

Daffodil Day 2022

Fundraising Guide

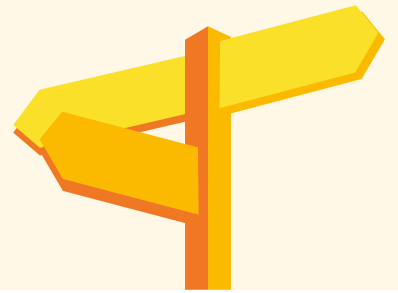


Kindly supported by

Centra
LIVE EVERY DAY

 **Irish
Cancer
Society**

Your fundraising journey starts here....



Welcome to your fundraising guide for Daffodil Day 2022!

Thank you for taking part in **Daffodil Day 2022, the day we take back from cancer!** We are delighted to have you on board.

During these difficult times, the pressure on the Irish Cancer Society services is immense, and that's why this year's Daffodil Day is so important. It's absolutely vital that we're there for everyone who needs us. Irish Cancer Society services rely heavily upon Daffodil Day so we can offer support to all those affected by cancer.

By taking part, you are making a real, practical difference to thousands of cancer patients and their families. Spurring on research and progress. Keeping vital services available. Supporting people along the way. Helping to take back from cancer.

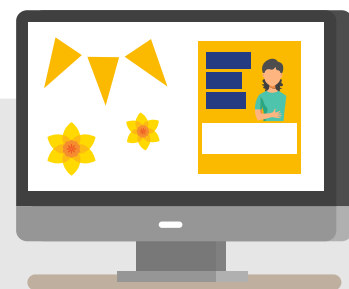
Your support shows that no matter what cancer patients are going through; they don't have to go through it alone. Thanks to people like you, they never are.

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!

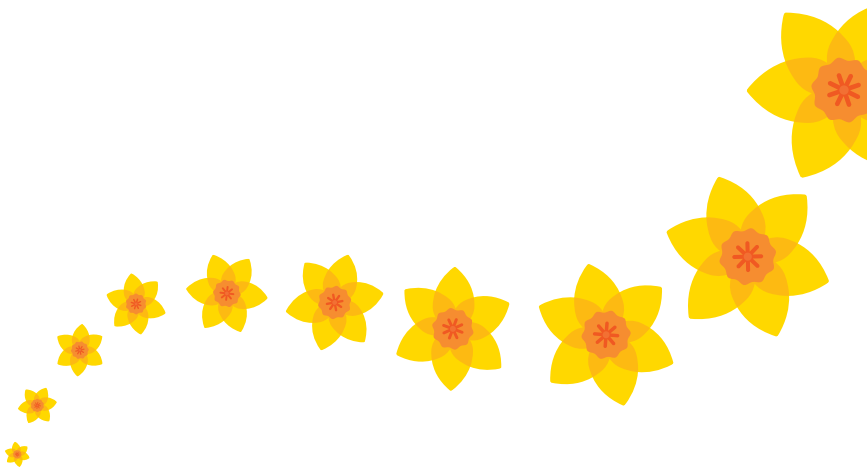
Best of luck with your fundraiser!

Sinead Gillespie
National Campaigns Manager



How it works

- 1 Choose Your Event
- 2 Set Your Fundraising Goal
- 3 Raise Money
- 4 Hold Your Event
- 5 Call the Fundraising team on **0818 10 20 30** for more information.



Organise your own Daffodil Day fundraiser!



How to make the most of your Daffodil Day event

Government guidelines – Check in with Government guidelines to ensure your fundraiser is safe to hold.

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

Fundraise online – Every registration gets their own JustGiving page, share this with family and friends, it's a great way for those that can't attend to support your event.

Set a goal – Having a set goal to reach is a great motivator to help you reach your target!

Get downloading – Check out our free downloads [here](#)! We have everything you need to promote or decorate your event!

Get dialled in – Our fundraising team is here to help! Give them a call at 0818 10 20 30.

