



# Relay For Life

## Event Information



**Sat 16th & 17th March 2024**  
**Richmond Showgrounds**

<https://relayforlife.org.nz/nelsontasman>

# Nelson Tasman

Let's do something remarkable together!

## Congratulations

Thank you for being a part of Relay For Life!

You will be taking part in a rewarding community event to **CELBRATE** those living with and have survived cancer; **REMEMBER** and pay tribute to those we have lost to cancer; and join together as a community to **FIGHT BACK** against cancer, by raising awareness and funds to support the work of the Cancer Society.

This year, the aim of our event is to engage the wider community, inviting the public to come and support their family, friends and colleagues participating in the event. There will be live entertainment, music, silent disco, outdoor movie, food carts and so much more.

This event is a fun, challenging, rewarding and empowering event for all who participate. It is not possible without the sponsorship and kindness of our community, we thank you for your support.

Ngā mihi nui,

Michelle, Vick, Cyndy,  
Maureen, Tāwhaki  
and Barb

Relay For Life Team



**Celebrate. Remember. Fight Back.®**  
**Whakanui. Maumaharatia. Tū Atu.**



# Relay Survival Tips

## Don't Rush... it's not a race

Relay For Life is not a race, nor do you collect pledges based on the number of laps you walk. Most fundraising is done before the event.

## Theme Your team

Make it an event to remember. Be bold, bright and fun.

## Pace yourself and pass the baton!

Share the load with your team mates, don't forget that at least one person from your team should be on the track for the duration of the relay. Most people will walk, with each team member choosing how

often, how long, and at what pace. It is common to walk in 30 to 60 minute shifts. Many find it more enjoyable to walk in pairs, it is totally flexible do what suits your team.

## Get supervised

For high schools, please feel free to contact us with regards consent information and supervision expectations.

## We're here to help you!

The Relay For Life support team are here to assist you and your team so please feel free to contact us if you have any questions!

Celebrate. Remember. Fight Back.®  
Whakanui. Maumaharatia. Tū Atū.



Cancer  
Society



# EVENT FEATURES

## Sponsorship opportunities

Acknowledging community support is important to us and we aim to provide many opportunities through Relay to showcase and to acknowledge the generous sponsors and 'everyday heroes' doing fantastic things for people in our community.

If you, or a business you know, are willing to become a sponsor or participant - please let us know. We still have plenty of opportunities to offer them.

### Social media example:



## Relay Lap Dedications

Platinum, Gold & Silver sponsors have the opportunity to join in the fun. You can choose a song, a movement, and/or a message to share with participants i.e. a conga line, walk this "way", MC announcement or your team's ideas.

## Come to a Ceremony

No team? Please come on down and join in the Candlelight Ceremony at 9.30pm and walk a lap or two with other Teams.

Tag us!



@cancersocietynelsontasman

#RelayForLifeNelsonTasman  
#RelayForLifeNZ

## Awards & Prizes



BEST DRESSED TEAM



BEST DRESSED INDIVIDUAL



HIGHEST TEAM FUNDRAISERS



HIGHEST INDIVIDUAL FUNDRAISER



BEST SPIRIT OF RELAY INDIVIDUAL

If you'd like further information or want to talk through other opportunities or ideas, please get in touch with our team. **Ph. 03 539 1137** or email: [info@cancernelson.org.nz](mailto:info@cancernelson.org.nz)



# Fundraising Tips

After you have setup your profile page on the Relay For Life website, you are ready to start fundraising! Make sure you personalise your page by updating your profile picture and story. Fundraisers who personalise their page receive on average 20% more donations!

By planning your fundraising efforts, you will achieve your fundraising goal with ease. We encourage each team member to raise \$100 per person – this is then added to the team total.

Each team member who raises \$100 will receive a pair of Glow in the Dark Shoelaces! Perfect to pop onto your shoes for Saturday night activities!



Fundraisers who personalise their page receive on average

**= 20%**

**More donations !**

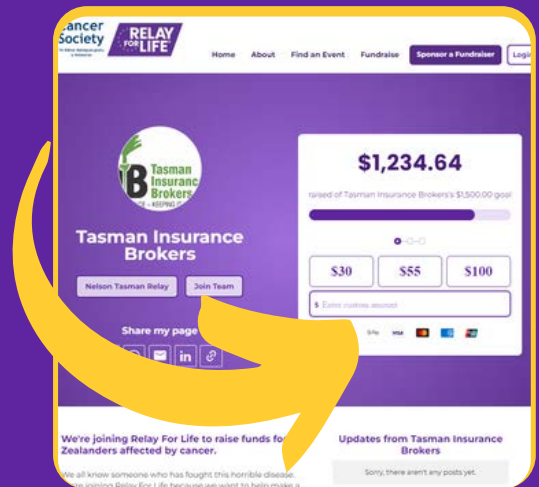


# FUNDRAISING & BANKING

## Online Fundraising Pages

The best way to collect fundraising is on your personal or team online fundraising page. This way you can show your thanks to them and know their receipting is all sorted. If you have collected cash you can do the following:

