



Your guide to successful fundraising!



**Tayside
Cancer
Support**

Welcome to Team TCS!

Thank you for supporting those affected by cancer

During or after a diagnosis of cancer and treatment, many people feel angry, fearful, isolated or traumatised. Whatever the emotions, we can help.

Tayside Cancer Support was set up to meet these unmet needs and, as time has progressed and with the effects of the global pandemic, people are in greater need.

Anxiety, stress and loneliness have heightened and the opportunities for support through the more traditional routes have diminished. Our befrienders offer on-going professional support and our therapist offers counselling and therapies for those with more pronounced challenges.

The feedback is fantastic and through continued fundraising and support from volunteers we aim to continue to grow this quality service

What do we do?

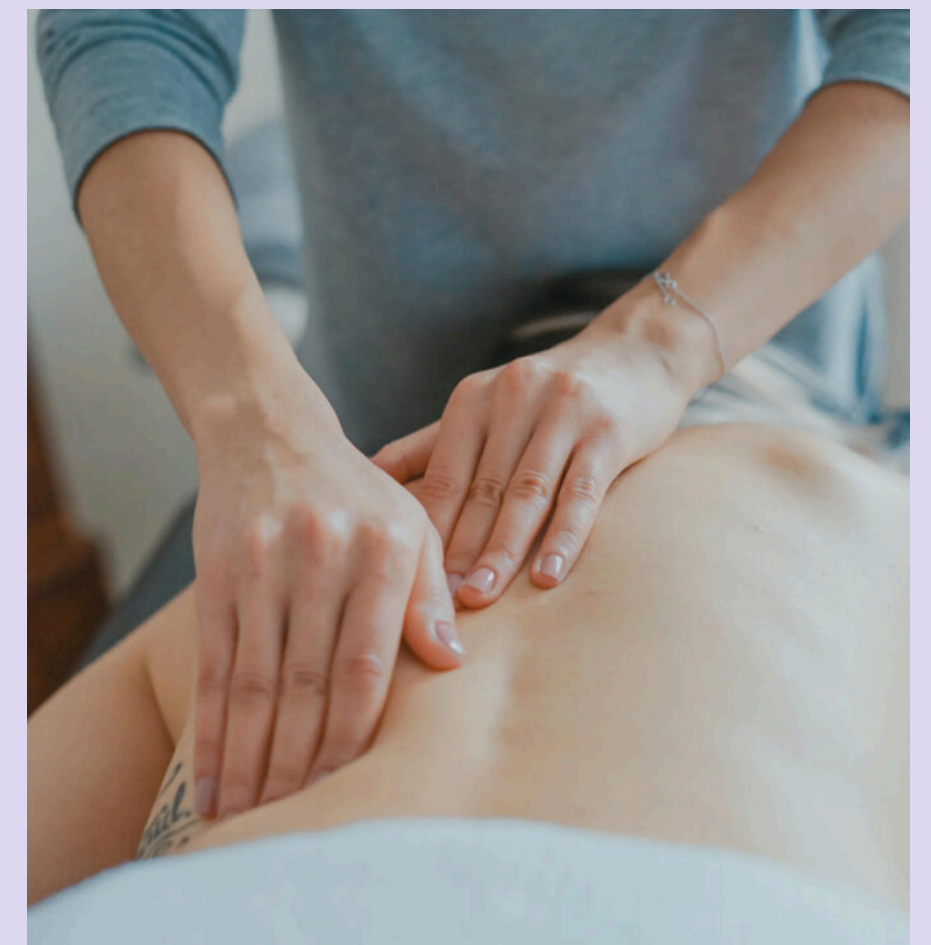


Befriending

We offer a free, confidential, one-to-one befriending service for those affected by cancer in the Tayside and the surrounding area. This service is provided by volunteer befrienders who have received relevant and professional training prior to working with clients. In addition, all befrienders must also attend regular supervision and ongoing training organised by the charity.

Complimentary therapies & Counselling

We offer counselling and complimentary therapies that suit our clients personal needs. We work with them to understand their specific needs and our therapist provides what is needed in that moment. The sessions run for roughly 60 minutes and are open to those with cancer or those affected by cancer. More info can be found on our [website](#)



What TCS funds do...



