

# Raise Funds For Research and Innovation

ADD YEARS TO HER LIFE AND LIFE TO HER YEARS







### **Thank you for choosing to support Cherish Women's Cancer Foundation!**

Since Professor Andreas Obermair founded in 2012, Cherish has raised over \$4.2 million to fund vital research aimed at improving treatment outcomes and quality of life for women diagnosed with gynaecological cancer. Our supporters have helped fund pioneering research projects, including studies into less invasive treatment options, improved diagnostic methods, and enhancing the quality of life for women undergoing treatment.

Your efforts directly contribute to this impactful work, ensuring women affected by gynaecological cancer have access to better care and improved treatment options. This resource is designed to guide you through event-based fundraising, workplace giving opportunities, and participating in marathon events that can make a significant impact.

Whether you're hosting a morning tea, setting up a workplace fundraiser, or taking on a personal challenge, every action you take helps us move closer to a future where gynaecological cancer is better understood, treated earlier, and lived through with greater hope.

**We're incredibly grateful to have you as part of the Cherish community—your passion and generosity are driving real change for women today, and for generations to come.**

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**"For years, we have been advocating for greater research funding because we know the treatment and supportive care options we currently have for women with gynaecological cancer are outdated and patients deserve better."**

Professor Andreas Obermair  
Cherish Founder



# Host an Event

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Hosting an event is a fantastic way to engage your community, raise awareness, and collect vital funds for Cherish. Events bring people together, creating a sense of unity and shared purpose while supporting a meaningful cause. They offer a platform to educate attendees about gynaecological cancer and the importance of early detection and improved treatment options.

Hosting an event also provides an opportunity to reach new audiences, expand Cherish's network of supporters, and inspire others to get involved. Fundraising events can be tailored to suit different interests and communities, ensuring inclusivity and maximum participation. Moreover, they not only raise funds but also foster a lasting connection between supporters and the mission of Cherish, helping to sustain long-term support.



# EVENT IDEAS

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## **Community BBQ**

Bring your community together with a classic sausage sizzle!

- Plan Ahead: Secure a location like a local park or hardware store
- Get Permission: Request an Authority to Fundraise from Cherish
- Organise Supplies: Purchase sausages, bread, condiments, and drinks
- Recruit Volunteers: Have friends or family assist with cooking and serving
- Promote Widely: Use social media, community boards, and local newspaper.

## **Movie Night Fundraiser**

Create a fun night out while supporting a great cause.

- Choose Your Venue: Options include local cinemas, outdoor parks, or your home
- Select a Movie: Pick a popular film that appeals to a broad audience.
- Sell Tickets: Use online platforms like Eventbrite for ease
- Add Extras: Include raffles, snacks, or themed dress-ups to boost funds.
- Promote: Share event details via social media, email newsletters, and flyers

## **Trivia Night**

A trivia night encourages friendly competition and community spirit.

- Book a Venue: Community halls or local pubs work well
- Choose a Theme: General knowledge or fun themes like movies or music
- Form Teams: Encourage participants to bring friends
- Include Raffles: Add a raffle with donated prizes to raise extra funds
- Promote: Use social platforms and local networks to spread the word.



# GET ACTIVE

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Turn your passion for movement into purpose! Whether you're a seasoned athlete or just looking for a new challenge, active fundraising is a fun and meaningful way to support Cherish.

## Walk, Run, or Cycle for Cherish

Set a personal distance or time goal and ask friends, family, or colleagues to sponsor you. You could:

- Run a half marathon or fun run wearing Cherish colours
- Take on a 30-day walking challenge (e.g. 10,000 steps a day)
- Ride 100km over a month as part of a solo or group cycling challenge
- Host a group walk around your local park or foreshore and ask for a donation to join

## Hike for Her

Honour someone you love by hitting the trails. Whether it's a scenic day hike or a multi-day trek, walking in nature can be a powerful and symbolic way to show support.

- Choose a route with meaning—perhaps a favourite location or a trail that challenges you
- Invite friends or colleagues to join, and use the hike to start conversations about women's health
- Create a team fundraising page so everyone can share the journey

## Move for a Cause

Don't love running? No problem! Any type of movement counts.

- Danceathon: Host a night of dancing—silent disco style at a local venue
- Fitness challenge: Set yourself a target like 50 squats a day for 2 weeks, or complete 1,000 push-ups over a month and get people to sponsor your efforts
- Team challenge at work or school: Create a fun step-count competition or active minutes tracker, and collect entry fees as donations



# IN THE WORKPLACE

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## Fundraising at Work

Getting your workplace involved is a great way to raise funds and awareness while building team spirit. Whether you're in an office, on-site, or working remotely, there are plenty of easy and fun ways to support Cherish:

- Host a Morning Tea – Bring the team together over tea, coffee and baked goods. Ask for a small donation to attend or to contribute a dish.
- Dress Up or Down Days – Choose a theme (pink day, retro day, fancy dress, or dress-down Friday) and ask colleagues to donate a gold coin to take part.
- Lunchtime Trivia or Games – Organise a friendly trivia competition or office games during lunch, with an entry fee and small prizes.
- Matched Giving – Ask your employer if they'll match what you raise, doubling your impact.
- Bake Sales or Book Swaps – Simple and effective—bake up a storm or invite team members to donate and swap pre-loved books.
- Office Challenges – Set a goal (steps, laps, kilometres) and get sponsored to complete it as a team.
- Donation Tins or Payroll Giving – Set up a donation tin in the kitchen or speak to HR about regular payroll giving.

Big or small, your workplace fundraiser can help drive life-changing research forward for women with gynaecological cancer. Don't forget to share your event with us - we'd love to cheer you on!