- Bank the cash from any events/activities you have run into your account you wish to pay from.
- Log in to your online fundraising page and choose either your personal or team page to 'sponsor yourself', enter the amount raised in the 'other' box at the end of the donation options.
- Enter the name of the event/activity in the 'name' field so this is easy to identify eg. 'Morning tea at work'.



## Bank Transfer

You can bank funds directly into our bank account, using your team name as your reference.

Please get in contact the office on [info@cancernelson.org.nz](mailto:info@cancernelson.org.nz) or 03 539 1137 to let us know you have done this and we can move this to show on your online fundraising page:

NZ Cancer Society of Nelson Centre of Wellington Division Inc.  
06-0705-0316662-00



**All funds raised locally - stays local and supports your community**

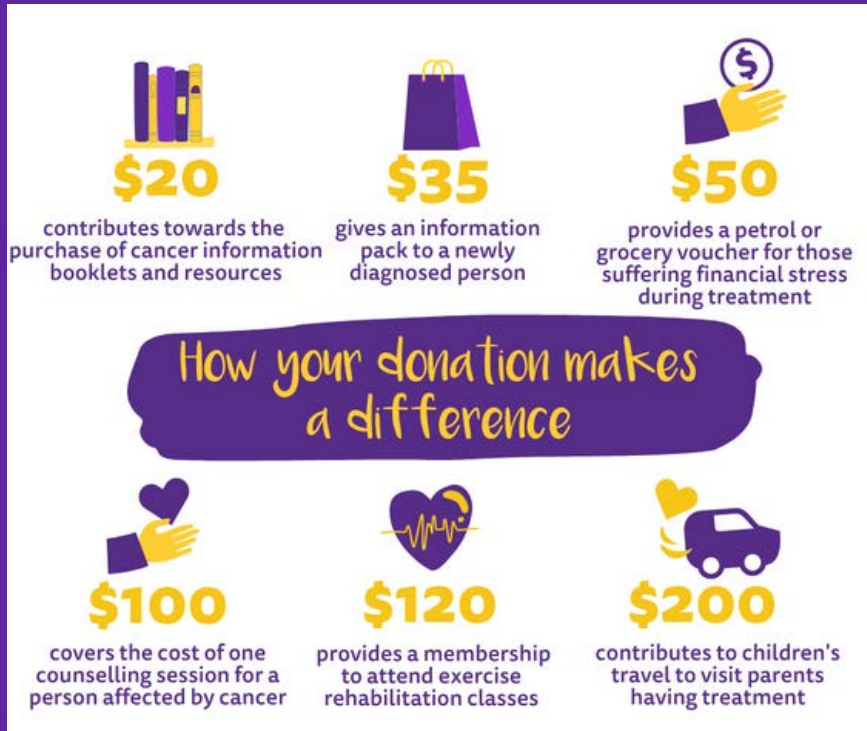
# WHERE DO THE FUNDS GO?

## Where do the funds go?

Any funds raised as part of Nelson Tasman's Relay For Life go directly to our local Cancer Society in Nelson Tasman.

We are an independent charity that receive no direct government funding, with our source of income limited to community donations, grants and fundraising events like this!

Money raised helps us to provide support, information, resources & initiatives for those living with cancer and their whānau in the Nelson and Tasman regions. This includes travel and accommodation to attend cancer treatment, as well as contribution to national cancer research and advocacy for better cancer care in New Zealand.



## Supportive Care

We supported 452 individuals/whānau across the Nelson Tasman region over the 22/23 year, including 279 newly referred and 53 facing reoccurrences, or living with cancer.

### We offer our clients:

- Support groups
- School holiday activities
- Restorative yoga classes
- Gym programmes
- Counselling Sessions for clients and their whānau
- Grocery and Petrol vouchers
- Other grants such as travel for whānau not covered
- Volunteer Visitor Programme
- Transport to and from treatment
- Help with understanding and navigating the health care system
- Carer support, advice and counselling
- And so much more!



If you'd like further information or want to talk through other opportunities or ideas, please get in touch with our team. **Ph. 03 539 1137** or email: [info@cancernelson.org.nz](mailto:info@cancernelson.org.nz)