



**Fundraising
activity tools for
Mouth Cancer
Action Month**



**Mouth Cancer
Action Month
November 2021**
Oral Health Foundation

What's Included

- Social media messages**
- Photo booth props**
- Decorate your desk competition**
- Quiz night**
- Sponsorship form**
- Paying in slips**

Social media messages

When sharing on social media, as well as seeing your lovely photos we would like to see you sharing mouth cancer awareness stats and facts.

All of the different signs, symptoms and risk factors are available on our website www.mouthcancer.org

Here are a few examples:

Learn how to spot the signs of mouth cancer early with this simple check #MouthCancerAction

We're raising awareness of mouth cancer because around 7 people a day lose their life to mouth cancer yet not much is known about the disease.

Join our quiz in aid of #MouthCancerAction and help more people detect mouth cancer early

The Oral Health Foundation have been raising awareness of mouth cancer for 21 years, help us to help them spread their messages far and wide.

I'm giving up smoking for 30 days to raise money for Mouth Cancer Action Month because being a smoker increases the risk of developing mouth cancer. You can sponsor me by donating to my fundraising page #MouthCancerAction

I'm giving up smoking for #MouthCancerAction and donating the money I would have spent on cigarettes to the Oral Health Foundation so they can help spread awareness of mouth cancer.

Come and join us as we raise money for #MouthCancerAction and help raise awareness so people can spot the signs early.

We're having a sober night in to raise money for The Oral Health Foundation as part of #MouthCancerAction, because drinking alcohol increases our risk of getting mouth cancer.

These are just a few examples to get you started. Make sure to also tag us in any social media posts so we can see what you've been up to and support your fundraising efforts!

Photo props for Mouth Cancer Action Month

Cut out and use these props to get involved with [#BlueWednesday](#) on social media to spread awareness of the effects of mouth cancer and the importance of checking for signs and symptoms of mouth cancer regularly.

