

Fundraising for...



**GastroIntestinal Stromal Tumours
are rare, but you are not alone!**

Registered charity number 1129219

Thank you for fundraising for **GIST Cancer UK**

GIST Cancer UK's mission is to ensure that all GIST patients have access to the very best treatment and to work with all who are affected by or who have an interest in **GIST cancer**, to find effective treatments and a cure.

GIST Cancer UK is here for patients as they come to terms with living with GIST. We are a network of patients and carers, all of whom are affected by GIST. We share experience and offer each other mutual support by telephone and by email. We hold regional meetings, where patients and carers have the opportunity to meet and hear the latest developments from GIST specialists.

We have information about GIST, the treatment options, new clinical trials and we offer patients the opportunity to connect with other patients so that they can help each other. All of these things can help patients feel more in control and help to make informed choices about treatment.

In addition to support and information we are also helping to develop GIST specific infrastructure in the UK to stimulate and **support GIST research**.

The **PAWS-GIST initiative** is a specialist branch of **GIST Cancer UK** which focuses on children, young people and all with wild-type GIST. We have also launched the **National GIST Tissue Bank**.

We need to continue to sustain these projects and instigate and stimulate research. We endorse and support GIST research projects.



We are very grateful for the support we receive from volunteers throughout the UK who work hard to raise vital funds on our behalf and we are delighted that you have shown interest in our charity and the work we do.

There are many ways you can help...

Individuals and small groups

fundraise for us by running marathons, taking part in sponsored swims, cycle rides, bungee jumps, cake sales, coffee mornings, by holding discos, balls, come dine with me events, quizzes, auctions – the list is endless, you name it we do it!

We welcome **corporate partnership**, so if you own or are the employee of a company, maybe you can distribute our collection boxes throughout your organisation and collect donations on our behalf. **You could also adopt us as your charity of the year** and encourage your employees/colleagues to raise funds on our behalf.

ANY DONATION, HOWEVER SMALL, WILL MAKE A DIFFERENCE TO GIST PATIENTS



Contact

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canceruk

e fundraising@gistcancer.org.uk

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   @gistcanceruk

Our amazing supporters

I did a 1000km cycle ride across France...

I did the ride because I saw my dad go through a variety of treatments for GIST over 5 years and, although he had fantastic care from the NHS and there's been lots of advances in treatment, there's clearly more research needed. His drug treatment had unpleasant side effects, even making it impossible for him to walk at times.

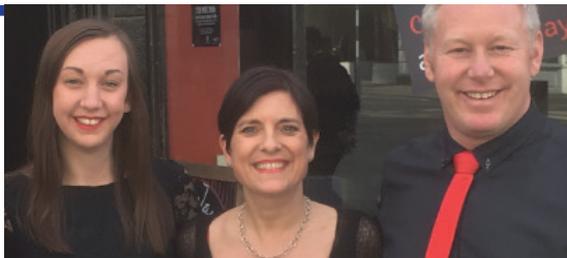
I've always loved cycling since my dad got me into it as a teenager and we'd talked about doing this French ride for a while. Obviously he was unable to cycle it with me but he came in a support vehicle and it was great to do the ride together.

I certainly wouldn't have been able to ride 1000km in a week without his help. I wanted to do the ride for **GIST Cancer UK** because they do fantastic work to raise awareness about this little-known cancer, support patients and fund research. I made a film of the ride www.youtube.com/watch?v=vF86zG7VV0g we have raised over £4000 for GIST Support UK.

Alex



Just before my 40th Birthday, I aborted a five mile run due to severe chest pains.



I saw my doctor who arranged tests to establish the cause. and was immediately admitted to hospital and given 3 units of blood. Further tests detected a tumour which was diagnosed as GIST. I later underwent 7 hours of surgery to remove a 7.7cm tumour followed by 3 years of chemotherapy to prevent the cancer returning. During this time my wife was diagnosed with breast cancer and she also had to undergo chemotherapy!

Before my diagnosis I had never heard of GIST. I Googled the word GIST and phoned GIST Cancer UK. I spoke to Judith Robinson who gave me help and inspired me with confidence.

I attended my first GCUK Meeting in 2011 and have been to every one since. I offered to join the Trustee Board in 2012 and was elected as Chair in 2014.

I have abseiled the Orbit Tower in London's Olympic Park and participated in many other fundraising events to raise money for GCUK Research Projects and raise awareness of GIST cancer. As we are all volunteers every penny raised helps support patients like me.

Nic

GISTs are rare cancers and because of this, patients should be referred to a specialist unit for treatment.

About 800 people are diagnosed with GIST cancer in the UK each year.

GISTs belong to a group of cancers called soft tissue sarcomas.

Most GISTs begin in the stomach or small intestine.

Contact

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f t i @gistcanceruk

Our top tips for fundraising success!

Event safety and Insurance

- Your event needs to be overseen by at least one responsible adult.
- Check whether you need a person with official first aid qualifications present.
- Conduct a risk assessment to ensure that you have proper plans for the safety of participants.
- Participants should be fully briefed about the event, including where relevant, of any risks, special equipment, fitness or clothing requirements and expectations of behaviour.
- Ensure that your event is adequately supervised.
- Where children (under 16) are involved, this includes:
 - a) providing proper adult supervision
 - b) gaining the parents/carers permission for their child's participation
 - c) carrying out appropriate background checks if adults have unsupervised access to children - we would suggest that all children are accompanied by a parent or carer.
- You need to ensure that you have appropriate Public Liability Insurance (PLI) for your event. Find out if your venue has its own PLI, and ensure that any third party providers, such as caterers, DJs or bands have their own PLI. GIST Cancer UK/PAWS-GIST cannot provide PLI for your event.

For fundraising guidance:

www.institute-of-fundraising.org.uk/about-us/

For advice on first aid at events: www.sja.org.uk

Sales, Sponsored events & lotteries

If you are selling tickets for an event make sure you have a procedure in place for selling tickets, collecting payment and keeping track of donations. For sponsored events, we recommend setting up a Giving page. Lotteries and raffles are governed by strict rules – check out:

www.gamblingcommission.gov.uk/Gambling-sectors/Lotteries/Lotteriesraffles.aspx

We can help by providing T-shirts, posters, flat pack collection boxes, sponsor forms and banners. We can publicise your event via our website, Twitter, Facebook and through press releases. Anything else you need? Please contact us.

Thanks again
for choosing



Licenses

When using one of our collection boxes please note that if your collection is open to the public but is being held on private property such as within a shopping centre you must obtain permission from the manager or landowner.

You don't need a licence to place static collection boxes in a shop or other business as long as you have the permission from the business owner. If you are holding a collection in the street, you'll need to obtain a licence from the local authority in the area in which you are making the collection, or if this is within Greater London, the Metropolitan Police.

Check whether you need any special licences e.g. for public entertainment, to sell alcohol etc.



Targets, Planning & Budgeting

Remember, to set a fundraising target, budget for any cost and plan the event in detail – this way there is less chance of anything important being overlooked. Your event plan should contain a complete budget, listing of all the expenses that will be required to hold the event and to make it a success. Some events don't incur any expense such as a sponsored silence. However, events such as balls, dinners and table top sales etc. are likely to incur some outlay. The budget should take into account your fundraising target and ensure that you raise this amount once all your outlay is deducted.

Brief all participants before the event is due to take place about their responsibilities and what they are expected to do when.

Contact GIST Cancer UK

e fundraising@gistcancer.org.uk

w gistcancer.org.uk

f **t** **i** [@gistcanceruk](https://www.instagram.com/gistcanceruk)