£25



Could pay for a
complimentary therapy
for someone affected by
cancer

£50



Could pay for a
counselling session for
someone affected by
cancer

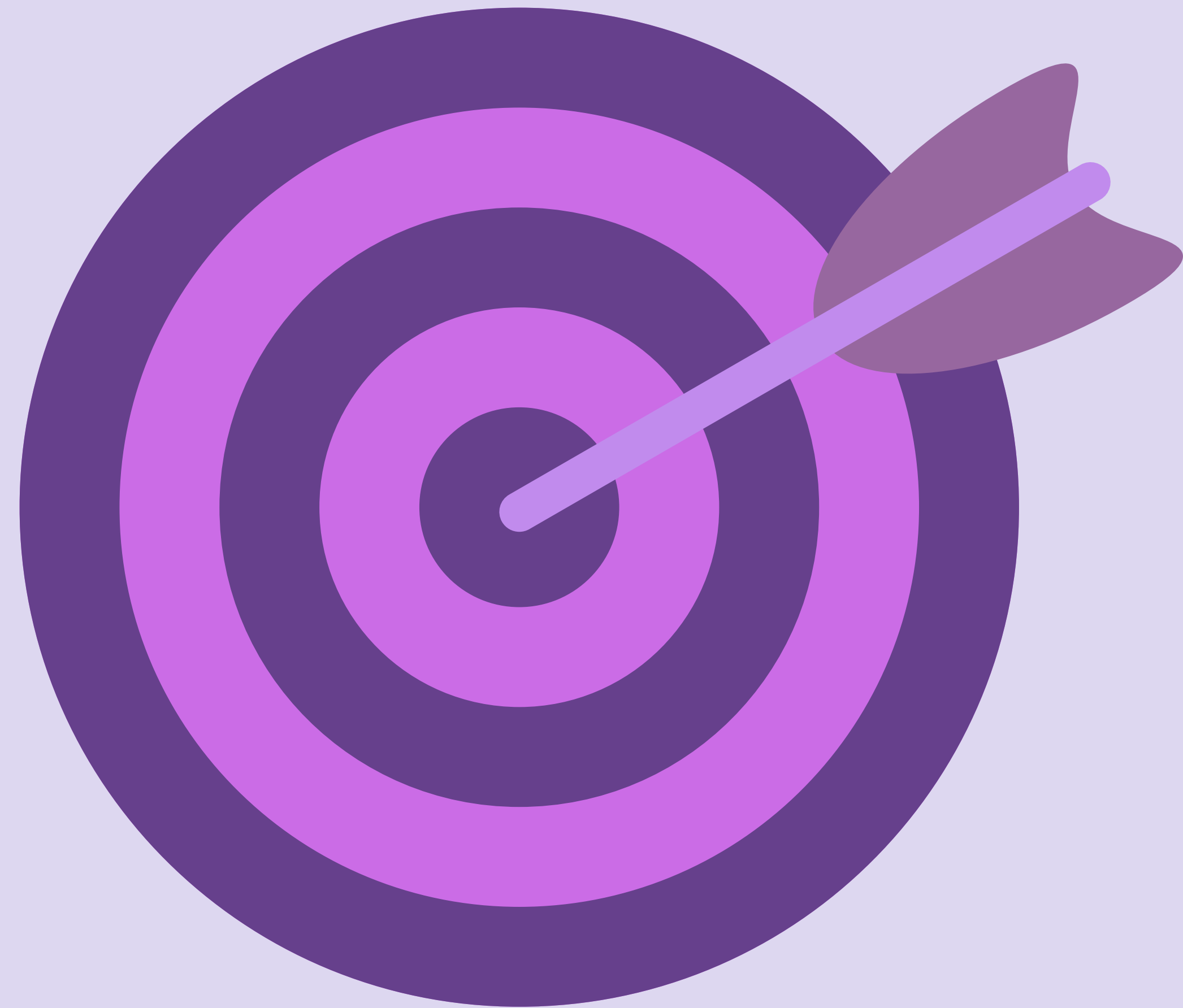


Set a Target

Setting a fundraising target will help to shape your fundraising activity. Aim high and push yourself. We're here to help your heroic fundraising efforts! Keep in mind that you may need to set a budget to buy everything you need for your event.

Don't forget to tag us on Facebook when posting your event:

<https://www.facebook.com/TaysideCancerSupport/>



JustGiving®



This is the #1 online platform for giving!

Set up a JustGiving page so friends and family can sponsor you. The earlier you start the better. We've got some top tips to really give your page a push in the right direction; consider things like adding a profile picture, a page summary and your fundraising target to your page. Also think about keeping everyone in the loop with text updates and links to the page.