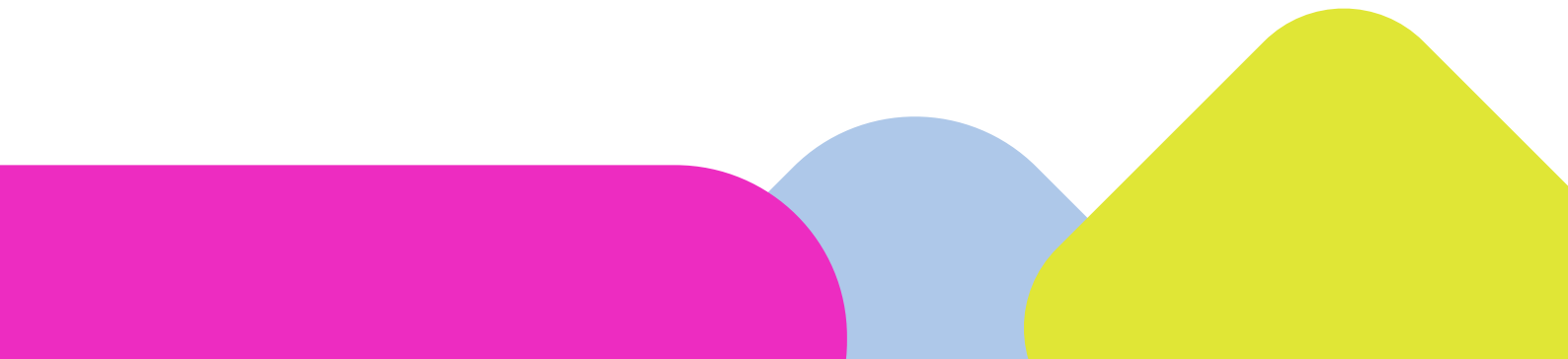
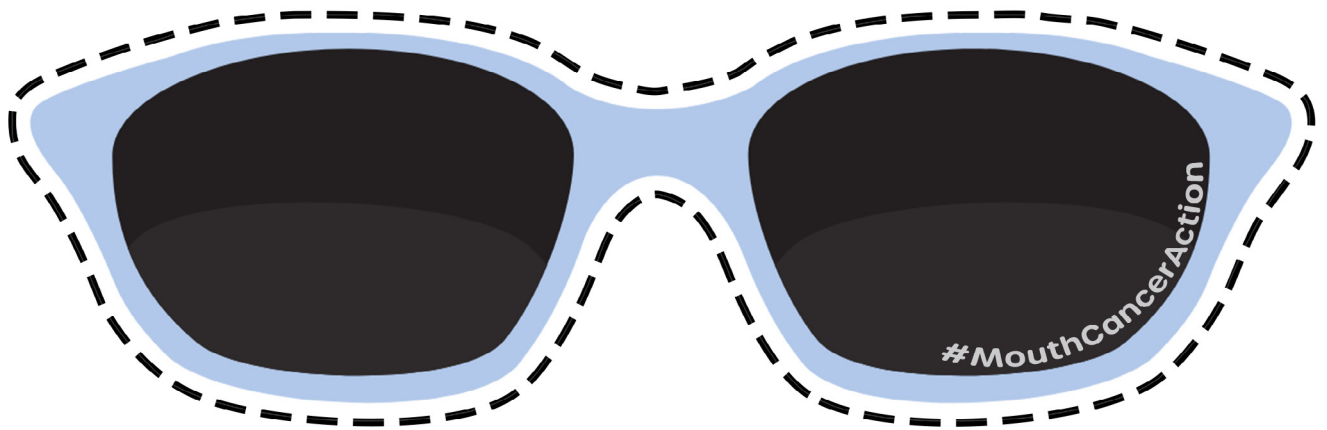
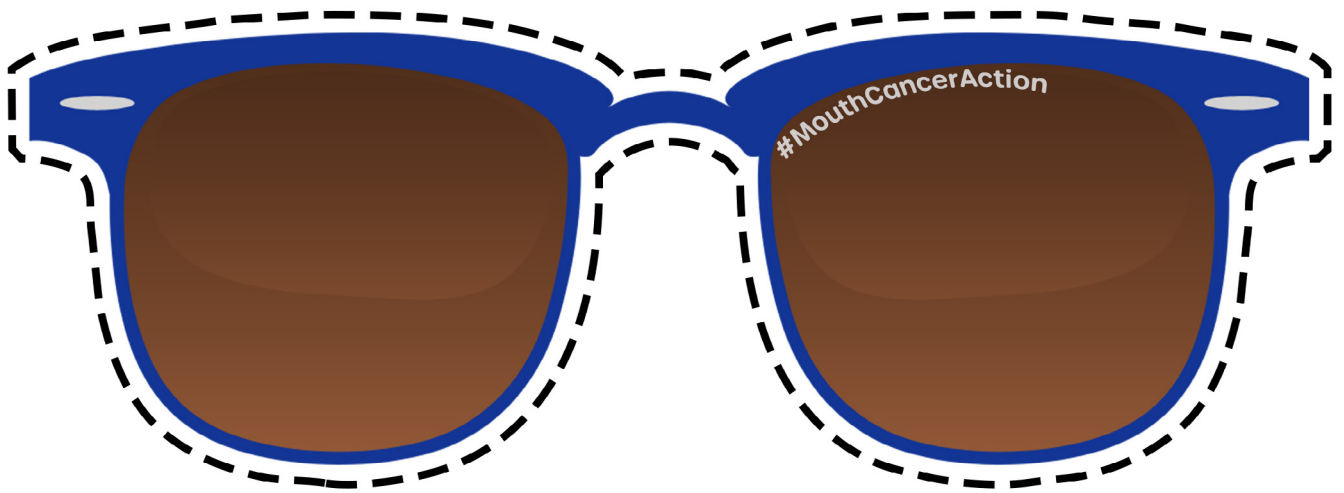
