

OddBalls

FOUNDATION



YOUR GUIDE TO FUNDRAISING AWARENESS OF TESTICULAR CANCER



THANK YOU

FOR CHOOSING TO FUNDRAISE FOR THE ODDBALLS FOUNDATION

In this guide you'll find everything you need to help you with your fundraising. We will give the tips and advice on how to make the most of your fundraising and the inspiration to try out something new.

Why not join our community of Team Oddballs fundraisers on Facebook, Instagram and follow us on Twitter?

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ANY QUESTIONS? WE'RE HERE TO HELP

contact us on 0191 296 3098 or foundation@myoddballs.com

ABOUT US

The OddBalls Foundation was set up in 2016 to raise awareness of testicular cancer.

Through the Foundation we hope to make a difference to male health around the world.

100% of all money donated to the Foundation is used to raise awareness of testicular cancer. OddBalls as an underwear business covers all of the day to day running costs, so you can be sure that every penny that is raised for the Foundation is used to spread the awareness of testicular cancer and nothing else.

This isn't something many charities can't claim so we are proud to promote it.

To date, we have raised thousands of pounds! This money is being used to complete our first aim - fitting check yourself guides into male toilets and changing rooms across the country.

PATRONS

DR DOUGLAS STUART

Douglas Stuart is a retired GP and Occupational Health Physician. He was born in Edinburgh and qualified in Medicine from Edinburgh University Medical School. For 32 years he was a GP in South Queensferry where his surgery window overlooked the iconic Forth Bridges. He was the Company Doctor to several large Edinburgh Businesses.

He is presently joint vice chair of Chest, Heart, and Stroke Scotland. He is a High Constable of the City of Edinburgh, Honorary Chaplain to the Royal Burgess Golfing Society, and is a keen, if not very brilliant, golfer. He is married to a doctor, And has two daughters and three grandchildren. He was awarded the MBE in 2009 for services to charity.



STEPHEN HARPER

Born in 1975 'Steve' is an English Footballer who played 20 years of his career in goal for Newcastle United, the longest-server player in the clubs history.

Steve is one of the founders of OddBalls and has taken on the patron role within the charity. His links within the sporting community help promote awareness throughout sports stars and celebrities across the UK.



FUNDRAISING STORIES



DAVE MORTON
Great London Swim (10k)



GEORGE
Liverpool spring kids 1k



ONE BALL RALLY
London to Cornwall



Cawton Wright
Cycled from Southport to Amsterdam

In May 2016 I was diagnosed with testicular cancer, went through surgery and chemotherapy, thankfully I was told that there had not been any spread of the disease. After such a life changing few months I wanted to take part in a challenge that was completely out of my comfort zone to help raise awareness and funds for men's cancer charities.

I decided to take part in this event, as it really is a challenge to me, I haven't ridden a bike for 14 years and only bought one in October 2016 so it was going to be extremely hard work to get myself fit both mentally and physically.

Having seen the fantastic work that all the cancer specialists do and the amount of people suffering from this disease I just feel the need to give back for all the wonderful treatment I have received.



Ben Pollard and Friends
Ran the Oslo Marathon

6 months after 1 of us being successfully treated for testicular cancer via chemotherapy and a careful surgeon's knife, 4 good mates (x3 Cornish childhood mates and x1 Irish straggler) are 'running' the Oslo marathon.

We want to help raise awareness to 16-40 yr old males that it can happen to you - check your balls and go to a GP if you are unsure of anything you find.



Bruce & Nicko
64 mile bike ride

Bruce:

I have always been keen on tough challenges and the feeling of completing them. I always had an interest in cycling and thought this would be a good opportunity to challenge myself.

I chose oddballs because I feel it is a great cause, and the kit is nice! I am happy to have completed this achievement and hope to do the 90 mile event next year!

Nicko:

I play lots of sports and wanted to challenge myself to do something different that I hadn't done before.

I chose to raise money for the Oddballs Foundation because it's important to make people aware about testicular cancer and boys shouldn't be scared to talk about it.

A-Z OF FUNDRAISING IDEAS

From traditional to wacky there are lots of different ways to raise money and support.
Here are some ideas to get you started at home, school or work.

