

60 CHALLENGE

**YOUNG LIVES
vs CANCER**
CLIC SARGENT

Going the distance for young cancer patients

The daily commute can be a pain. The delays, the distance, the cost. Now imagine it while going through cancer treatment. Families of children and young people with cancer face this regularly – the cancer commute. They have to travel an average of 60 miles to and from hospital for treatment. Sometimes a few times a week. And to make matters worse, this costs them an extra £180 a month.

Cancer is tough enough without money worries. Get your friends and family together to help families with the immediate costs of cancer this Childhood Cancer Awareness Month – here are some ideas to get you started:

clicsargent.org.uk

**CHILDHOOD
CANCER
AWARENESS
MONTH SEPT**



Registered with
**FUNDRAISING
REGULATOR**

Registered charity number (1107328)
and registered in Scotland (SC039857). 18AJ044t
77-85 Fulham Palace Road, London, W6 8JA

Supported by



60 miles

Could you run, jog, walk, cycle, swim or skate 60 miles? Beat your personal best or get a team together and challenge yourselves to your own 60 mile cancer commute.



60 minutes

Make this your finest hour. You have just 60 minutes – challenge the chatterboxes to a 60 minute sponsored silence, organise a 60 minute dance-a-thon, or see how far you can ride on a static bike.



60 seconds

What can you achieve in 60 seconds? Challenge your school friends, work colleagues, friends and family to a whole host of Challenge60 mini events. Who can do the most keepy uppies, press-ups, sit-ups or star jumps – start the competition!



60 bakes

Be inspired by the Great British Bake Off and challenge your star bakers to create 60 fabulous cakes/muffins/cupcakes/treats for a bake sale.



Your own '60' fundraising idea

Get creative and organise your own CCAM event to raise funds to help families cope with the immediate costs of cancer. We'll be there to support you every step of the way.

60 friends

Can you share our CCAM campaign message with 60 friends? Use all your social media platforms to spread the word and make a real difference to children and young people this CCAM.