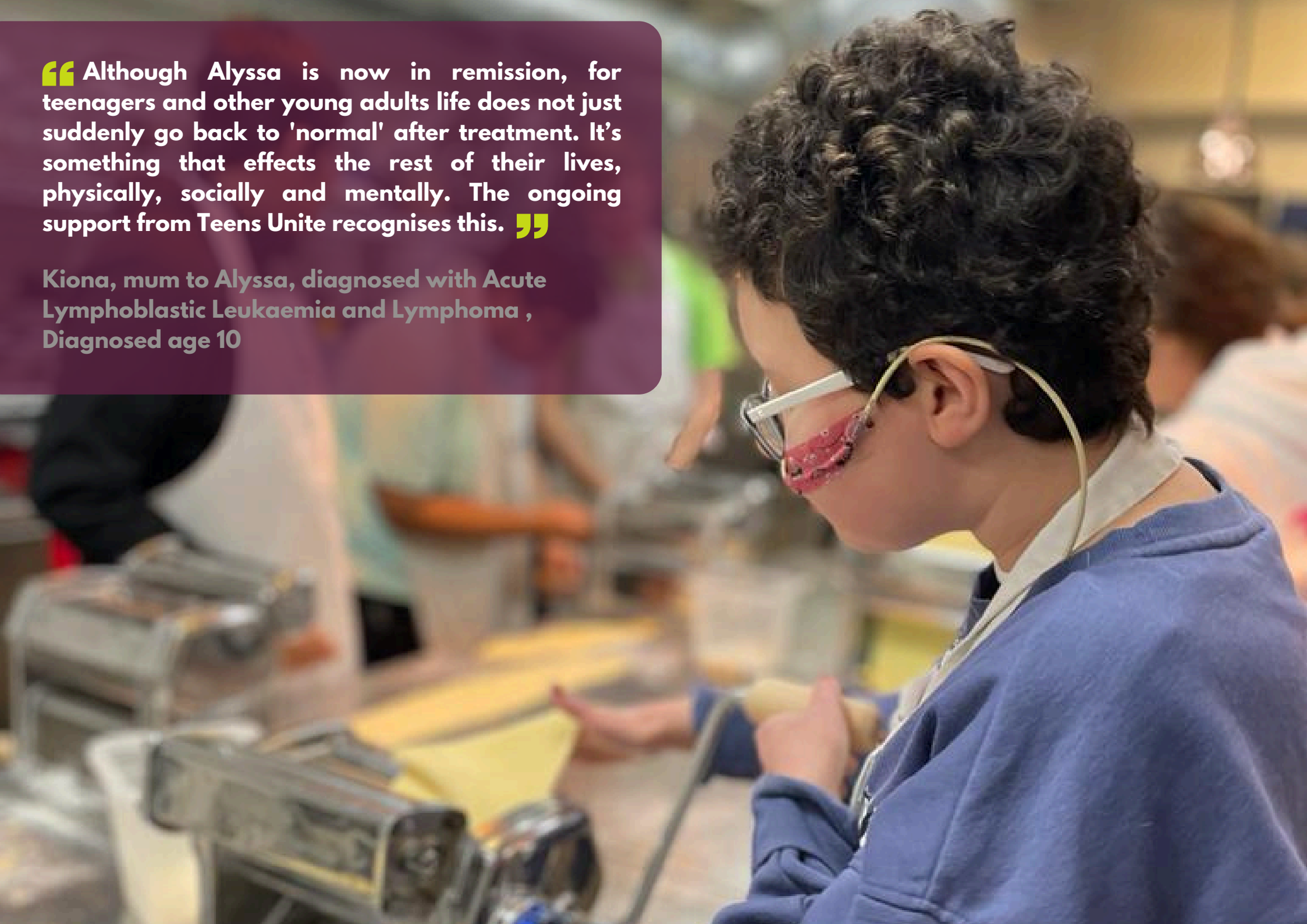
Recognition

From sharing your achievements on our social platforms, to providing you with a certificate you can proudly put on display, we'll show our appreciation for the effort you've put in.









