



**SIGN UP ON MOVEMBER.COM TO
RAISE FUNDS FOR MEN'S HEALTH**



OUR VISION: TO HAVE AN EVERLASTING IMPACT ON THE FACE OF MEN'S HEALTH

The Movember Foundation is a global charity helping men live happier, healthier and longer lives.

We focus on three urgent
men's health issues

Prostate
Cancer

Testicular
Cancer

Suicide
Prevention

Gender is one of the most consistent predictors of health and life expectancy. For men, this is not good news: worldwide, men die an average 6 years earlier than women.

We're committed to tackling the big issues affecting men's health, encouraging men to stay healthy, and working toward a world where men are more open to discussing 'the big stuff' in their lives.

WE'RE DOING WHAT OTHER CHARITIES CAN'T

By 2030, we'll halve the life expectancy gap between men and women, and reduce the number of men dying prematurely by 25%. That's a bold challenge, but we have what it takes to get the job done.

Staying true to our entrepreneurial history and shake-things-up attitude, we go where men need us most, fund both local and global initiatives, get the best minds together to tackle big issues, and share the results to accelerate new ideas into practice.

"Our disruptive funding approach identifies revolutionary ways to accelerate health outcomes by creating strong, global collaborative teams."

- Dr. Colleen Nelson
Global Scientific Chair

We've come a long way but we've still got a long way to go. With your support we can do more.

1

One man dies every hour from prostate cancer in the UK

6

In the UK, 6 men are diagnosed with testicular cancer every day

13

On average 13 men each day take their life by suicide in the UK



However you do it, Movember is all about making waves and raising funds for men's health.

GROW A MOUSTACHE

It all began with a moustache. For the 30 days of Movember, Mo Bros take action by growing their moustache to become walking talking billboards for men's health. Sign-up and get the team on board for 30 days of mustachioed competition.

TAKE THE MOVE CHALLENGE

Physical activity is the best thing most of us can do for our health. Set yourself a challenge during Movember. Get active every day for 30 days, learn to swim, run a marathon or come up with your own idea – and do it in the name of men's health.

HOST AN EVENT

Movember has always been about getting people together. What better way to do that than a party? Organize a quiz night, dinner party or charity auction. Create a tournament or charity game especially for Movember.



It all kicks off on November 1st, but you can get a head start and start by spreading the word and building your team early. Got a great idea to take Movember to the next level this year? Send an email to info.uk@movember.com

OUR GUIDE TO SPORTING MOUSTACHES



IN THE MONTH

01

Register your game or tournament on Movember.com

02

Deck out your website & social media with Movember images, logos & videos

03

Host a pre or post-match breakfast, lunch or dinner with the players

04

Have a post-match party in aid of Movember

05

Offer prizes for the best and worst moustaches, or top Mo Sista

AT YOUR MATCH

01

Collect donations at your game

02

Pre-match and half time activity such as a cross bar challenge, shoot out or fan relay race

03

Raffle off prizes such as team shirts & sponsor donations

04

Sell Mo to spectators or have a face painter draw them on for a donation

05

Donate sponsorship from a match day programme or memorabilia



AT THE END OF THE MONTH

Give yourself a pat on the back.
You stepped up to the challenge and joined the
movement for men's health. Thank you.

At the end of the month, make one last call-out
for any stragglers who haven't donated yet then
send in any cash you've collected. You can
donate in the following ways:

ONLINE AT MOVEMBER.COM

Visa, MasterCard, American Express, PayPal

OVER THE PHONE

0207 952 2060

**SEND YOUR CHEQUES OR
CHARITY CHEQUES TO:**

Movember Europe
PO Box 68600
London
EC1P 1EF

Please include your name and registration to
ensure that the donation is added to your
fundraising total.

YEAR ROUND FUNDRAISING

The need for men's health funding doesn't
stop for the other 11 months of the year, and
neither do we.

EVENTS NEAR YOU

Head to movember.com to find out about events
happening in your area year-round.