



MACMILLAN
CANCER SUPPORT

A registered charity

100 Push Ups a Day in April

Your fundraising pack



Registered with
**FUNDRAISING
REGULATOR**

Get ready to do 100 Push Ups a Day

Thank you for choosing to do 100 push ups a day throughout April. Your challenge helps Macmillan continue to do whatever it takes for people living with cancer – and we couldn't be more grateful.

You've already taken the first step towards making a big difference and we want your challenge to be a huge success, so we have included a few ideas in this pack to help you feel prepared to get moving.

The challenge

You'll enjoy getting active as you do 100 push ups a day throughout the month of April.

Why?

You'll be making an incredible difference to the lives of people living with cancer.

How to sign up

It's simple:

- Join the 100 Push Ups a Day [Facebook group](#)
- Complete your [registration here](#) or via the pinned post on the group
- We'll automatically create a Facebook and Macmillan Cancer Support fundraiser for you
- Receive your FREE t-shirt

Kick off your fundraising

[Registering](#) to get your fundraising page is the easiest way to start collecting donations from your friends and family.

We're asking supporters to pledge a £150 fundraising target to help us to continue to provide vital support to those living with cancer.

Your FREE Macmillan t-shirt

It's time to get prepared and look the part with your Macmillan t-shirt! Once you've filled out your registration form, simply look out for your delivery with your t-shirt ahead of the challenge. You can expect it to arrive within 2 weeks.



You're pushing yourself for people living with cancer

At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can. And we don't stop there. We're going all out to find ever better ways to help people with cancer, helping to bring forward the day when everyone gets life-transforming support from day one. We're doing whatever it takes. But without your help we can't support everyone who needs us.

Share the statistics below with your friends and family and let them know the incredible difference their donations could make.

£4 could pay for 50 copies of our credit-card sized resource explaining graphically the signs and symptoms of some common cancers. This has become one of our most popular resources and is particularly popular with men, who are often reluctant to pick up other materials.

£10 Every £10 we spend on our phone, web chat and online service could lead to the welfare rights advisers on our Macmillan Support Line helping people affected by cancer to claim £323 in benefits they are entitled to.

£17 could help run our Online Community forum for 1 hour. In this time, 66 people affected by cancer in the UK can give emotional and practical support to each other on anything to do with cancer – from treatments, to coping with everyday life, to the death of a loved one.

£32 could pay for a Macmillan nurse for 1 hour, helping people living with cancer and their families receive essential medical, practical, and emotional support.



Your fundraising guide

There's no better time than now to get fundraising, so here are some of our top tips on how to get your fundraising moving

Back yourself

One of the best ways to show your friends and family that you are serious about your challenge is backing yourself first! Take the first step and donate £5 to your page. People who do this can raise a whopping 84% more!

Share your story

Update your fundraising page, post on social media, and tell people why the money you're raising is vital in providing financial, emotional and medical support when people need it most.

Update your socials

Facebook, Instagram, LinkedIn, Twitter... you name it. Read our [top 5 tips for fundraising on social media](#). 20% of donations come in after the challenge ends, so make sure to thank your friends and family on your socials.

Look the part

Go green - make the most of your Macmillan t-shirt while completing your push ups. Snap some photos to share on social media, to let people know you're supporting Macmillan Cancer Support.

Show your progress

You're taking on an incredible challenge and people should know about it! If you use any fitness trackers, take a screenshot of your progress to share your achievement. You can even track your push ups on your [Macmillan fundraiser](#)!

Host a quiz or a bake sale

Boost your fundraising by hosting a quiz night or bake sale with your friends and family to raise extra funds.

Make it work

Have a chat to your HR department and find out if your employers offer a matched funding scheme. If they don't, ask them to set one up or to make a one-off donation.

Social media templates to help you spread the word

Wondering what to say on your fundraising page? We've put together some examples on what to say when sharing your page on social media. Feel free to use these templates and put your own spin on things if you wish!

