



OFFICE MOUSTACHERY

SIGN UP ON [MOVEMBER.COM](https://www.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

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.

Testicular
cancer

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.

Suicide
prevention

"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.

13%

Every hour one man dies from prostate cancer in the UK, accounting for 13% of all male deaths from cancer

25 - 49

Testicular cancer is the most common cancer in young men aged 25-49 years



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

THE HAIRY FACTS

MEN'S HEALTH

-4

On Average, men die
four years younger than
women in the UK

1 IN 4

1 in 4 people in the UK will
experience a mental health
problem each year

SUICIDE PREVENTION

78%

78% of suicides in
the UK are men

13

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

PROSTATE CANCER

**MOST
COMMON**

Prostate cancer is the most
commonly diagnosed cancer
amongst men in the UK

**MORE THAN
10,500**

More than 10,500 men
with prostate cancer will die
in the UK in 2016

TESTICULAR CANCER

25 - 49

Testicular cancer is the
most common cancer in
men aged 25-49 years

2,300

2,300 new cases of
testicular cancer in the
UK in 2013



HOW TO GET INVOLVED

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. Mo Sistas sign up and commit to supporting the men in their lives, spreading the word about Movember.

TAKE THE MOVE CHALLENGE

Challenge yourself this Movember to get physically active, have fun and raise funds for men's health.

Take the Move challenge and beat your personal best. Move is whatever you make it, from the big to the brave to the slightly outrageous.

HOST AN EVENT

Movember has always been about getting people together. What better way to do that than a party? Organise a trivia night, dinner party or charity auction. Throw a moustache or Move-themed party to send off the month in style.



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? Shoot an email to info.uk@movember.com



OFFICE MOUSTACHERY

01 IDENTIFY KEY CHAMPIONS

First, find employees who have a passion for men's health, who'll inspire other employees to get on board. These are your Mo Leaders. Go for one big team or Movember can setup a network for multiple team approach to foster competition between offices or departments. And remember: never underestimate the power of a Mo Sista. They do everything Mo Bros do, minus the moustaches.

02 REGISTER TEAMS AND NETWORKS

Movember.com officially opens up for sign-ups in mid-September. If you decide to take the multi-team approach, please reach out to us on LiveChat or info.uk@movember.com and we can help you get setup with a network. A network allows for multiple teams to be grouped together and rank both the top individuals and teams in the network.

03 ACCESS INTERNAL COMMUNICATIONS

Utilize internal communications to spread the Movember message, promote your team or network and encourage folks to support your efforts. Content is king for communications. Share employee stories, pictures, infographics and videos of moustachery, but most importantly men's health. Feel free to reuse content from Movember's News section or YouTube channel. Early on push the registration message, then transition to the fundraising message and finish with a thank you. It never hurts to get someone from the leadership to endorse the company's Mo growing efforts.

04 ENGAGE AND EDUCATE EMPLOYEES

Presentations and announcements at staff meetings are a great way to educate employees. Reach out to us if you'd like a Movember Development Manager to come to your office to present. Incentives go a long way: small gifts, contests and public acknowledgment of employee efforts drive sign-ups and fundraising. A great incentive for employee engagement is putting a bounty on an executive's upper lip (e.g. If over 50 employees sign-up or employees raise £2,500 by Nov. 1st, the CEO will grow a Mo.)

05 HOST EVENTS OR GET ACTIVE WITH MOVE

Whether it's a "Shave the Date" kickoff party or a mid-month happy hour, Movember is a great team building opportunity. MOVE puts men's health into action. A month-long stair or step challenge can help everyone MOVE more and also helps the Wellness department at your company achieve their goals. If you have budget, go take over a fitness studio class with co-workers.

HOW TO: GROW A MOUSTACHE

The moustache is our ribbon for men's health. For 30 days in the month formerly known as 'November', use it to raise funds and stop men dying too young. Sign up on movember.com, shave down on the 1st of Movember, and grow your Mo for 30 days.



WANT TO TAKE YOUR MO TO THE NEXT LEVEL?

Sacrifice your beard.

Auction off your face to the highest donor.

Dye it.

Style it.

Groom it.

Mo Sistas, get a little creative.

Recreate an iconic Mo.

TIPS TO HELP YOU MAKE THE MOST OF THE MO

GET TALKING

The moustache is a natural conversation starter. Use it to start a conversation about men's health.

TEAM UP

The more moustaches the merrier. There's strength in numbers.

GET CREATIVE

Challenges, competitions and unique ways to fundraise are what keeps Movember fresh as the moustache on your face.

