

Red Nose Day is an initiative of Charity Projects, a registered charity in England and Wales (326568) and Scotland (SC039730). RND19\_198



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RADIO 2

# JOIN US IN OUR BIG Dancing Challenge

It's happening. We are taking on this year's Danceathon. Yes, that's over 24 hours of dancing. Without stopping. The challenge is most definitely on.

We're both excited - and slightly delirious - about the idea. We hope to inspire the whole nation to get dancing and donating. All of this is, of course, to raise funds for Comic Relief to help transform lives in the UK and internationally.

Now, whilst we do our stretches, you can look through this guide for some tips and suggestions on how to get involved.

Claudia & Tess

# WHY YOUR MOVES MATTER

**£25** could provide 100 nutritious meals for a school breakfast club in the UK, ensuring children have the energy they need to learn and play.

**£100** could train a nurse in Uganda to help save the lives of mothers and babies.

**£150** could provide a group of children living on the streets of Kenya with a month of counselling to give them the chance of a better future.

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# DON'T JUST STAND THERE, LET'S GET TO IT

# DO YOUR OWN DANCEATHON

Go solo if you're feeling brave, or get together with friends, colleagues or classmates. When it comes to fundraising there are two ways to swing it. You could ask people to donate to take part, or they could get sponsored to join in. Find a theme that makes it fun for you and do it at a time that suits.

# FOLLOW THEIR LEAD

Why not get sponsored to dance along with Claudia & Tess? All you've got to do is press the red button. You'll be able to follow along the entire time. Get dancing for two, four, or even twenty-four hours (go on we dare you).

### **DRESS IT UP**

Is getting ready half the fun for you? You could make yours a fancy dress Danceathon. Dress up as your favourite band, or characters from your favourite musical. Find your own groove.

### MIX IT UP

Are you more of an 80s bopper, or a 90s raver? Whatever gets you going, you can make your Danceathon more personal by choosing your own music. Or by choosing the musical theme that will best soundtrack your efforts.

### **SHAKE IT UP**

You could raise funds by charging your friends to add songs to your playlist. Maybe even start a bidding war and get the highest bidder to choose the whole playlist?

### **RAISE THE BAR**

Get sponsored - or be brave and let people dare you - to take on infamous routines and moves. We're thinking the Macarena or Thriller, but who knows what your friends will come up with?

# GET NOTICED

On the next page you'll find a poster. Pop in your details and make it your own. Post it where people are most likely to see it and make sure everyone knows what you're up to.

### **BACK BACK AND FORTH**

Don't go it alone. Line up your allies and run a Danceathon relay. It's still nonstop dancing, you just get a breather when it's not your turn.

# **MAKE THE MOST OF YOUR MOVES**

So, you've had the courage to get moving to raise some money. Now, time to think about how to make the most of your Danceathon.

### **MAKE IT A SOCIAL EVENT**

Keep everybody up to date by sharing pictures, and fundraising updates, on social media. Let them read all about it and don't forget to use #RNDdanceathon and #RedNoseDay

### **MAKE IT EASY TO DONATE**

Set up a Red Nose Day giving page to collect your sponsorship securely at **comicrelief.com/givingpage** 

## **TEST YOUR LIMITS**

Set yourself an ambitious target. And then go ahead and break it because, obviously, you are a great big legend.

### **KEEP IT SAFE (AND LEGAL)**

Make sure your fundraising is safe and legal: www.comicrelief.com/dos-and-donts

### ASK YOUR PARENT OR GUARDIAN

You only need to ask them if you're under 18

### **GET IN TOUCH**

If you're planning a big event get in touch and let us know about it – **fundraising@comicrelief.com** 





# **FIND US HERE:**







# <image><text>

# PAY IN YOUR Postal cheques

The easiest way to pay in your money is online but you can also pay it in at any bank or building society. Go to **comicrelief. com/pay-in-your-money** for details.

To pay in cheques, please complete the form below and send it, along with the cheques, to:

**Red Nose Day 2019, EY, PO Box 51543, London, SE1 2UG** (This is not our office address so unfortunately we won't receive letters sent there).

Cheques should be made payable to 'Red Nose Day 2019 (Danceathon)'

If you used a sponsorship form, please also attach this to your cheques - that way, we can claim Gift Aid where your sponsors have ticked the Gift Aid box.

From everybody here at Comic Relief, and on behalf of everyone whose lives your fundraising will help transform,

**THANK YOU!** 



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Please note this slip is for postal donations only and cannot be used to pay in at a bank. If you have any queries please email us at <b>fundraising@comicrelief.com</b> .	Event Code 237
Hear more about the projects Comic Relief funds and other ways you can support our work including fundraising, campaigns and products.	
How would you like to hear from us?	
Email: yes no Post: yes no Phone: yes no SMS: yes no	
You can update your communication preferences at any time at <b>comicrelief.com/update-your-preferences</b> . Your details will be kept safe, check out our privacy policy for more details at <b>comicrelief.com/privacy</b>	For EY use only.

# PLEASE **SPONSOR ME**

When you tick the Gift Aid box\*, the government will give us  ${\bf 25\%}$ on top of your donation, which we use to help cover our running costs. It doesn't cost you a penny and it means that every pound that you donate can go towards helping to transform people's lives in the UK and the world's poorest communities.

If you're making a personal donation, please give your full name and home address and tick the box so we can claim Gift Aid. We won't use this information for any other purpose. Find out more about how we use your personal data at comicrelief.com/privacy

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\* You must be a UK taxpayer and understand that if you pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all your donations, it is your responsibility to pay any difference.



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If you're making a personal donation, please give your **full name** and **home address** and **tick the box** so we can claim Gift Aid. We won't use this information for any other purpose. Find out more about how we use your personal data at **comicrelief.com/privacy** 

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\* You must be a UK taxpayer and understand that if you pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all your donations, it is your responsibility to pay any difference.

### YOU CAN SEND IN THE MONEY YOU'VE RAISED THESE WAYS:

**BY POST** return this sponsorship form with a cheque made payable to 'Red Nose Day 2019 (Danceathon)' to Red Nose Day, EY, PO Box 51543, London, SE1 2UG. This isn't our office address so unfortunately we won't receive letters sent there.

**ONLINE** you can pay money in using a credit or debit card at **comicrelief.com/payin** selecting 'Danceathon'. Remember to enter your web payment reference below and also send this form to the address above so we can claim Gift Aid.

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For office use only Event Code 237 (Danceathon)



Hear more about the projects Comic Relief funds and other ways you can support our work

web payment reference

	including fundraising, campaigns and products.	
DETAILS OF PERSON BEING SPONSORED	How would you like to hear from us?	
TITLE FULL NAME	Email: yes 🔲 no 💭 Post: yes 💭 no 💭 Phone: yes 💭 no 💭 SMS: yes 💭 no 💭	
ADDRESS	Email Address:	
	You can update your communication preferences at any time at comicrelief.com/update-your-preferences	
POSTCODE SIGNED	Read our privacy policy at comicrelief.com/privacy to see how we look after your information	

Red Nose Day is an initiative of Comic Relief, trading name of Charity Projects, a registered charity in England and Wales (326568) and Scotland (SC039730), which is a company limited by guarantee registered in England and Wales (01806414) with its registered address at Hanover House, 14 Hanover Square, London, W1S 1HP. RND19\_201