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- A** Auction, abseil, afternoon tea
- B** Bike Ride, BBQ, bingo, bag pack at the supermarket, bungee jump, beard shave, Boxing ay dip
- C** Coffee morning, concert, car boot sale, cricket match, car Wash
- D** Dinner party, darts tournament, disco, dog walking
- E** Exercise class, easter egg hunt, eBay
- F** Five-a-side football tournament, fancy dress party, fashion show, fishing competition
- G** Garden party, gala evening, golf day, games night, Go-Karting competition
- H** Hiking, head Shave, hugathon, hockey match, halloween party
- I** It's a knockout competition, Ice skating, indoor bowling, indoor games evening
- J** Jumble sale, jazz evening, jelly bath
- K** Karaoke, kick a bad habit
- L** Luncheon, line dance, limbo competition
- M** Marathon running, murder mystery evening
- N** Netball tournament, non-uniform day
- O** Office party, olympic sports day, odd job days
- P** Pancake party, ping pong competition, plastic duck race
- Q** Quiz night, question of sport evening
- R** Raffle, rugby tournament, raft race, race night
- S** Skydive, sponsored swim, sports day, squash tournament
- T** Trekking, talent show, treasure hunt, tennis match, tug-o-war, tombola
- U** Unwanted gift sale
- V** Variety show, volleyball match
- W** Walk, wine tasting
- X** Xmas party
- Y** Yogathon, yo-yo competition
- Z** Zip wire, zumbathon

HOW TO FUNDRAISE ONLINE

Setting up an online fundraising page is quick, easy and a great way to start raising money and a secure way for people to support you.

JustGiving is OddBalls Foundation's preferred online giving site because it's easy to set up and offers helpful tools to make your fundraising as successful as possible. JustGiving sends your donations straight to us and reclaims Gift Aid automatically on our behalf. Gift Aid adds 25% to every donation if you're a UK taxpayer, meaning that your fundraising can go even further.

To create your just giving page visit **www.justgiving.com/oddballs-foundation**

Click '**fundraise for us**' and follow the stepby step instructions

Once your page is created, get sharing!

TOP TIPS

Tell your story – a really good story about why you are raising money for The OddBalls Foundation will keep people more interested and engaged.

It's all about letting your supporters know why you're fundraising and what it means to you.

If you're challenging yourself with an event, let people know how much effort you're putting in.

If you're celebrating something or someone, tell your supporters why.

Upload a photo – its one of the easiest ways of personalising your page.

Keep adding photos show pictures of training and after you have finished your event it's a great way of keeping people engaged.

Set a target – don't be modest, aim high it's a great way of motivating yourself, but it's also great at encouraging for your supporters and they will often donate more to help you reach a bigger target.

Set up a JustTextGiving code. This allows your supporters to donate directly through text, make it nice and simple.

SPREAD THE WORD



The more you talk about your fundraising, the more people will donate, so make sure you publicise what you are doing and keep everyone up to date with your progress.

Social media is a great easy way of letting a lot of people know what you are doing, Facebook, Twitter and Instagram can hit all your friends and contacts quickly. You can attach a link to your JustGiving page so they can instantly donate. Don't forget to share your posts with us we love hearing about your amazing fundraising achievements.



Email your contacts, start with your family and closest friends first they can get the ball rolling on your JustGiving page. People are more likely to leave a donation if they see other donations on there and often match the amounts already listed and family are more likely to donate more! Be persist if people haven't donated keep asking, its quite often people don't get round to going on your page so keep reminding them until they do. Add your JustGiving link to your email signature so people can click straight through and donate as soon as they get an email from you.

Contact your local newspaper, let them know when, who, where, what and why you are fundraising and don't forget to include any photographs. Use our fundraising tools, a professional looking poster can make all the difference put them up everywhere, in your local sports clubs, school office notice boards, shop windows and café's the more you spread the word the more you will raise.

Don't forget to thank people!!!

Most importantly don't forget to thank people. Acknowledge their support and what a difference they are making. You can do this in a number of ways: send an email, update your JustGiving page story, tweet a thank you and update your Facebook status. This might even increase your donations as every time you thank someone on Facebook someone else see's it and it reminds them to sponsor you.



USEFUL INFORMATION

Paying-in

If you have raised money through JustGiving then the money comes directly to us. If you have used our sponsorship form or just want to give a donation complete our Paying-in form and send cheques to OddBalls Foundation, Unit A4, Third Avenue, Tyne Tunnel Trading Estate, North Shields, Newcastle Upon Tyne, NE29 7SW

Once we receive your cheques we will send you an email thanking you for your offline donation.

Photos

If you have any photos of your fundraising that you are happy for us to use in future publicity, we would love to receive them. Just email them to **foundation@myoddballs.com**

THANK YOU FOR YOUR SUPPORT