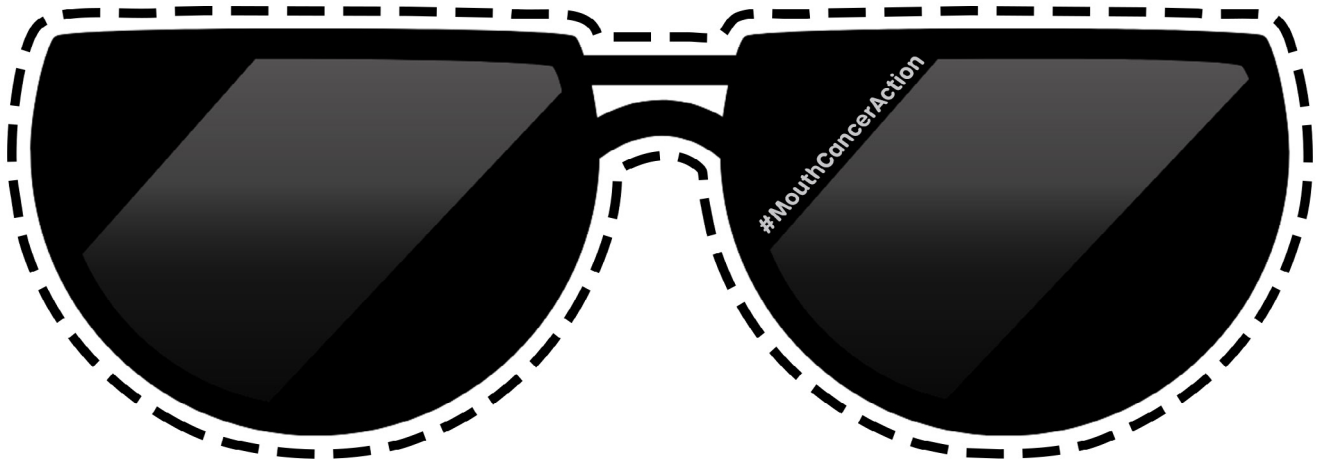
Tag us in your photos so we can share them too!

