



The day
we take back
from cancer

Daffodil Day
24 March 2023
Fundraising Guide



**Irish
Cancer
Society**

Your fundraising journey starts here....



Welcome to your fundraising guide for Daffodil Day 2023!

Thank you for taking part in **Daffodil Day 2023, the day we take back from cancer!** We are delighted to have you on board.

Cancer takes from us every day. It takes big days, little days, and everything in-between. It replaces them with treatment days and recovery days. But together we have the power to take these days back from cancer. **This Daffodil Day is a day to give hope and raise vital funds so that one day, cancer can take no more.**

By joining the Daffodil Day community this year, you are making a difference to thousands of cancer patients and their families. The Irish Cancer Society typically receives only 3% of its income from the Government, so it's only thanks to the generosity of wonderful supporters like you, that we are able to fund cancer research and support services for people affected by cancer.

Your support shows that no matter what cancer patients are going through; they don't have to go through it alone and thanks to people like you, they never have to.

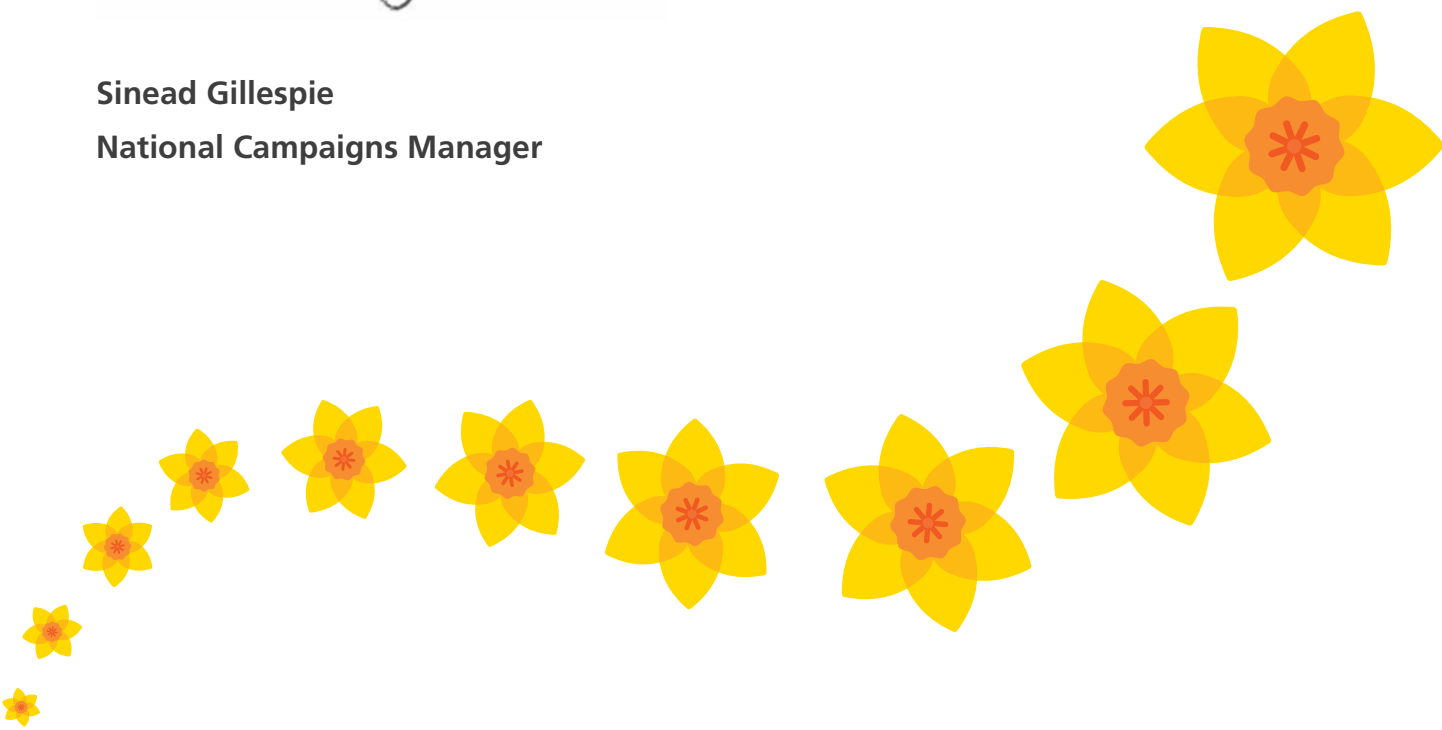
Enclosed, you will find everything you need to help with your fundraiser - tips on how to make the most of your event, where to download materials for your event, information on how to lodge your donations and where your hard earned donations go.

We want to ensure you have everything you need, if you have any questions please contact us on **0818 10 20 30** or email fundraising@irishcancer.ie, we are happy to help!

Best of luck with your fundraiser!

Sinead Gillespie

Sinead Gillespie
National Campaigns Manager



Fundraising tips



How to make the most of your Daffodil Day event

Start early – The earlier you begin, the more people you can reach and the easier your fundraising will be.

