

RUN for Pretty n Pink



Deep River Rock Belfast City Marathon, Monday 1st May 2017

**Thank you for choosing to run in the 2017 Belfast City Marathon for
Pretty 'n' Pink Breast Cancer Charity!**

Your support is greatly appreciated and we want you to know that we will be using any money you might raise from participating in this event to help fund the Pretty 'n' Pink Support Fund. Each year in Northern Ireland almost 1300 people are diagnosed with breast cancer placing huge strains upon families. The Pretty 'n' Pink Support Fund aims to help with the everyday practicalities of coping with a cancer diagnosis and provides financial help for things such as:

- Help with travel costs to and from hospital appointments
- Help with mortgage / rent payments
- Essential home adjustments
- Specialist post-surgery underwear / swimwear
- Much needed respite breaks

And much more

Further information on the Support Fund can be found on our website at www.prettynpink.org, or by contacting us on 02890 517043 / info@prettynpink.org.

Now you know how your money will be used we have detailed below some useful tips to help you with your fundraising.

Useful tips for fundraising

- ✓ **Gift Aid** - Make sure your donors Gift Aid their donation to you (*as long as they are entitled to do so*). Gift Aid increases the value of donations by allowing the charity to reclaim basic rate tax on your gift. If you are unsure if your donor is entitled to gift aid their donation to you, please refer to the guidelines on the HM Customs & Revenue website at www.hmrc.gov.uk.
- ✓ **Just Giving** - Set up your own Just Giving page to make it easier for people to sponsor you.
- ✓ **Just TEXT Giving** – Set up your own TEXT number where friends & family can easily donate to you Just Giving page. <http://www.justgiving.com/en/justtextgiving>
- ✓ **Social Media** - Use social media sites such as Facebook and Twitter to promote your Just Giving Page.

- ✓ **Email** - Email all your contacts to let them know what you are doing and to tell them about Pretty 'n' Pink.
- ✓ **Friends & Family** - Make sure all your friends, family and work colleagues know how they can support you.
- ✓ **Corporate Sponsorship** – Ask your company to sponsor you, or if possible to match the amount of sponsorship money you have raised.

Remember to follow our Facebook page in the run up to the big event.

Good luck with the training and with the fundraising.

If you require anything further, please do not hesitate to contact us.

You MUST register with Belfast City Marathon to take part on the day

Before taking part in any event such as this you should ensure that you are physically fit enough to do so