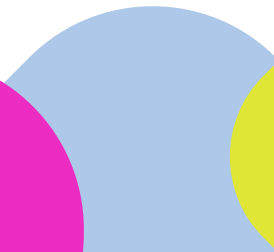
Twitter @Mouthcancerorg

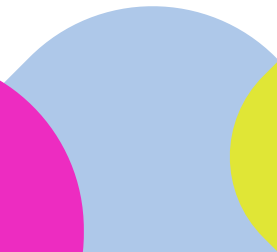
Facebook @MouthCancerActionMonth

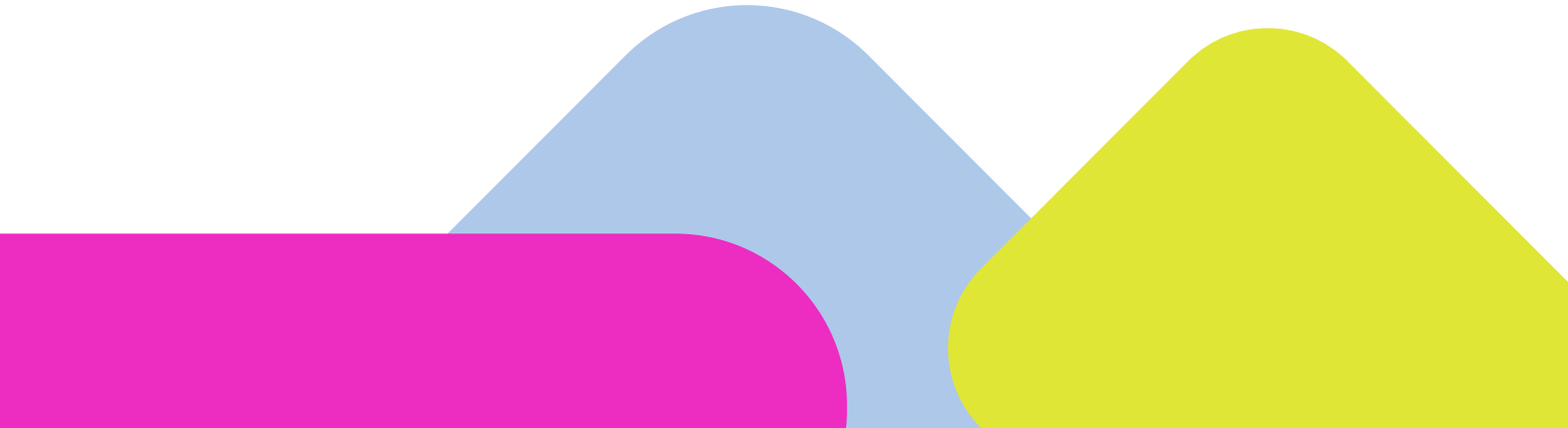
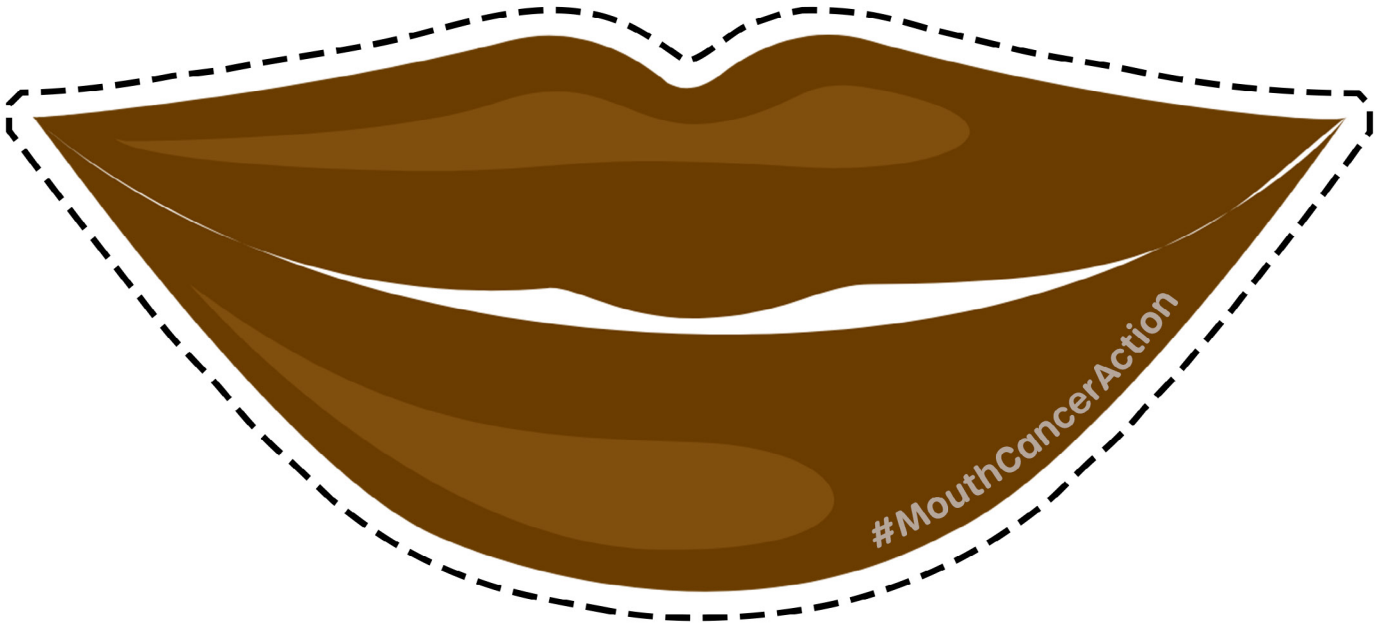
Instagram @oralhealthfoundation

