



**SHINE**  
Cancer Support

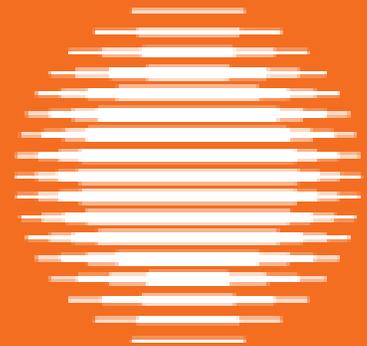
# #SMASHITFORSHINE FUNDRAISING GUIDE

[WWW.SMASHITFORSHINE.ORG](http://WWW.SMASHITFORSHINE.ORG)



# SMASH IT FOR SHINE

Challenge yourself this year and become a superhero for young adults living with cancer!



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We are looking for everyday superheroes: people just like you that are up for challenging themselves to do something different this year.

Whether it's hosting a dinner party or climbing a mountain we'd love to hear about something that pushes you out of your comfort zone and ticks something off of your 'to do one day' list!

Take a look at some of our challenge ideas. Pick one or make up your own, pledge to make it happen in 2017 and we'll encourage and support you to make it happen. Sharing your goal makes you more likely to achieve it so we'd like you to fill in the pledge page printout and take a selfie.

Share your selfie with us using #smashitforshine and let all of your friends know what you are up to.

We'll remind you of the key dates you set in your challenge, encourage you and share your success with other challengers and our charity supporters.

Raise vital funds for young adults with cancer by raising sponsorship to complete your challenge or by pledging to donate yourself. If you raise more than £20 and complete your #smashitforshine challenge and we'll send you an exclusive, limited edition 'I smashed it for Shine' T-Shirt and certificate.

# This year, I am going to...

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# #smashitforshine



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Set your own challenge at [smashitforshine.org](https://smashitforshine.org)

# CHALLENGE IDEAS



## PHYSICAL

Climb a mountain

Run 5k/10k/marathon/half marathon

Climb Scafell Pike with Shine  
([Find out more](#))

Do a triathlon

Climb Kilimanjaro with Shine  
([Find out more](#))

Swim a mile/swim the Channel (equivalent in pool)

Hold a Shine Climb event on 10th June ([Find out more](#))

Join the gym



## LEARN A NEW SKILL

Learn a language

Learn a new craft

Sign up for a night class

Build something

Learn to cook Thai food

Upcycle a piece of furniture

Go to circus school

Learn to drive

Learn to sew/knit/crochet

Learn to knit



## GET OUT OF YOUR COMFORT ZONE

Take a skydive

Run a Shine fundraiser i.e. a charity auction, a wine-tasting or a bake sale

Do a bungee jump

Wing walk

Do a skinny dip

Scale the O2

Learn to pole dance

Host a dinner party  
([find out more](#))

Swim with sharks

Write a story

Wear fancy dress



If you'd like more motivation for a physical challenge, why not take a look at our friends virtually geared? They'll send you a medal when you complete a virtual race and £1 from each comes to Shine too! Visit [virtuallygeared.com](http://virtuallygeared.com) for more details.

# WHY GET INVOLVED?

Shine support adults in their 20s, 30s and 40s who have experienced a cancer diagnosis. Too old for children and teenage services but too young for traditional cancer support, we support the people who fall into a devastating cancer support gap.

Young adults with cancer have experience higher rates of loneliness, depression and isolation than older patients, and their work and family lives are more likely to be affected. We know, for example, that at least 50% of those we support feel unable to work in the same way as they did before they were diagnosed, and that many people have severe difficulty returning to work. We also know that many people who need psychological support after a diagnosis simply don't get the help they need.

Shine is working hard to ensure that every young adult with cancer in the UK can access the information, help and support that they need in a way that suits them. We know that young adults have spent enough time in hospital and with medical professionals – so all of our events are held in places that people want to go anyway (we'll see you down the pub!). In addition to our 10 Shine Networks across England and Wales, we also run retreats, conferences and workshops aimed at helping people to get their lives back on track. By supporting us, you're helping the 30,000 young adults diagnosed with cancer in the UK every year.

If you would like to discuss  
any of the information in  
this pack please email  
[donate@smashitforshine.org](mailto:donate@smashitforshine.org)

THANK YOU