



USE THE POWER OF A GOOD TIME TO SPREAD AWARENESS
AND RAISE FUNDS FOR MEN'S HEALTH.

MOVEMBER FOUNDATION EVENT GUIDE

WHAT IS A MOVEMBER EVENT?

MOVEMBER EVENTS ARE USED TO FUNDRAISE, UNITE YOUR COMMUNITY AND CHAMPION MEN'S HEALTH.

MOVEMBER EVENTS COME IN ALL SHAPES AND SIZES. WHETHER IT'S AN AFTERNOON JOG OR A NIGHT OUT ON THE TOWN, A MO EVENT IS A FOOL PROOF WAY TO BRING YOUR FUNDRAISING TO THE NEXT LEVEL. GET CREATIVE (SO LONG AS IT'S SAFE, FUN AND IN THE SPIRIT OF MOVEMBER) OR RUN WITH ONE OF OUR IDEAS LISTED ON THE RIGHT.

**NEED MORE IDEAS?
GET IN TOUCH WITH
INFO.UK@MOVEMBER.COM**

EVENT IDEAS

SHAVE DOWNS

If you're growing a moustache for Movember, start on the right foot by rallying friends and family to shave down on or before November 1st.

MOVE EVENTS

A MOVE event can be anything physical – a fun run, ping pong tournament or yoga session – in support of Movember.

MO PARTIES

Who doesn't like a good old-fashioned shindig? Bring the community together to raise some cash for men's health. Themed events and fancy dress to suit your Mo or Mo Bro are popular.

COMMUNITY EVENTS

Get local sporting clubs, businesses and venues involved and champion Movember in your community.

WHEN CAN I HOLD A MOVEMBER EVENT?

Anytime! Raising awareness and funds isn't limited to only one month, so feel free to host/hold/run an event anytime.

DURING MOVEMBER

Events are a great way to promote your Movember fundraising efforts.

YEAR-ROUND

Host a Movember Foundation event any time of year to raise funds and awareness for men's health.

HOW TO HOST AN EVENT

01 REGISTER YOUR EVENT ON MOVEMBER.COM

Once you've registered, people can find your event and details on Movember.com. You'll have access to downloadable posters, donation forms and other handy tools via your Mo Space.

02 GET PLANNING

You'll be most successful if you get a team on board and make your plans early. Try not to overcomplicate things, sometimes the best events are the ones that keep it simple.

03 SPREAD THE WORD

Once you've created an event on Movember.com, it's time to get the word out! Drop us an email at info.uk@movember.com - we're here to support your hairy efforts.

04 HAVE FUN, RAISE FUNDS, DO GOOD

Make sure everyone knows why you're fundraising for men's health. Once things are wrapped up, send in your donations through our website.

See our FAQ section for more information about sending in donations.

THANK YOU FOR YOUR EFFORTS IN SUPPORT OF THE MOVEMBER FOUNDATION.
REMEMBER TO SHARE PICTURES AND VIDEOS WITH US ON SOCIAL MEDIA USING #MOVEMBER!
WE LOOK FORWARD TO SOME SERIOUS MO PARTY FOMO.

MOVEMBER.COM



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FUNDRAISING AT YOUR EVENT

We want to make sure your Mo event goes smoothly. Here's some need-to-know info to make that happen.

DO

COMMUNICATE

Tell people about the Movember Foundation's cause and communicate our men's health messages. You can find more information about our focus [here](#).

ASK FOR SUPPORT

Try and get your local businesses involved. Local restaurants or bars may be able to sponsor your event, and/or provide prizes or supplies to show their support. The more support you can get, the more you will be supporting men's health initiatives.

BE NICE!

Remember to thank your sponsors!

DON'T

DON'T FORGET DETAILS

Don't forget to have donors include your name and your registration number on their donation cheques. If you receive cash donations, follow the instructions on your Mo Space page to send them in.

DON'T BREAK THE LAW

Raising funds using the Movember name and distributing to anyone other than the Movember Foundation is not allowed and is illegal.

PROMOTING YOUR EVENT

DO

Promote your event via local channels, on social media, and through your personal network.

Use #Movember on social media to spread the word or share pictures.

Make the most of our fundraising resources. Sign in to your Mo Space to access customisable posters and other helpful tools.

During the month of Movember, champion the Mo! It's your #1 fundraising tool.

Ask attendees to sign up at [Movember.com](#) and join the hairy journey.

DON'T

Don't fake it. It takes dedication for a Mo Bro to change his appearance for 30 days, so we ask that you not distribute fake Mo's at your event. They're a poor substitute for the real thing.

Don't engage in paid promotions through advertising and media.

ATTENTION

If there is alcohol at your event make sure everyone attending is of legal drinking age or hold the event in an establishment with an age requirement. Remember, the Movember Foundation is a men's health organisation. When it comes to alcohol, moderation is key.

PAY IN YOUR DONATIONS

DONATIONS RECEIVED VIA CHEQUE

If you receive donations via cheque you must fill out a donation form for each cheque. Donation forms are downloadable via your Mo Space page. Make all cheques payable to "Movember" and mail them to:

Movember Europe
PO Box 68600
London
EC1P 1EF

DONATIONS RECEIVED IN CASH

If you receive donations in cash you have two options. You can either pay these donations by using your credit card via your Mo Space page, or you can create a cheque or money order (payable to "Movember" with a completed donation form) and mail to the above address.

MOVEMBER FOUNDATION
The Movember Foundation is the leading global organisation committed to changing the face of men's health. Millions have joined the men's health movement, raising £400 million and funding over 1,000 projects focusing on prostate cancer, testicular cancer, poor mental health and physical inactivity.

MOVEMBER FOUNDATION
HELPING MEN LIVE HAPPIER, HEALTHIER AND LONGER LIVES.

[MOVEMBER.COM](#)