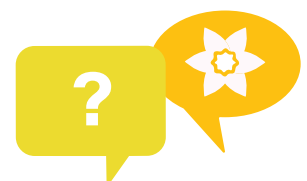
Show your gratitude – Any time someone makes a donation, remember to thank them with a quick email or a status update on social media. Thank each person who donates to your page.

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.

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.



Every single euro you raise will make a difference to cancer patients and their families throughout Ireland.

Did you know, in 2021 donations from events like yours allowed us to...

- Dedicate record amounts of funding for counselling services and vital clinical trials to help improve cancer patients' lives now and into the future
- Increase supports available to those going through a childhood cancer diagnosis, so that no family has to face this journey alone
- Reach out to people impacted by cancer through over 22,500 supportive and comforting conversations with our Support Line and Daffodil Centre nurses
- Provide 7321 nights of Night Nursing, to allow patients at end of life to spend their final days surrounded by their loved ones.
- Continue to be the voice of the cancer community, to ensure cancer didn't become 'the forgotten C' during Covid-19
- Bring our Your Health Matters roadshow to 10 locations nationwide, educating 19,000 people face-to-face on how they can catch the signs of cancer early

Every donation counts

€25

Can help cover the cost of driving a cancer patient to and from a chemotherapy appointment using our Volunteer Driver Service



€50

Can help provide vital clinical equipment for a Night Nurse.



€60

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



€365

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



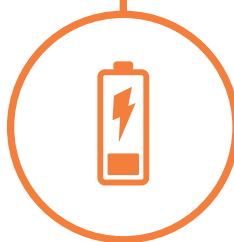
Check your whole body, not just your testicles or breasts.

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.

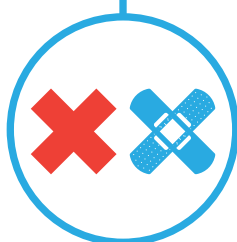
PERSISTENT

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



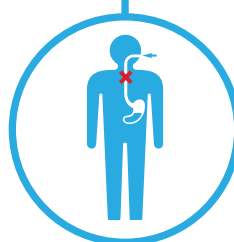
If a spot, wart or sore does not heal get it checked, even if it is painless.

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.

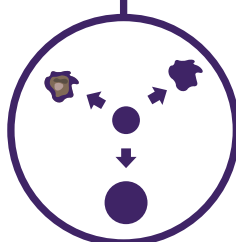
UNUSUAL

CHANGES IN BOWEL OR BLADDER HABITS



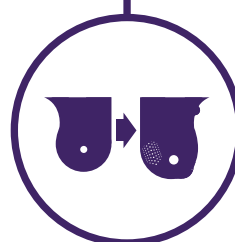
Constipation, diarrhoea or problems passing urine for more than three weeks.

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.

Ways 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: If you are raising funds on JustGiving or Facebook, the donations are automatically transferred to us monthly so you don't have to worry about lodging your funds.



Online: Visit www.cancer.ie/LodgeFunds and use our online form to submit your funds raised using your credit card, debit card or PayPal.



By card over the phone: Call the fundraising team on **0818 10 20 30**.



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**. Due to new banking procedures 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 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:
If you lodge your funds in a Post Office, please contact us at 0818 10 20 30 to let us know the date, amount and post office location of your lodgement. These donations are transferred to us anonymously from An Post and we want to be able to 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

Ground Floor, Lawley House,
Monahan Road, Cork

Daffodil Day Fundraising Hotline: 0818 10 20 30

Support Line: 1800 200 700

Email: fundraising@irishcancer.ie

www.cancer.ie

@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, 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.

Public Health Guidelines:

We want to ensure the health and wellbeing of those that fundraise on our behalf and of the public. Please ensure that any fundraising activity is delivered in line with current public health guidelines in relation to minimising the spread of COVID-19.

Details of current restrictions can be found at <https://www.gov.ie/coronavirus>