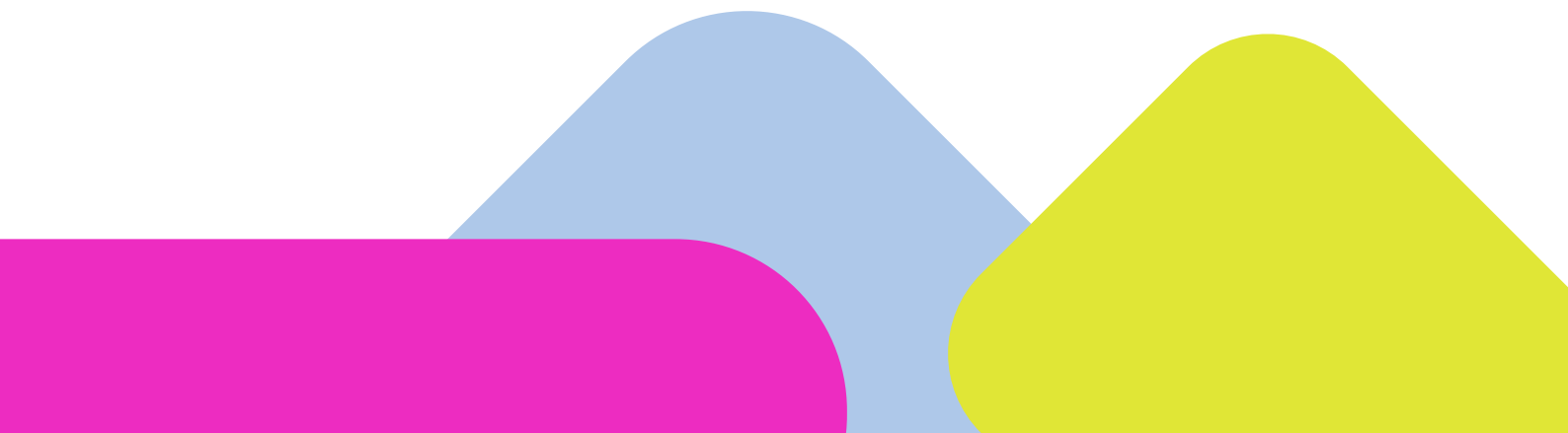
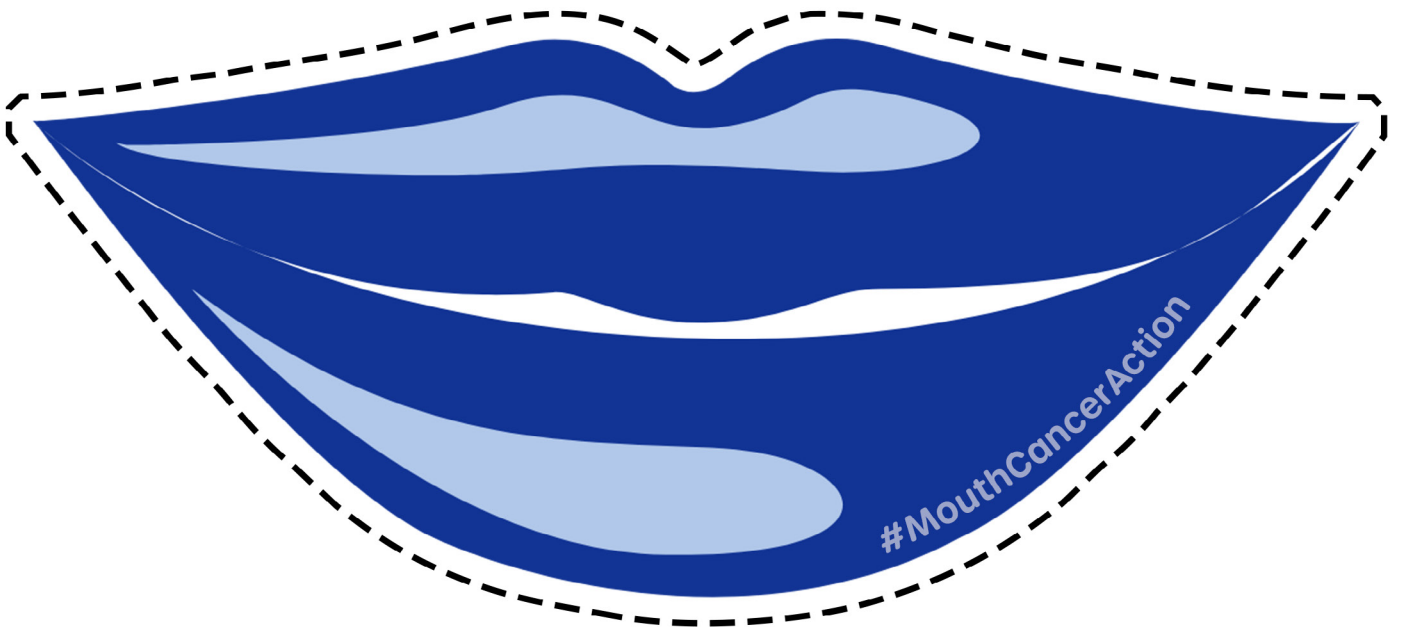