Fundraise online – When you register we will send you your own JustGiving online fundraising page. Share this with family and friends, it's a great way for those that can't attend to still donate and support your event.

Set a goal – Having a set goal to reach is a great motivator to help you reach your target and encourages others to support you too!

Check out our toolkit – Check out our toolkit [here](#). You will find everything you need to promote and decorate your event! We have tips on how to use your JustGiving page and lots of downloadable materials too.

Fundraising Guidelines – Keep up to date on our [fundraising guidelines](#) and our guidance on hosting your Daffodil Day event.

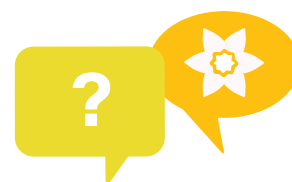
Show your gratitude – Any time someone makes a donation, remember to thank them with a quick email or a status update on social media. It's a nice thing to do, and creates a real buzz around your fundraising.

How to get the word out

Word of mouth – Tell your friends, family and colleagues that you're raising money to fund support services and life-changing research. Send a text and share a link to your fundraising page through email, WhatsApp or Messenger. Keep sharing in the lead up to your event to get as many donations as you can!

Pop it on your socials – The quickest way to promote your fundraiser to the masses. Share your Daffodil Day event on platforms such as Facebook, Instagram and Twitter. Don't forget to tag us at [@IrishCancerSociety](#) when you do and use the hashtag [#DaffodilDay](#) so we can help you spread the word!

Alert the press – Send your story into local newspapers. Include fundraising information and why you are getting involved this Daffodil Day.



Need support? – Our Fundraising Team is here to help! Contact the team at fundraising@irishcancer.ie or **0818 10 20 30** for more information.

Your impact



The impact of your support

Every single euro you raise will make a difference to cancer patients and their families throughout Ireland. Make sure to let your friends and family know the impact of their support!

In 2021 donations from events like yours allowed us to continue providing services and support for people affected by cancer, throughout Ireland. Below you can find just some of the ways these donations have made a difference.

- **Counselling** – Funds raised during Daffodil Day 2021 allowed for the expansion of the Irish Cancer Society's Counselling Service. In 2021 alone, we provided **14,400** counselling sessions.
- **Cancer Research** – We invested **€3.9 million** in cancer research in 2021. All thanks to your support, we are the largest voluntary funder of cancer research in Ireland. Each year the Society funds over **120** cancer researchers across the country.
- **Free transport** – Our Volunteer Driver service provided **13,000** free drives for patients to and from their cancer treatment. This service supports those who are having difficulty getting to and from their local appointments.
- **Childhood, adolescent and young adult cancer support** – The Society was able to increase supports and services available to those going through a childhood cancer diagnosis, so that no family has to face this journey alone. Some of these supports include in hospital support, fertility preservation and financial grants.
- **Support Line and Daffodil Centres** - Our Support Line and Daffodil Centre Nurses were able to reach out to people impacted by cancer through over **22,500** supportive and comforting conversations.
- **End-of-life care** – In 2021, our Night Nursing service provided **7,323** free nights of care to **2,200** cancer patients, allowing patients at end-of-life to spend their final days at home, surrounded by their loved ones.
- **Cancer Prevention** – Last year we brought our Your Health Matters Roadshow to **10** locations nationwide, educating **19,000** people face-to-face to ensure that more people learn how to reduce their risk of cancer and detect cancer early.



Every donation counts

€25

can help provide transport for both children and adults to and from their chemotherapy treatment using the Irish Cancer Society's Volunteer Driver Service.

€50

can help provide vital clinical equipment for an Irish Cancer Society Night Nurse.

€60

will cover the cost of a counselling session to help a person cope with a cancer diagnosis in their life.

€375

will cover the cost of one night of Night Nursing, providing end of life care to a patient in their own home.

SPOT CANCER EARLY

The main changes to look out for are **UNEXPLAINED**, **PERSISTENT**, or **UNUSUAL**.

UNEXPLAINED

LUMPS OR SWELLING



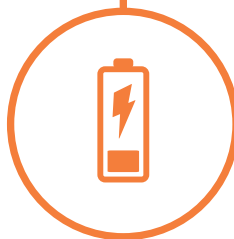
Check your whole body, not just your testicles or breasts.

BLEEDING THAT ISN'T NORMAL



Coughing up blood or noticing it in your urine or bowel motion, or bleeding from your vagina between periods, after sex, or after the menopause.

FATIGUE



Feeling tired for no clear reason.

WEIGHT LOSS



Unrelated to dieting.

UNEXPLAINED, CONSISTENT PAIN



Pain that you cannot explain and that doesn't go away after three weeks.

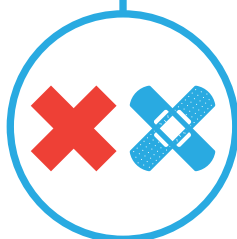
PERSISTENT

COUGH, CHANGES IN YOUR VOICE OR FEELING SHORT OF BREATH



If you have any of these problems for more than three weeks, especially if you are a smoker or ex-smoker.