Before your challenge

Example 1

I'm just [insert number of week(s)] away from starting my 100 Push Ups a Day Challenge for Macmillan Cancer Support! Please help me kickstart my fundraising by supporting me here: [insert your fundraiser URL here] Thank you ❤️

Example 2

Support me as I take part in the 100 Push Ups a Day Challenge for Macmillan! I'll be doing 100 push ups every day to support people living with cancer. Please help me make the biggest difference by donating to my fundraiser below: [insert your fundraiser URL here] Thank you ❤️

During your challenge

Example 1

Today is the day that I officially begin my month-long 100 Push Ups a Day challenge for Macmillan Cancer Support. I'm so excited to get started and share the journey with you! Please help me get off to the best start by donating to my fundraising page and let's make the biggest difference to people living with cancer: [insert your fundraiser URL here] Thank you ❤️

Example 2

I'm officially halfway through my 100 Push Ups a Day challenge for Macmillan Cancer Support! Why not donate the price of your takeout coffee to my fundraiser? £4 could fund 50 copies of their credit-card sized resource explaining graphically the signs and symptoms of some common cancers. You can support my fundraising here: [insert your fundraiser URL here] Thank you ❤️

After your challenge

Example 1

A huge thank you for supporting me during my 100 Push Ups a Day challenge for Macmillan Cancer Support. There's still time to help me reach my target! Just the price of a £10 cocktail could go towards Macmillan's welfare rights advisors on their Support Line help people affected by cancer claim £257 in benefits they're entitled to. My fundraising page is: [insert your fundraiser URL here] Thank you ❤️

Sponsorship form

My name _____ My address _____

My event

I'm fundraising with

Make every £1 worth 25p more. Gift Aid boosts donations and you won't miss out on sponsors who don't use online donations like JustGiving. After the event, send us this completed sponsorship form to:

Supporter Donations, Macmillan Cancer Support, PO Box 791, York House, YORK, YO1 0NJ

Title	Forename	Surname	First line of address <small>(Please don't give your work address as it'll stop Macmillan claiming Gift Aid)</small>	Postcode	Date paid	Your donation	Gift Aid <small>(please tick)</small>
Mrs	Jane	Smith	321A	CR1 3FG	26.04.22	£10.00	<input checked="" type="checkbox"/>

Good news! If you pay tax in the UK, you can Gift Aid your donation. Just make sure you ask each sponsor to fill in their name, address and donation amount in their own writing – otherwise, we can't claim Gift Aid. *All fields are mandatory.



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Do you pay tax? If so, by simply completing this form you can boost the value of your gift by 25p for every £1 without costing you a penny. If I have ticked the box headed 'Gift Aid?', I confirm that I am a UK income or Capital Gains taxpayer. I have read this statement and want Macmillan Cancer Support to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

**MACMILLAN
CANCER SUPPORT**

100 Push Ups a Day in April

My Daily Tracker April 2024

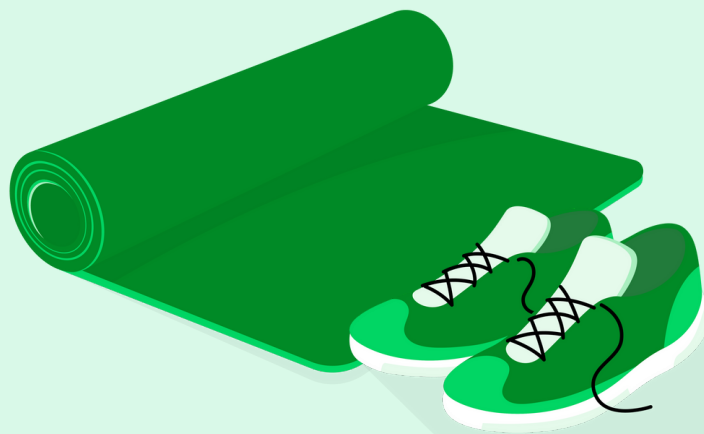
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Week 1 complete 	9	10	11	12	13	14
Week 2 complete 	16	17	18	19	20	21
Week 3 complete 	23	24	25	26	27	28
29	Challenge complete 					
30						