STYLE GUIDE



THE WISP



THE ABRAKADABRA



THE ROCK STAR



THE UNDERCOVER BROTHER



THE BUSINESS MAN



THE TRUCKER



THE REGENT



THE BOX CAR



THE CONNOISSEUR



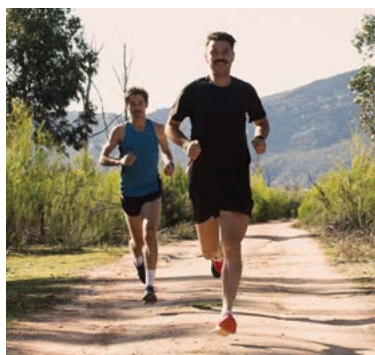
THE AFTER EIGHT

SIGN UP TO MOVEMBER

HOW TO: MOVE IN MOVEMBER

Take the Move challenge and get physically active during Movember. What is the Move challenge? Whatever you make it. Run a marathon. Learn to swim. Work out in costume. Try something new, beat your own personal best, and raise funds for men's health.

NEED INSPIRATION? CHECK OUT THESE MOVES.



GO BIG.

Run that marathon.
Climb a mountain.



BE BRAVE.

Learn to swim.
Take up a new sport.



BE OUTRAGEOUS.

Get in costume.
Try an unusual form of exercise.

TIPS TO HELP YOU MOVE

CHALLENGE YOURSELF

It's not about being a world-class athlete, it's about setting a challenge that's right for you. Beat a personal best.

TEAM UP

Move as a group, or challenge your friends or coworkers to match your Moves.

TRACK YOUR PROGRESS

We've made it easy for you: connect your fitness app or device to automatically pull exercise info onto your fundraising page.

COMPETE

Hold your own tournament-style Move showdown. Capture the flag, dodgeball and ping pong are crowd favourites. A little friendly competition is never a bad thing.

SIGN UP TO MOVE IN MOVEMBER

HOW TO: HOST AN EVENT THIS MOVEMBER

Movember events come in all shapes and sizes. From a supper club to a big bash, anything goes. Sign up on [Movember.com](https://www.movember.com) and create your event, then get together, have fun and raise funds.

We reckon you already know a thing or two about how to party, but here's some tips.

FIVE FOOL-PROOF EVENT IDEAS

SHAVE DOWN

Start your month off right with a Movember shave-down.

MO QUIZ

Test your mettle with some trivia. May the most knowledgeable Mo win.

OPEN MIC NIGHT

Get the local talent to show off their skills with a Movember open mic night.

MO PARTY

Any excuse for a good time. Themed events are always popular.

DINNER PARTY

Cook up a storm. Get your mates together, or go big.

YOUR GUIDE TO A GREAT EVENT

CREATE YOUR EVENT ON [MOVEMBER.COM](https://www.movember.com)

This makes it easy for people to find and RSVP to your event. You'll have access to downloadable posters, donation forms and other helpful tools.

ASK FOR DONATIONS

Once your event is registered on [movember.com](https://www.movember.com) your supporters can donate straight to your event's fundraising total. No hassle, no need to handle cash or chase after cheapskates.

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.

SPREAD THE WORD

Once you've created an event on [Movember.com](https://www.movember.com), it's time to get the word out.

HAVE FUN

This one needs no explanation.

**SIGN UP ON [MOVEMBER.COM](https://www.movember.com)
AND HOST AN EVENT FOR
MEN'S HEALTH.**

An important note regarding alcohol

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

WHERE YOUR DONATIONS GO

We've funded more than a thousand programmes worldwide, but the work's not done yet.

This is a selection of initiatives made possible by your donations.

FEATURED UK PROGRAMMES



GLOBAL INITIATIVES

GAP

Over £24M

200 global collaborators

7 research projects

Our Global Action Plan (GAP) is an international research initiative that brings researchers from around the world together to tackle the toughest challenges in prostate and testicular cancer.

TRUENTH

Over £9M

6 countries

Over 80 global collaborators

TrueNTH is a revolutionary global care programme that helps men living with prostate cancer to access care and support that improves quality of life.

PROSTATE CANCER OUTCOMES

Over £11M

7 countries

40 collaborators and researchers

Prostate Cancer Outcomes initiatives are working to transform prostate cancer healthcare globally by deepening the understanding of men's experiences after a diagnosis.

For more information about Movember's funded programmes, visit movember.com

*Figures converted to local currency values at 04 July 2016



HOW TO GET STARTED

SIGN UP

Create your [Movember.com](https://www.movember.com) account and choose what you'll do to raise funds for men's health.

CUSTOMISE YOUR FUNDRAISING PAGE

Add a photo, and tell your story. Like a well-groomed moustache, a great fundraising page attracts all the right kinds of attention.

SET A FUNDRAISING TARGET

Don't set your target too low! Be bold. You may be surprised by how deep your supporters will dig to help you reach your goal.

REACH OUT

Email your close friends and family first, before asking others to donate. People tend to match the amounts already donated, so target your most generous supporters first! We've included some pre-written messages later in this guide.