SORES THAT DON'T HEAL



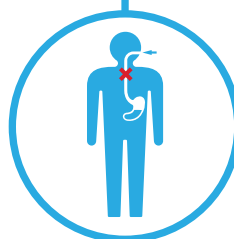
If a spot, wart or sore does not heal get it checked, even if it is painless.

BLOATING



Bloating that doesn't go away within a few weeks.

DIFFICULTY SWALLOWING, INDIGESTION OR HEARTBURN



It is not normal to have indigestion or heartburn that happens a lot or is very painful. Difficulty swallowing is not normal either.

MOUTH OR TONGUE ULCER



Having a mouth or tongue ulcer for more than three weeks is not normal and needs to be checked by a doctor or dentist.

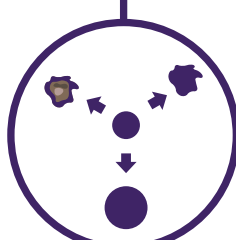
UNUSUAL

CHANGES IN BOWEL OR BLADDER HABITS



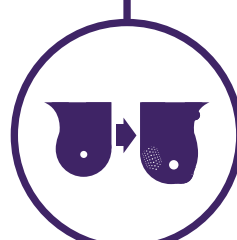
Constipation, diarrhoea or problems passing urine for more than three weeks.

NEW MOLE OR CHANGE TO AN EXISTING MOLE



Check your skin for new moles and watch for changes in colour, shape or size in existing moles.

ANY CHANGE TO YOUR BREAST



Check for changes in the shape, size, nipples, and skin, or pain in your breast.

If you have any questions about cancer, **Freephone 1800 200 700** for our Support Line or email supportline@irishcancer.ie

@IrishCancerSoc

@IrishCancerSociety

@irishcancersociety

Cancer.ie

These symptoms can be caused by conditions other than cancer, but it's important to go to the GP and get any unusual changes checked out. It could save your life.

How to bank your funds

Please bank your funds within 4 weeks of your event so your hard earned donations can get to work straight away.



JustGiving/Facebook: Money raised on these platforms is automatically transferred to us each month so you don't have to worry about lodging your funds.



Online: Visit our dedicated event lodgement form at www.cancer.ie/LodgeFunds and submit your funds raised using your credit or debit card.



Over the phone: Call the Fundraising Team on **0818 10 20 30** to lodge your money using your credit or debit card.



Send us a cheque or bank draft: Drop a cheque or bank draft in the post with your name, address and supporter number. Our address is **43/45 Northumberland Road, Dublin 4. All cheques must be made out to Irish Cancer Society.** Please write any further information on the back of the cheque.



By bank: Make a bank transfer online or lodge any cash donations by bank with the details below. Please make sure to include your name and supporter number in the details of the transfer.

Bank Details: Daffodil Day Bank
Account AIB, 9 Terenure Road
East, Rathgar, Dublin 6.
ACCOUNT: 09105304
SORT CODE: 93-10-98
IBAN: IE56 AIBK 9310 9809 1053 04
BIC: AIBKIE2D



At the Post Office: You can lodge your funds at the Post Office. When you do, please contact us on 0818 10 20 30 to let us know the date, amount and post office location of your lodgement so we can acknowledge your generosity.

Remember:

We want you to enjoy your fundraising event and stay safe! The Irish Cancer Society accepts no liability for any loss, damage or injury caused during the event you undertake. The Society's insurance does not cover property or the property of your helper or guests, nor does it cover your personal liability for any injury suffered by yourself or your event participants. You should seek independent insurance advice prior to organising your event. Remember to use common sense when it comes to health and safety. Where food is involved, please take care and work to ensure safe preparation, storage and cooking. Please follow good hygiene practises.

Irish Cancer Society
43/45 Northumberland Road, Dublin 4

Daffodil Day Fundraising Hotline: 0818 10 20 30

Support Line: 1800 200 700

Email: fundraising@irishcancer.ie

www.cancer.ie

@IrishCancerSociety

@IrishCancerSociety

@IrishCancerSoc

Disclaimer:

The Fundraiser agrees to release the Irish Cancer Society to the fullest extent permissible under law for claims and demands of any kind, and from all liability that may arise in respect of any damage, loss or injury occurring to any person or property, except where such liability arises because of the negligence of the Irish Cancer Society or its agents.

The Irish Cancer Society reserves the right to terminate the agreement relating to an event at any time if it appears there is a likelihood of the Fundraiser failing to adhere to any of the terms and conditions.

Compliance with Fundraising Guidelines:

We are committed to ensuring fundraising is carried out ethically and safely according to Government legislation, the Charities Institute Fundraising Guidelines and the Charities Regulator guidelines on fundraising from the public. Please make yourself aware of these ahead of planning your event. Details of current fundraising guidelines can be found on our website [here](#).