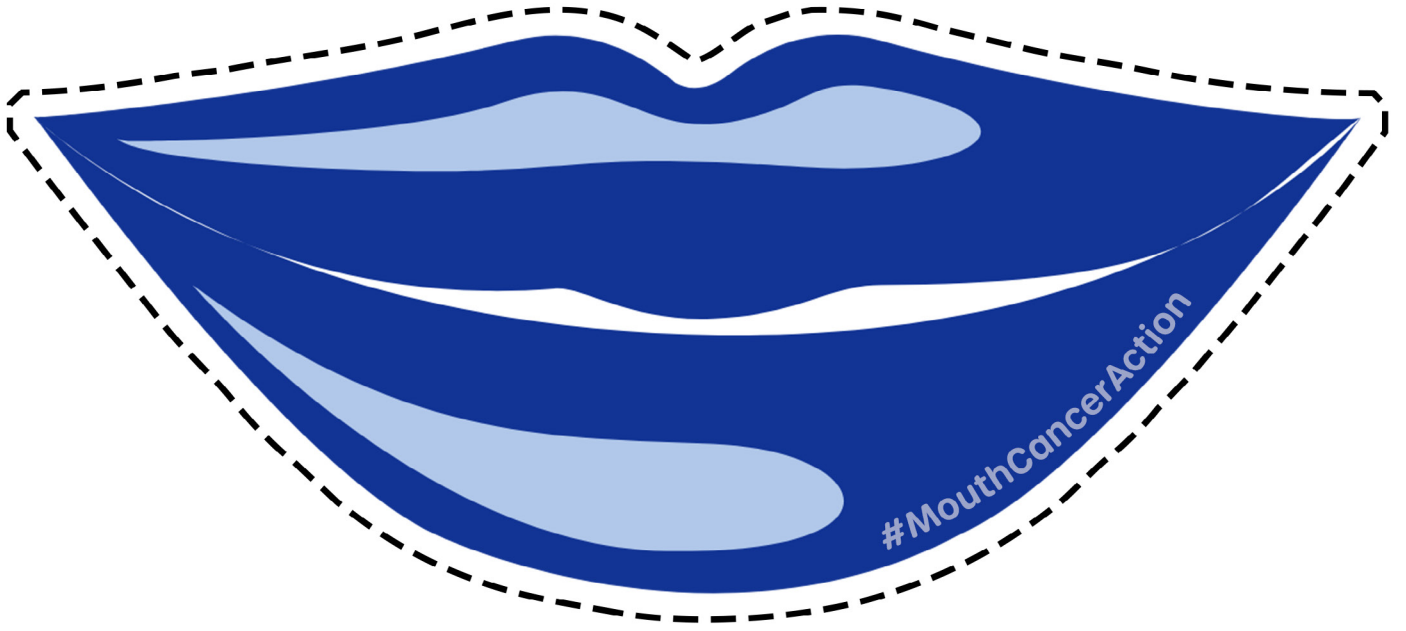