☐

I have ordered my free Macmillan t-shirt

☐

I have shared my Facebook or Macmillan fundraising page



100 Push Ups a Day in April

Name

**completed 100 push ups a day
in April and raised**

Fundraising total

for Macmillan Cancer Support

The donations you've raised mean that we can continue to be there when we're needed most and do whatever it takes for people living with cancer.

Add your own challenge photo here

Name

**completed 100 push ups everyday
in April and raised**

Fundraising total

for Macmillan Cancer Support

The donations you've raised mean that we can continue to be there when we're needed most and do whatever it takes for people living with cancer.

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Key FAQ's

[Registration link](#)

[Facebook group](#)

General FAQs

Can I complete the push ups at my own pace during the month of the challenge?

Definitely. You can split the push ups in the way that suits you best – whether that's 5, 10, 50 or 100. The important thing is that you're giving your best to support people living with cancer.

Can I start the challenge late or early?

We will be encouraging everyone to start and finish the challenge during April. However, if you are joining the challenge later or you have lost some time, you can continue into May.

How can I keep track of the number of push ups I am doing each day?

You'll receive a daily tracker in the post and in your digital fundraising pack which you can use to mark the number of push ups you've completed each day.

You can also log your push ups digitally in your [Macmillan Cancer Support fundraiser](#), which we'll email to you once you've registered.

Do I need to provide evidence to the charity that I have done the challenge?

No, however we do love to see your photos so make sure to share them on our Facebook group or tag us @MacmillanCancer.

What level of fitness do I need to have?

A reasonable level of fitness is required to complete this challenge, but it should be accessible to most. That said, you should go at your own pace that's comfortable for you, so please seek the advice of your GP if you have any concerns.

It is very important to maintain the right form when doing push ups, so we strongly encourage you to research this before and during the challenge. We will provide a variety of resources in our Facebook group, but here is [one source](#) to get you started.

Key FAQ's (continued)

Can I take part if I'm under 18?

Thank you for wanting to support us. As you are under 18 we need your parent or guardian to get in touch with us. They can call us on 0300 1000 200 (Monday-Friday, 9am-5pm). If you have already registered in your name we will need to follow these steps:

- Remove you from our Facebook group as this is for over 18s only
- Cancel your registration
- If you have created a fundraiser, please go to your fundraising page on Facebook, click 'edit' and 'end fundraiser'.

Your Macmillan t-shirt

How long will my free t-shirt take to arrive?

Once you registered, please allow around 2 weeks for your t-shirt to arrive.

What do I do if my t-shirt hasn't arrived after two weeks?

Please DM Macmillan on social media and the support team will investigate this for you and order a new one if necessary.

Fundraising questions

How much of the donations go directly to Macmillan?


100% of the donations from your fundraising pages will come directly to Macmillan.

Can we fundraise as a group?

Yes. If you would like to fundraise as a group, then we encourage all participants to have their own registration to make getting your tech-tops quick and easy. When you register you will automatically be set up with an individual fundraising page. We recommend you close additional pages and share just one of your fundraising pages as a group.

Is there a minimum fundraising target?

There is no minimum fundraising amount, but we are asking everyone taking part in the challenge to aim for £150 to fund our vital services for people living with cancer.

A close-up portrait of a Black woman with long, dark, wavy hair. She is smiling broadly, showing her teeth. She is wearing a black blazer over a dark top and a green lanyard around her neck. She is holding a smartphone in her hands, which are visible in the foreground. The background is a blurred indoor setting with a window and some shelves.

**Good luck, and
thank you for
going the extra
mile for people
living with cancer.**