

## Solas Centre South East Run for Life - looking for fundraising inspiration?



September is here, the kids are back to school and the South East Run for Life is less than a month away. The annual 10 mile run, which takes place on Sunday, October 5th, is a week earlier this year, so that means a week less for training and a week less for fundraising.

The South East Run for Life differs from other events because, while it does not have a registration fee, it is a fundraising event for the South East Cancer Foundation and the more money raised, the more people and families affected by cancer can avail of the cancer support services at the Solas Centre.

As a registered charity, 100% reliant on donations, it is the generosity and commitment of the people of the South East that enables the South Eastern Cancer Foundation to continue and further improve the services it provides to those affected by cancer.

Claire Moriarty, Chair of the SERFL committee, is urging those who intend to partake in the 10 mile run to pick up sponsorship cards and start fundraising today. "While the run does not have a registration fee, there is a cost to organise this event and that is why the fundraising effort is critical to the Centre's continued success."

"We are looking forward to seeing some fun, quirky, and just plain mad fundraising events over the coming weeks."

"There are loads of tried and tested fundraising ideas that work so well for charities, but we have been warmly encouraged by many of our supporters who are raising funds through fun events."

According to Claire, "Bank of Ireland Lisduggan will hold a Solas Centre Orange Day this month. The branch will be decorated in a sea of orange, the staff will wear orange on the day and will be selling orange cupcakes in an attempt to fundraise for the Solas Centre."

"The Sportif Cycling Club has organised a 200km cycle in the aid of the Solas Centre and we have been told that Book Clubs throughout the South East will hold fundraising events to raise money for the event."

If you are taking part in the South East Run for Life on Sunday, October 5th and are looking for some fundraising inspiration, you could try some of these: Offer to walk neighbours/friends dog for a fee while training!; Organise lunch time walks - pay as you go!; Raise money by organising a training group with friends; Host a South East Run For Life pre event; BBQ/Lunch/Coffee Morning; Organise fun events with family and friends before the event e.g. egg and spoon race, mini- mini marathon around the estate/local area etc. ; Talks and demonstrations - e.g. book readings, cookery demonstrations;

Sell unwanted gifts or clutter.

Every year across Waterford, Wexford, Tipperary, Carlow and Kilkenny 2,000 people are diagnosed with cancer. This year the Solas Centre aims to have 2,000 sponsored participants run, jog or walk the 10 mile route; that's one runner, to match every person diagnosed.

The centre is a haven for those affected by cancer, where they can avail of confidential, informal and free support services such as counselling, psychotherapy therapy, massage, reflexology and support groups provided by highly trained individuals in a professional manner.

Sponsorship cards are available to download at [www.solascentre.ie](http://www.solascentre.ie), or can be collected from the Solas Centre at

Williamstown, Waterford. Alternatively you can visit Beat 102 103 studios or AIB branches.  
For further information contact the Solas Centre on 051 304604 or check out the 'Solas Centre South East Run for Life'  
Facebook page or Twitter @solascentre