*Don't forget to share
your page on Facebook!*



JustGiving®



Step 1:

Register for an account

Step 2:

Click start fundraising

Step 3:

Select Tayside Cancer Support as your charity

Step 4:

If fundraising for an event click im taking part in an event and type in what event it is for example the Dundee Kiltwalk

JustGiving®



Step 5:

Set a target of how much money you want to raise

Step 6:

Explain why you are fundraising (BONUS TIP: if you use a personal story you can raise 97% more)

Step 7:

Add a page cover- either a photo or video that relates to what you are doing, if you do not have a relevant photo you can use any of the photos up on our website

Banking your fundraising

ONLINE

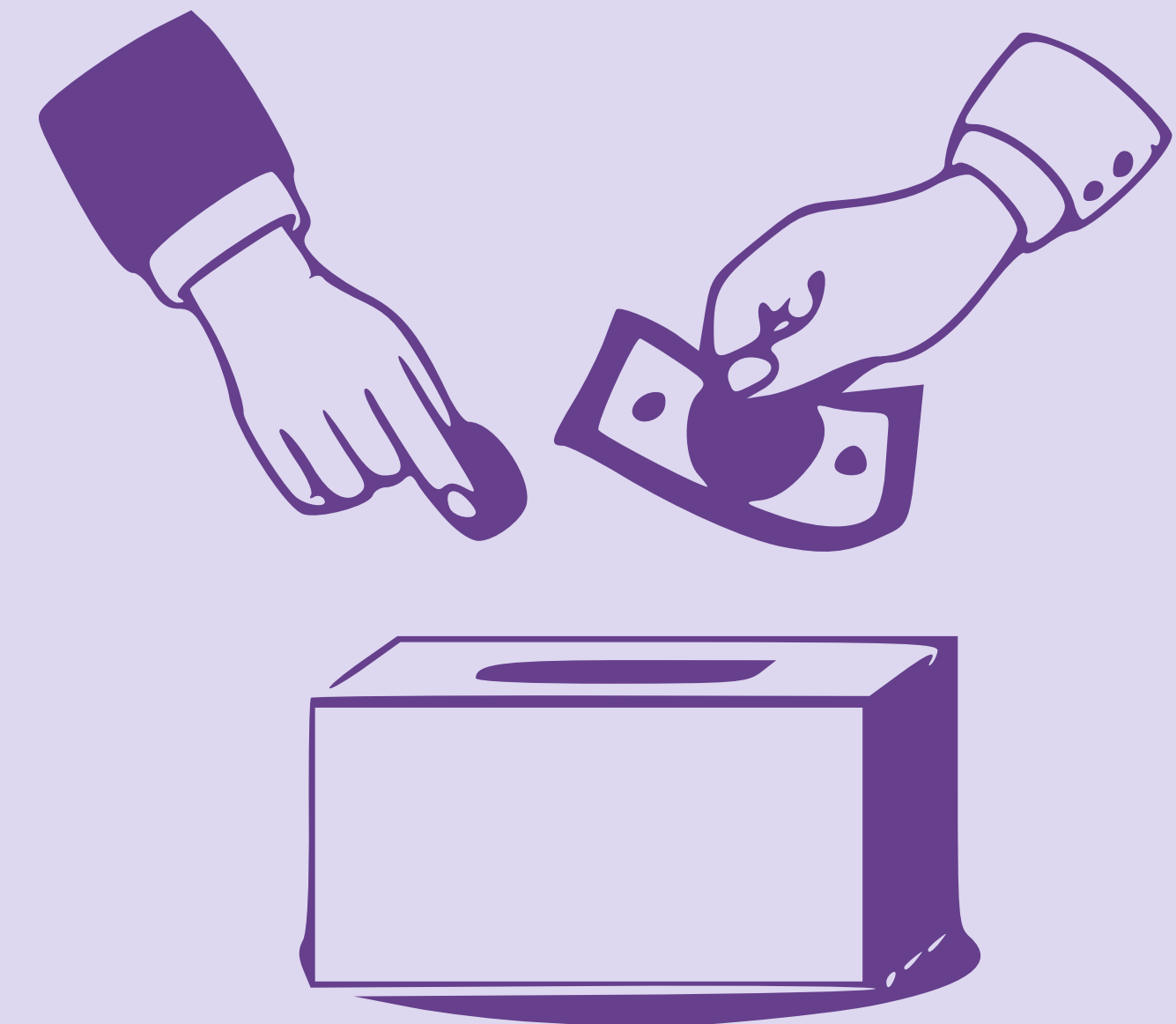
You can pay the money directly into our bank account using online banking:

Tayside Cancer Support

Bank of Scotland

Account number: 00396723

Sort code: 80-73-31



If you need further information or would like to find out more about our other fundraising events, please visit:

www.taysidecancersupport.org
and click events

St Aidan's Centre, 408 Brook St,
Broughty Ferry, Dundee
DD5 2EB

<https://www.taysidecancersupport.org>

Email: office@taysidecancersupport.org



**Tayside
Cancer
Support**