“Although Alyssa is now in remission, for teenagers and other young adults life does not just suddenly go back to 'normal' after treatment. It’s something that effects the rest of their lives, physically, socially and mentally. The ongoing support from Teens Unite recognises this.”

Kiona, mum to Alyssa, diagnosed with Acute Lymphoblastic Leukaemia and Lymphoma , Diagnosed age 10

Paying in your fundraising...

Thank you for supporting Teens Unite. The hard work is over, and now it's time to make a life-changing difference.

The sooner we receive your fundraising, the sooner you'll see the positive impact you've made. Here's how to ensure your funds reach us safely.

JustGiving

If you have used JustGiving then all donations will automatically be sent to us so you don't need to do anything!

Online

You can make a payment to us online via our website at www.teensunite.org/donate

Please put your event as the reference.

Bank Transfer

Bank – Barclays
Account Name- Teens Unite Fighting Cancer
Account Number- 73848671
Sort Code- 20-74-09

Cheque

If you are sending a cheque please make it payable to 'Teens Unite Fighting Cancer'.
Post to: Teens Unite Fighting Cancer, Home Farm, White Stubbs Lane, Broxbourne, Hertfordshire, EN10 7PZ



The legal bit...

To ensure your fundraising runs smoothly and remains fun and enjoyable; there are a few simple guidelines you need to follow to keep everything safe and legal.

Teens Unite branding

The 'in aid of Teens Unite' logo should be used on any posters or advertising that you make, along with our Registered Charity Number (1118361). Contact us for our logo and brand guidelines.

Insurance

If you're using a venue to host your event, they are likely to have public liability insurance, but it's always a good idea to check that this is the case.

Photos and videos

If you're taking photos and videos, make people aware and ensure that you have permission to share them.

Food and drinks

Take care when handling, preparing and storing food.

Visit the Foods Standard Agency for guidance. If you're planning on selling alcohol, ensure you have a license.

Public collections & lotteries

If you are planning a collection in a public place, then you may need a license. Contact your local authority to find out more.

For information on holding a raffle or lottery, click here.

Data Protection

Only collect the personal details that you need, store them correctly and destroy them once they are no longer needed.

We'd love to keep them updated on all things Teens Unite, but you'll need to ask their permission for us to do so.

First Aid

If your event involves physical activity, you may wish to get some advice from St Johns Ambulance.

Under 18?

Please seek permission from a parent/ guardian and Teens Unite before starting your fundraising.

Have a question? Contact us:
E: info@teensunite.org
T: 01992 440091

Thank you for your support...



Roxanne Lawrance,
Chief Executive

“The support Teens Unite provides is only possible with the kindness and generosity of people just like you.

With our support, and yours, teenagers and young adults are empowered to live positively with cancer, and embrace life beyond it.

When you fundraise for Teens Unite, you’re not just raising money; you’re creating life-changing opportunities for teenagers and young adults to reach their potential without cancer holding them back.

No young person should have to face cancer alone. Your efforts help us to unite more teenagers and young adults from across the UK, through our activities, programmes, and residential stays.

With the support of Teens Unite, 100% of teenagers and young adults diagnosed with cancer feel better connected and less alone.

91% feel an improvement on their mental health, and 84% see an improvement on their physical ability.

Thank you for ensuring more teenagers and young adults can benefit from our life-changing support.”

Don’t forget to follow us on social to tag us in your fundraising!

@teensunitefightingcancer

Did you know? You can fundraise online too! Here’s how:

Sorting out your wardrobe?

Sell your unwanted clothes on Vinted and donate the proceeds to Teens Unite.

Fundraise as you shop.

There’s over 7,000 brands listed with EasyFundraising, and when you shop through their website, and opt to support Teens Unite, a donation automatically makes its way to us with every purchase.

Shop with us on Vinted and eBay!

You’ll find brand new items from high street retailers at a fraction of the RRP.

Find us on eBay and Vinted.



Registered with FUNDRAISING REGULATOR

teens:)unite FIGHTING CANCER

Registered Charity Number: 1118361