Decorate your desk office competition

Start some friendly workplace competition for **#MouthCancerAction** or **#BlueWednesday** and see who can decorate their desk the best.

Nominate an office judge and set the criteria - whether you're going for a neat approach or wanting something wacky - but the bluer the better!

Tag us in your photos so we can share them too.

Twitter @Mouthcancerorg

Facebook @MouthCancerActionMonth

Instagram @oralhealthfoundation



Decorate your desk rosettes



Quiz night

Do you have a competitive streak?

Organise a [#BlueWednesday](#) or [#MouthCancerAction](#) quiz with your nearest and dearest to raise awareness of mouth cancer.

This is a quiz with a difference though, as all of the questions are themed around the colour blue.

We suggest an entry fee of £5 per team as a donation and if you want to sweeten the deal further and get a prize for the winners that's even better! You could also use the mouth cancer action rosettes for the winners, and we have downloadable Zoom background for all the virtual quiz masters.

Make sure you get a photo of the winning team to share with us.

Twitter [@Mouthcancerorg](#)

Facebook [@MouthCancerActionMonth](#)

Instagram [@oralhealthfoundation](#)

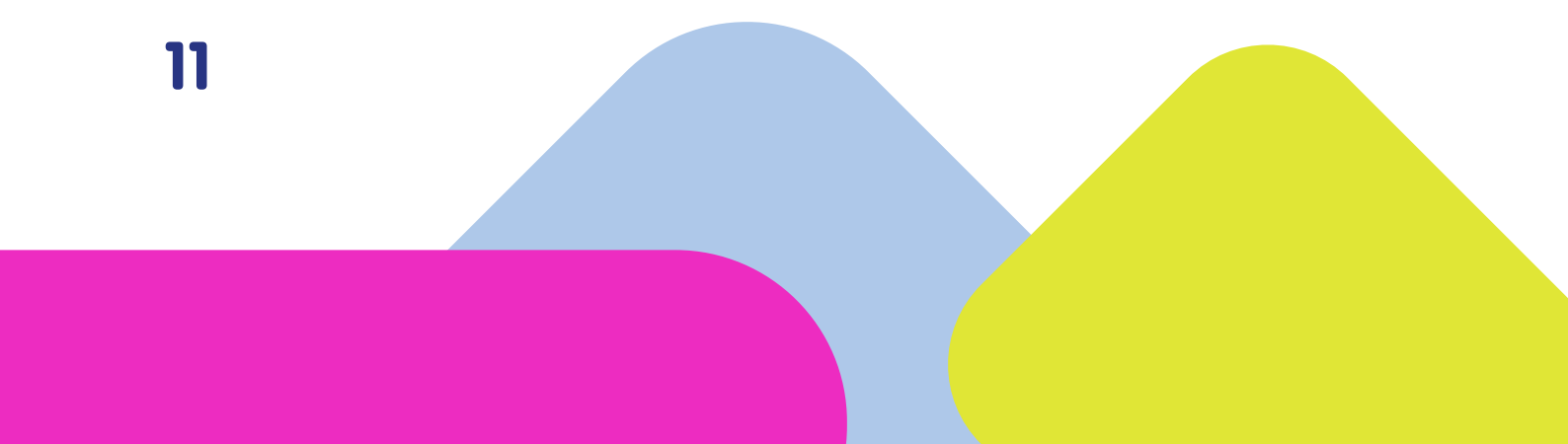


Score sheet

Team name:

Final score:

1	12
2	13
3	14
4	15
5	16
6	17
7	18
8	19
9	20
10	21
11	



Questions and answers

1. Pocket Monsters Blue is a special edition of what popular video game franchise?

ANSWER: POKEMON

2. The Blue Ridge Mountains in North America belong to this mountain range?

ANSWER: APPALACHIAN

3. A blue state in America is considered to belong to this political party.

ANSWER: DEMOCRATIC

4. What Jewish holiday traditionally features paraphernalia coloured blue, white & silver?

ANSWER: HANUKKAH

5. Which children's author who wrote Red Fish Blue Fish?

ANSWER: DR SEUSS

6. Who is the blue skinned Hindu god recognized as the eighth avatar of the God Vishnu

ANSWER: KRISHNA

7. Blues Clues premiered on which television network?

ANSWER: NICKELODEON

8. What is the Spanish word for blue?

ANSWER: AZUL

9. Who was the co-founder of the Blues Brothers with Dan Aykroyd?

ANSWER: JOHN BELUSHI

10. Which popular children television show known for awarding badges to viewers?

ANSWER: BLUE PETER

11. Which colour is a combination of blue and yellow?

ANSWER: GREEN

12. Roses are red, which flour is blue?

ANSWER: VIOLETS

13. Which day of the week is associated with our mouth cancer awareness campaign?

ANSWER: WEDNESDAY

14. What blue jean company was founded in 1853 in San Francisco, California?

ANSWER: LEVI STRAUSS & CO

15. 'Blue (Da Ba Dee)' was the debut single of what Italian, Eurodance group?

