

POWER AN HOUR

**MACMILLAN +
GIRLGUIDING
ANGLIA**

WHAT IS POWER AN HOUR?

This fundraiser is all about our Macmillan nurses. £28 funds a Macmillan nurse for 1 hour and so we're asking units to hold fundraising events to see how many hours you can fund! You can decide what fundraiser to hold, but there are some ideas below to help you.



FUNDRAISING IDEAS

Here are some ideas we've come up with, but feel free to think of your own ideas too – and remember, you can always call us on 0300 1000 200 or email fundraising@macmillan.org.uk if you'd like to talk about any ideas you have



- Hold a fundraiser at your unit (see the ideas below) and try to fill a tube of smarties with pound coins. A smarties tube fits around £28 pound coins in it – which happens to be how much it costs Macmillan to fund an hour of nursing care
- Go Green for Macmillan – ask your school to allow a Go Green day where everyone wears an item of green in return for a donation
- Hold a 'name the teddy bear' competition, asking for donations
- Hold a sponsored silence
- Help your family around the house in return for donations
- Organise a stall at a community event –e.g. tombola, lemonade stall, cake sale, jumble sale etc.
- Ask school if you can bake cakes to sell at lunchtime
- Talk to adults about the hour of nursing you are trying to fund, and see if they are able to donate

SENDING IN DONATIONS

When you've done your smarties challenge you'll need to send your contributions to Girlguiding Anglia for processing by paying all monies onto your unit bank account and sending a cheque made out to 'The Guide Association Anglia' indicating Macmillan challenge on the reverse and sent to the address below. The cheque should be sent along with a Funds Raised Form and for sponsored activities sponsorship forms should also be included to allow Gift Aid to be processed. Please do not send cash in the post. All monies and sponsorship forms for the smarties challenge need to be received by Girlguiding Anglia no later than two weeks after your challenge.

Please send your Funds Raised Form and cheque to The Macmillan Cancer Support Challenge, Girlguiding Anglia, Anglia Region Office, 7 Great Hautbois Road, Coltishall, Norwich, NR12 7JN

Together with

**MACMILLAN
CANCER SUPPORT**

