

Your guide to fundraising for Pancare Foundation

Come together for life



Thank you for showing you care

Your fundraiser will bring your community together for life and raise vital funds for support services and research, giving hope to people diagnosed with upper gastrointestinal cancers.

Every milestone you achieve will inspire your community, and that means more funding to create better outcomes for these cancers.

This fundraising guide will provide the support and tips you need to make your fundraiser as successful as possible. You will also find extra tips through your fundraising page.



\$25

Can provide a person with stomach cancer the information they need to understand the steps after diagnosis.



\$80

Can help a patient or carer attend a monthly support group to connect with others and receive comfort and dedicated support.



\$300

Can help support a patient or carer access a telehealth consultation with our Upper GI Cancer Specialist Nurse.

Together, we can provide hope



It's estimated that **12,400 Australians** will be diagnosed with upper GI cancers each year. Yet unlike other major cancers, upper GI cancers receive far less funding for medical research and support services.

Your support will help transform the lives and outcomes of people with upper GI cancers.



Once again, thank you for supporting Pancare to bring vital services to people impacted by upper GI cancers.

Who we are

Pancare Foundation are a leading charity committed to inspiring hope, raising awareness, supporting families and funding research for upper gastrointestinal (GI) cancers.

With some of the lowest survival rates out of all the major cancers, it's our mission to improve survival and support for Australians diagnosed with upper GI cancers.



“With the right level of investment, substantial progress can be made to improve support for and survival rates of people living with these forgotten cancers.”

Doug Hawkins
CEO, Pancare Foundation



Supporting patients and their families, from the point of diagnosis through to treatment and beyond

PanSupport is Pancare Foundation's dedicated support, resource and information service available to all Australians affected by upper GI cancers. From coping with a diagnosis, understanding treatment options, managing symptoms to nurturing emotional health, our friendly team of dedicated specialists in upper GI cancer care offer practical ways to help support people living with cancer. All our services are available complimentary.



Investing in world-class research to advance understanding of upper gastrointestinal cancers

Pancare Foundation supports medical cancer research that aims to accelerate advancement in early detection, new treatments, enhanced patient care and clinical trials that help improve outcomes for Australians impacted by upper gastrointestinal cancers. Pancare funds world-class research at some of Australia's most respected and innovative institutions. Our research program is overseen by our Medical Advisory Committee and underpinned by six key focus areas that will help achieve improved survival rates.

The difference you'll make

By supporting Pancare Foundation, you're helping us give hope to people diagnosed with upper GI cancers. Your efforts help us provide:

- One-to-one and online support groups for patients
- Educational literature for patients and families
- Financial assistance to help patients and families cover out-of-pocket treatment-related costs such as travel, accommodation or complementary therapies
- Specialist upper GI cancer nurse services
- Funds to advance research and clinical trials that improve diagnosis and treatments
- Funds for our national early detection program for people at high risk of developing pancreatic cancer
- Scholarship funds for PhD research for upper GI cancers



How will you show your support?

Whether it's a celebration, a challenge or a tribute, every dollar you raise will help accelerate change, advance research and support families impacted by upper GI cancers.



Celebrate an occasion

Make a birthday, anniversary or reunion special by celebrating with a fundraiser. Your celebration can help change lives for people with upper GI cancers.



Challenge yourself

Make your next run or ride count! Choose the sport or the goal and start pushing yourself in support of people diagnosed with upper GI cancers.



Create your own

There are countless ways to show your solidarity, so get creative and do it your way!



Host an event

From trivia challenges to high teas, there are many ways to get together with friends, family and colleagues to raise funds and awareness for upper GI cancers.



Create your own In Memory tribute

Honour the life of a loved one by helping create a better future for people diagnosed with upper GI cancers.



Check out our [Fundraising Guidelines](#) to learn how to raise funds responsibly and help make a difference!

Milly



Milly is dedicated to making change. The tragic passing of her father after three years of living with pancreatic cancer gave Milly first-hand experience in seeing just how Pancare supports people diagnosed with upper GI cancers, and their families. This experience inspired Milly to take the plunge, and shave her head to raise funds for Pancare.

“It really meant a lot to me that I could do something for dad even though he’s not with us. It was a very emotional moment when we read that we had surpassed our goal. The generosity from the community was overwhelming.”

Milly



Sally



Sally was shocked when her friend and colleague, Julian, was diagnosed with pancreatic cancer. After his passing, Sally knew that she wanted to acknowledge Julian's legacy, and support the work of Pancare.

Sally and her workmates began a regular trivia night to raise funds to support more people like Julian. Each trivia night is an opportunity to honour the joy Julian brought to every moment, while helping to improve outcomes for people with pancreatic and other upper GI cancers.

"Fundraising for Pancare is my way of joining the researchers, doctors and social workers and contributing to the fight against pancreatic cancer."

Sally



How to smash your fundraising goal:



Set the benchmark

If you're using an online fundraising page, get the ball rolling by donating to yourself. The amount you give sets the example for friends and family to follow.



Make it personal

Upload an image of yourself, and share in your own words what you are doing, and why this cause is so important to you.



Share, share, share

Send the link to your fundraising page to your friends, family and colleagues and ask for their support.



Keep reminding

Posting social media updates about your fundraising journey will remind people to support you. Don't be afraid to send reminder emails or texts to family and friends.

We're here to help!

You can contact us at any time for tips or assistance at fundraising@pancare.org.au

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