

# 12 WAYS TO SUPPORT CANCER RESEARCH UK

The new pound coin has 12 sides, so here are 12 ways you can support Cancer Research UK, from donating your first new coin to simply donating your time. Click on the circles below to find out more.

## COMMIT TO A HEALTHIER LIFESTYLE

More than 4 in 10 cancer cases could be prevented, largely through lifestyle changes

## SPRING CLEAN

Donate your items to our shops to go to a new home

## SHOP!

Support us by shopping instore or online

## BE A #TIMEHERO

Volunteer your time to support us in a shop or at an event

## IN THE KNOW

Follow us on social media for our latest updates. @CR\_UK

## ORGANISE A CASH COLLECTION

How many of those shiny pounds can you collect?

## TAKE PART IN AN EVENT

Time to don your lycra!

## SHARE YOUR STORY

Share your story on social media using the hashtag #CancerRightNow or email us

## BAKE SALE

Ask your colleagues to get involved with baking to ensure you have a spread Mary and Paul would be proud of

## DONATE

How about popping your new £1 in a CRUK collection goblet?

## BOOK SWAP

Why not start a swap shop to share your favourite books for a small donation

## QUIZ NIGHT

Hold a quiz night – charge £1 entry fee!