# CREATIVE IDEAS

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## **Celebrate with Purpose**

Turn your special moments into meaningful action by supporting Cherish through your next celebration. It's a beautiful way to raise awareness, honour someone close to you, and give back at the same time.

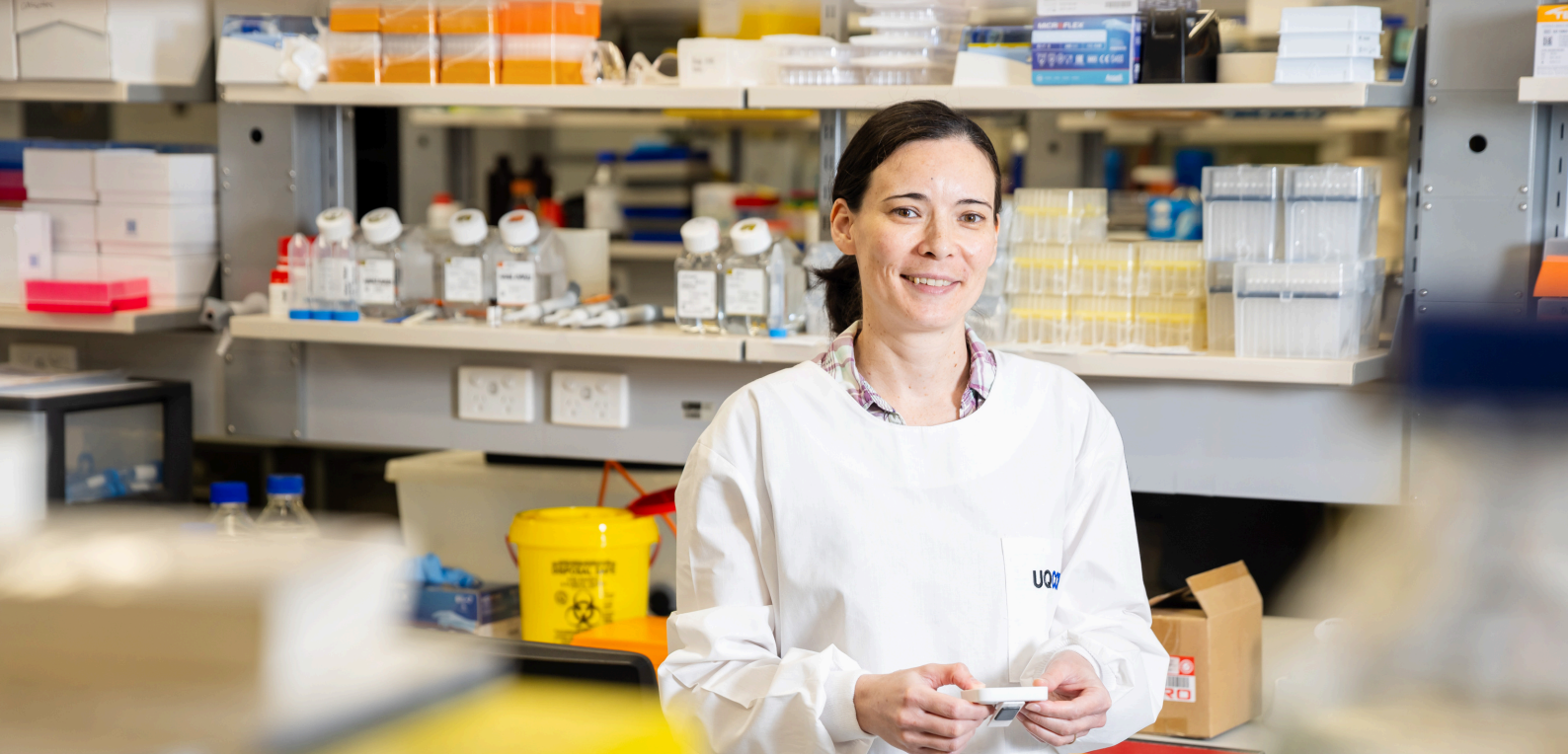
- Birthday fundraiser – Ask for donations instead of gifts through Facebook or Grassrootz
- Wedding or baby shower donations – Include Cherish as part of your special day.
- In memory – Honour a loved one's legacy by raising funds in their name.

## **Sell Something You Love**

- Pop-up shop or market stall – Sell handmade crafts, second-hand clothes, or baked goods.
- Garage sale – Declutter with purpose!
- Online auction – Ask local businesses or friends to donate items or experiences.

## **Get Creative Online**

- Social media challenge – Think ice buckets, head shaves, or dress-up days!
- Host a virtual workshop or tutorial – Share your skills and ask for a donation to attend.



# NEXT STEPS

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## **Make It Count**

Once you've decided how you'd like to fundraise, we're here to help make your efforts as successful, fun, and impactful as possible. At Cherish, we believe every dollar and every gesture counts—because it all adds up to better treatment options and brighter futures for women facing gynaecological cancer. We can provide:

- A digital fundraising toolkit
- Cherish branding and promotional assets
- Support with setting up your fundraising page
- Tips for sharing your story and spreading the word.

**Let us know your plans by emailing [fundraising@cherish.org.au](mailto:fundraising@cherish.org.au) and we'll be in touch to support you.**

## **Where Your Funds Go**

Every dollar you raise helps Cherish fund groundbreaking research that improves outcomes for women diagnosed with gynaecological cancer. We focus on projects that deliver real impact—not in decades, but within years. Here's how your fundraising makes a difference:

- Groundbreaking research into better, less invasive treatments
- Awareness campaigns to help women detect gynaecological cancer earlier
- Community engagement that empowers people to speak up, ask questions, and take action.



# CONTACT US

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Cherish Women's Cancer Foundation  
Registered as Gynaecological Cancer Foundation Ltd  
ABN 86 158 553 229

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