ASK NEAR AND FAR

Don't forget to contact other groups and connections. Your former colleagues, school and uni friends, sporting clubs and committees – they'll all get behind you! Make sure you send a message to friends and family who live overseas. 10% of all funds raised come from outside of Australia.

GET TALKING

Make some noise on social media. Change your email signature at work and include the link to your page. We've included some images and things to say, later in this guide. If you're involved in business, don't forget to ask your suppliers if they'll donate. They often like to show support.

KEEP THE CONVERSATION GOING

Post regular updates to your Mo Space and continue to ask for support. Ask to be included in your company website or newsletter. Put up a poster in the office kitchen, local supermarket, gym, post office, school or anywhere else you can get permission. Make your own, or use our poster design, linked to later in this guide.

SAY THANKS

Send a thank you message to all of your supporters. It's the polite thing to do.

FINISH THE MONTH OFF IN STYLE

Host your own end of Movember event to celebrate the month. It's one last chance to remind your friends and coworkers to pitch in.

WAYS TO MAXIMISE YOUR FUNDRAISING



GIFT MATCHING

Many companies have programs where they match pound for pound money raised by employees.

To supercharge your efforts, ask your Human Resource department or Corporate Social Responsibility representative if your company has a fund matching program. If not suggest that it might be a good thing to establish. Not only will they reap the tax benefits, but they'll be ensuring men (including those on their staff) live happier, healthier, longer lives.

If no fund matching program exists, ask your company if it would be prepared to support your effort by making a donation to help you.

START A TEAM

Teams are a great way to unite in support of men's health. Create an account on movember.com and choose 'start a team'. As the Team Captain you'll be able to choose the team's name, edit the team's details and invite people to join and fundraise with you.

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](https://movember.com)

Visa, MasterCard, American Express, PayPal

OVER THE PHONE

call 020 7952 2060

SEND YOUR CHEQUES OR MONEY ORDERS TO

Movember Europe
PO Box 485
Wilstead
Bedford
MK45 3XN

ELECTRONIC FUNDS TRANSFER INTO OUR BANK ACCOUNT

Banking Institution: Barclays Bank

Account Name: Movember Europe

Branch: 20-00-00

Account Number: 73774651

If you complete an Electronic Funds Transfer please also complete a [Sponsorship Form](#) and mail it to us.



RESOURCES TO HELP YOU FUNDRAISE

MOVEMBER POSTERS, PHOTOS, LOGO AND BANNER IMAGES

Head to our [media room](#) for images you can use to promote your Movember fundraising efforts (for non-commercial purposes only).

Create your own customised business cards and posters from the [Downloads](#) section of your Mo Space. You'll need to be signed in to see that link.

ASK FOR DONATIONS VIA EMAIL

Personalise this message to send out via email. Remember to fill in the blanks!

—

This Movember I'm taking action to raise funds for the Movember Foundation, and I need your support.

To help me reach my target, donate at:

[add the link to your page here!]

To raise funds, I'll be **[growing a moustache / taking the Move challenge / hosting an event]**. I'll be posting updates to my fundraising page throughout the month, so check back to see what I'm up to.

I'm passionate about the Movember Foundation because they're tackling some of the most significant health issues faced by men. Your donation will help stop men dying too young.

Learn about the important work Movember is funding: <https://uk.movember.com/programs/strategy>

SOCIAL MEDIA POSTS

Pair these messages with images from the [media room](#), and add a link to your fundraising page.

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The Movember Foundation is the only global charity focused solely on men's health, so this Movember I'm getting on board. I'm raising funds to tackle some of the biggest health issues faced by men: prostate cancer, testicular cancer, and poor mental health. Please donate to help me stop men dying too young.

—

I'm growing my moustache to raise funds for Movember, and I need your help. Please donate to help me stop men dying too young.

—

I'm taking the Move challenge to raise funds for Movember, and I need your help. Please donate to help me stop men dying too young.

—

Prostate cancer is the second most common cancer in men worldwide. Please donate to my Movember efforts to change this statistic and stop men dying too young.

—

Testicular cancer is the most common cancer men aged 15 to 40. Please donate to my Movember efforts to change this statistic and stop men dying too young.

—

Every minute, somewhere in the world a man takes his own life. Please donate to my Movember efforts to help change this statistic.

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Remember to use the #Movember hashtag!

More ready-to-share messages are available on our [Spread the Word](#) page.

FAQS AND CONTACT

FAQS

Visit our [FAQs](#) for answers to your questions.

CONTACT US

Got a question? Drop us a line.

Email info.uk@movember.com

Phone 020 7952 2060

Mail to

Movember Europe
PO Box 485
Wilstead
Bedford
MK45 3XN



facebook.com/MovemberUK



instagram.com/Movember



twitter.com/MovemberUK



linkedin.com/company/movember

