Nicola's Story

Help us find the answers.

FUNDRAISING IDEAS
Big or small, every idea helps
More at **livingwithfatwo.com**

Fundraise for Nicola

Thank you for wanting to help.

Nicola, 43, a mum from Co Down, is living with **FATWO** (female adnexal tumour of probable Wolffian origin), a cancer so rare that only around 150 cases have ever been recorded worldwide. There is no proven treatment and no clinical trials. So many of you have asked how you can help, so here are some ideas to get you started. Whatever you choose, every pound helps get Nicola's case in front of the specialists who know FATWO best, and supports Nicola and our family.

~150	cases ever recorded
1973	first described
0	clinical trials

1 Get moving

- A sponsored walk: a Mourne mountain, a coastal path, or your steps for a month
- A 5k, a 10k or a fun run
- A sponsored swim, cycle or row
- A team relay or challenge with friends

2 Get together

- A coffee morning or afternoon tea
- A bake sale at work, church or the school gate
- A quiz night or games night
- A supper, curry or barbecue night with a ticket price

3 At school or work

- A non-uniform or dress-down day
- A bake-off competition
- A lunchtime walk or step challenge
- Ask your employer if they'll match what you raise

4 Give something up

- A sponsored silence
- Give up coffee, chocolate or takeaways for a month, and give what you'd have spent
- A phone-free weekend
- Brave the shave, or a big haircut

5 Use your talents

- Make and sell crafts, cards or bakes
- Put on a gig, concert or open mic night
- A car wash or garden tidy for donations
- Sell things you no longer need and give the money

6 Church, clubs and community

- A special collection at church
- A prayer evening or praise night
- A charity match or tournament at your club
- A sponsored event with your running, GAA, rugby or football club

The £5 Challenge. The simplest idea of all: give £5, share Nicola's story, and ask five friends to do the same.

livingwithfatwo.com · Facebook: Nicola's Story · TikTok, YouTube & X: @livingwithfatwo · nicola.crymble@gmail.com

Your fundraiser in five steps

1. **Choose your idea and a date.**
   Keep it simple. A coffee morning with ten friends counts just as much as a marathon.

2. **Tell us about it.**
   Use the "Get in touch" form at livingwithfatwo.com and choose "Fundraising for Nicola", or email nicola.crymble@gmail.com. We'd love to cheer you on.

3. **Spread the word.**
   Download the poster and sponsorship form from livingwithfatwo.com. Share Nicola's film so people know why you're doing it. Friends further away can sponsor you on GoFundMe and put your name in their message.

4. **Do it, and enjoy it.**
   Take a few photos if you're happy for us to share them, and send them to us.

5. **Pay in what you raise.**
   Give the total at **gofund.me/e5cc123a5** (Nicola's Journey) and mention your event in the message, so we can say thank you.

Good to know

- **Not a charity.** Nicola's Journey is a personal fundraiser on GoFundMe, not a registered charity, so Gift Aid can't be claimed. Please don't describe it as a charity on your posters or posts.
- **Raffles and tombolas.** Under Northern Ireland law, a raffle, tombola or other lottery can't raise money for one person. If you'd like to run one, please talk to us first. An auction of donated prizes is fine.
- **Collecting in public.** Collecting money in the street or door to door needs a permit, so please stick to sponsorship, ticketed events and collections at your own venue.
- **Stay safe.** Only take on what's safe for you, and follow the venue's rules. Children need a grown-up's permission and supervision.
- **Our family's privacy.** Please share only what's on the website, and leave our children's names out of public posts.

Everything in one place

Watch Nicola's two-minute film, download the sponsorship form and poster, and find the GoFundMe at **livingwithfatwo.com**.

Watch the film **Scan to give**

Every walk, bake and coffee morning reminds us we're not facing this alone. From the bottom of our hearts, thank you.

With love and thanks, Andrew & Nicola

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