

**WE ARE
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CANCER SUPPORT**



It's Winter Olympics time

Hoorah! The season when you watch bizarre ice-based sports at 2am in the morning is back. But this year, don't just sit back and watch everything that's going on in Vancouver between 12 and 28 February. Instead, how about getting involved in the action and doing something truly life-changing at the same time?

Simply organise some Winter Olympic fundraising events for Macmillan at your place of work. They don't have to rival the super slalom for adrenalin, but you'll get a feel-good buzz from raising funds for our vital services.

So what are you waiting for? On your marks, get set, snow.

1 Opening ceremony

Kick off the freezing fun with your own opening ceremony. Ask your work-mates to donate money for some hot tasty drinks and snacks. You can also announce the fun events that you've organised, and get competitors to sign up for a small fee.

Plus, this is an ideal opportunity to hold a sweepstake. Get everyone to donate £2 to draw out a country from a bag or a box. Then, at the end of the Olympics, award a prize to the person whose country has won the most medals.

2 Winter Olympics quiz

Still bit too nippy to stop wearing all those layers? Well, get your brain warmed-up instead with a Winter Olympics themed quiz night. Charge a fee to enter and discover which of your colleagues is the office expert on everything from triple axels to Eddie the Eagle.

3 Office Olympics

Pah! – who needs a stadium, ski slopes and an ice rink? Your office (or local park) has got everything you need for a chilled out fundraising event. Here are some fun-filled game ideas to get your pulses racing:

Sponsored Wii ski

Wrap up and plug in for a sponsored ski tournament on the Wii. Who'll be the ice king and queen of the virtual slopes?

100m snow dash

Why not organise a 100m fun run and ask people to donate to Macmillan to enter? Every 20 metres place a different item of winter clothing for them to put on. Hats, leg warmers, goggles and long johns – by the finish line they'll be nice and toasty.

Three-legged relay

Dress up in full winter gear to make this event extra fun. You could even get spectators to lob snowballs at the runners (or balls of socks) in return for donations.

Snowball and spoon relay race

This one's like the traditional egg and spoon, but with a ball of the frozen stuff instead. Make sure you choose your team-mate carefully. That's because they'll have to chuck the snowball in to the wastepaper bin (from a decent distance). You won't win until you get it in.

Tip: If there's no snow about, use a white painted egg or tennis ball instead.

4 Après ski party

Relax and celebrate the Winter Olympics in true alpine fashion with your very own Glühwein (mulled wine) and mince pie party. Charge friends and colleagues for your tasty, warming treats.

Things you'll need to make Glühwein:

- 4 bottles of red wine (Merlot, Cabernet Sauvignon, or whichever medium-bodied red is on offer down the supermarket)
- 1 pint of brandy
- 1 cup of sugar
- 6 cinnamon sticks
- 12 whole cloves
- Tiny pinch of allspice
- Teeny pinch of mace
- 2 oranges cut into slices
- 1 lemon cut into slices
- Large cooking pot

What to do:

1. Warm the red wine in a pot over a low heat.
2. Add the sugar and spice and all things nice.
3. Stir it up until the sugar has dissolved.
4. Put the lemon and one orange into the pot.
5. Steep the mixture over a low heat for an hour. Make sure the wine doesn't boil.
6. Serve it nice'n'hot and garnish with the remaining orange slices.

5 The closing ceremony

Celebrate your amazing events with a glamorous closing ceremony. You could give out medals for the best teams, best costumes – or just the best effort. How about raffling off framed photos of the event to raise even more money for people affected by cancer? And don't forget to announce the results of your sweepstake.

Whether you win a gold medal or come last at every event, you should all give yourselves a pat on the back and a hearty congratulations. Your time and your sporting efforts will help to fund services that mean the difference between a good day and a bad day for thousands of people affected by cancer.