ANSWER: EIFFEL 65

16. Which university are the light blues. Oxford or Cambridge?

ANSWER: CAMBRIDGE

17. Which stairway to heaven is also a blue harebell shaped flower?

ANSWER: JACOBS LADDER

18. In Australia, who would carry a bluey?

ANSWER: A BUSHMAN

19. Which cocktail is made of gin or vodka, with lemonade, ice and blue curacao?

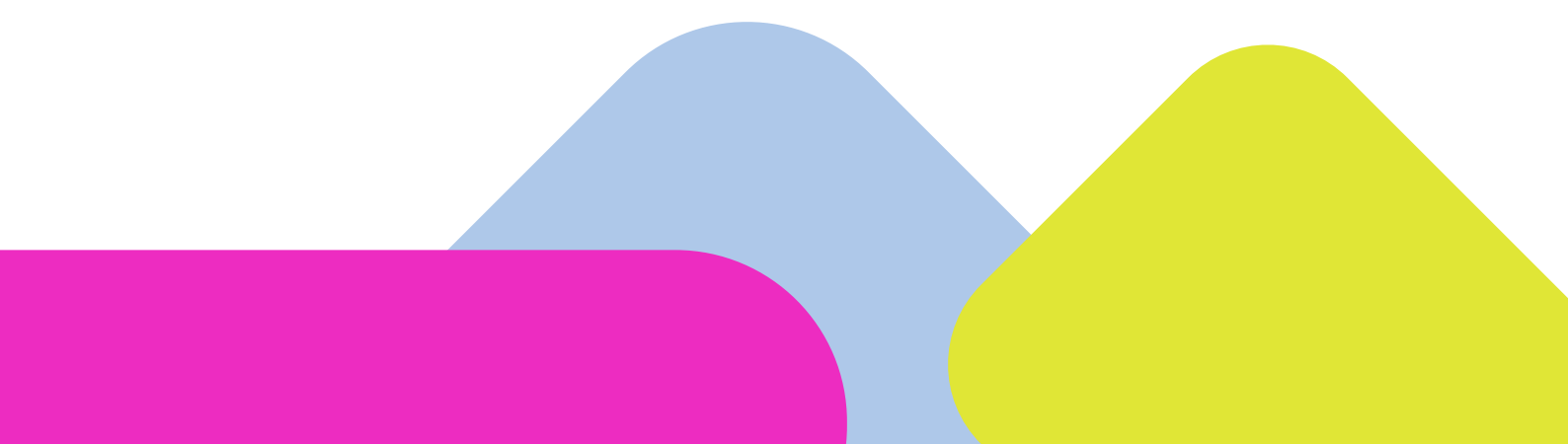
ANSWER: BLUE LAGOON

20. On an ice hockey rink, the red line divides the rink in half. What do the blue lines do?

ANSWER: DIVIDE INTO EQUAL SIZE PLAYING ZONES.

21. Which style of music, a precursor of reggae, mingled local calypso with rhythm and blues?

ANSWER: SKA



Sponsorships and challenges

Set yourself a personal challenge to overcome whilst also raising money for mouth cancer. All you need to do is:

- Decide what you want to give up or achieve. It could be anything from giving up smoking or building up to running a 5K. Have a look at our 30 day challenge ideas for inspiration too.
- Use your sponsorship form to get people to show their support for you.
- Tell us about your event through our 'Create a fundraising event' page so we can help maximise your sponsorship and achieve your goal. It works just like any other fundraising site that you may have come across in the past. It will tell people all about what you're doing and there's a form they can fill out to donate.
- Get someone to take lots of pictures which you can share online or send to us so we can share it far and wide.
- Collect and send your sponsorship money to us so we can continue to raise awareness of mouth cancer.

If you're unsure what you'd like to do, there are lots of event ideas on our [A-Z of fundraising](#) and [30 day challenge](#) pages.

Mouth Cancer Action Month

Donation Return and Gift Aid Form



A huge thank you from everybody at the Oral Health Foundation for taking part in the Blue Ribbon Appeal during Mouth Cancer Action Month.

Once you have raised money from the Blue Ribbon Badges, please fill out this form and send it back to us.

Oral Health Foundation

Registered Charity Number 263198

You can donate monies raised for Mouth Cancer Action Month by:

Cheque Cash Bank Deposit JustGiving

By Cheque or Cash

Please do not send cash in the post. Cash can be deposited via local HSBC bank using the bank details provided below.

Make cheques payable to the 'Oral Health Foundation Mouth Cancer Appeal'. Send cheques to: Oral Health Foundation, Smile House, 2 East Union Street, Rugby, Warwickshire, CV22 6AJ.

By Bank Deposit

Account Name: Oral Health Foundation Mouth Cancer Appeal

Account Number: 31834835

Sort Code: 403911



By JustGiving

Head to www.justgiving.com/BlueRibbonAppeal to donate the money online. Don't forget to include Gift Aid in your donations too!

Details of Donor

Title Forename(s) Surname

Address

..... Postcode

E-mail Amount Donated: £.....

Mouth Cancer Action Month

Donation Return and Gift Aid Form

Gift Aid Donations

Please select one of the following boxes:

Yes, I am a UK tax payer and would like The Oral Health Foundation to treat all donations I have made for the four years prior to this and any donations I make from the date of this declaration, until I notify you otherwise, as Gift Aid donations.*

No, I am not a taxpayer – please do not Gift Aid my donations.

* For The Oral Health Foundation to reclaim the tax on your donation you must have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6th April to 5th April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that you donate to. Other taxes such as VAT and Council Tax do not qualify. The charity will reclaim 25p of tax on every £1 that you give on or after 1st November 2015.

Date

Please return to: Oral Health Foundation, Smile House, 2 East Union Street, Rugby, Warwickshire, CV22 6AJ, or contact 01788 546365 for further information.

- Would you like to remain on our database and receive further correspondence from us? (Your details will not be passed to third parties)

Yes No

- I am enclosing unsold badges.



**Thank you
for choosing
to fundraise for
Mouth Cancer
Action Month**



**Mouth Cancer
Action Month
November 2021**
Oral Health Foundation