

WE ARE
MACMILLAN.
CANCER SUPPORT

WELCOME



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We're delighted that you would like to support Macmillan Cancer Support. Together we can help change the lives of millions of people affected by cancer.

By 2020, almost one in two of us will get cancer in our lifetimes. It's the toughest fight most people will ever face. But they don't have to go through it alone. The Macmillan team is there every step of the way. From the nurses and therapists helping people through treatment to the campaigners improving cancer care.

Our ambition is to reach everyone affected by cancer – but we can't do this alone.

We hope you enjoy fundraising for Macmillan during the Great British Tennis Weekend and find it a beneficial addition to your open day. Everything you do will play a vital role in helping us achieve our ambition and we very much appreciate your help.

In Scotland, there are now 220,000 people living with cancer and 30,000 people hear the devastating news that they have cancer every year.

Macmillan provides vital medical, emotional, practical and financial support to people with cancer, their families, carers, club members and anyone else who has questions or concerns about any aspect of all cancers.

At Macmillan, we want to make sure that no one faces cancer alone and you can help us reach that goal.

Thank you for your support and good luck!

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**GOOD LUCK
AND
THANK YOU!**

How you can help

We're asking Tennis clubs across Scotland to raise funds during their GBTW events across the summer. What you do it is up to you – there are some ideas below but anything goes.

Can you raise £204?

It costs £27 to fund a Macmillan professional, like a nurse, for an hour and £204 for a whole day. Can you raise £204? Or even more? Whatever you raise you'll know that your hard work has helped ensure that people living with cancer, their families, carers and friends are getting vital support when they need it most.

Fundraising Ideas

Make it a top draw A trip to a top class tennis tournament - a coaching session with your top coach – a cuddly toy. When it comes to organising a raffle for Macmillan, the prizes can be as extravagant as you like. And if you'd like some advice on how to get your paws on some prizes, just give our friendly fundraising team a buzz on 0300 1000 200 or the Tennis Scotland Office on 0131 444 4157.

Cardio Tennis Step up the pace with some tennis-based drills and activities played to up-tempo music on court. It doesn't require tennis skills, but is all about keeping your heart rate up, burning calories and having fun. Whether the ball goes in or out is irrelevant as the main purpose is to get fit and have fun. Run a session on your open day and ask guests to donate to take part.

Bake your way to success It's an oldie but a goodie... ask members to bake their favourite treats and sell them for donations on the day. You could even have a bake off and see who can mastermind the best Tennis related cake.

Get Competitive Do what you do best and get some competitions going on the day. Ask entrants to donate to us and offer prizes for the victors. What better way to showcase the club skills and raise some vital funds! Dust that speed of serve machine out of the cupboard and get competitive!

Have a sale Books, clothes, toys... ask members to donate in advance of the day and have a good old sale to raise funds. Great excuse to do some spring cleaning and everyone loves a good shop!

Post, Tweet and Share on Social Media

Let us know what you are up to – we'd love to see your pictures and will try and share as many as possible. Don't forget to use **#mactennis** in your message

- Facebook: Macmillan Scotland and Tennis Scotland
- Twitter: @MacmillanScot and @tennisscotland

Collection Box, Balloons and Bunting

If you registered by 12 noon two weeks before your event, we will send you a pack of goodies to arrive in time for it. If you registered after this time, we'll do our best but can't guarantee it will get to you in time.

If you are planning a big event and would like to chat about what else is available please call our **Fundraising Support Centre on 0300 1000 200** and they'll be happy to advise you and talk things through.

Paying in Funds

When you sign up you'll be sent in a paying in slip to lodge funds at your local RBS. Please pay your funds in this way so we can track all the money raised by Tennis Clubs in Scotland. If you don't receive your slip, or would like to order another one, please contact Sarah Cruickshank at Tennis Scotland on Sarah.Cruickshank@tennisscotland.org

Factsheets

Click on the links below to download our factsheets

[Getting the most out of your fundraising](#)

[Stay legal and keep it safe](#)

[Sponsorship Form](#)



Questions about Cancer?

If you have concerns or queries about cancer please:

-pop into one of our Information and Support Centres

-visit www.macmillan.org.uk

-call the Macmillan Support Line on 0808 808 00 00.

