



**DAFFODIL  
DAY**

**DIP**



# How to get your workplace or community group dipping!

## Get ready to dip, with 4 easy steps:

### 1. Signup

Register for free, set up your fundraising page, and create a team. Feel free to be creative with the name!

### 2. Make your team as big as possible!

Ask your friends and colleagues to join your team.

### 3. Raise funds

Ask your friends and colleagues for donations.

### 4. Take the plunge

Dip or dive into cold water for the almost 1 in 2 Aussies diagnosed with cancer by the age of 85.

## Why should your workplace, school or community group get involved?

### 1. Boost team spirit

A shared goal brings everyone together, no matter what department they're in, or what year group or sport they play. It's a great way to bond, build morale, and create a fun atmosphere.

### 2. Giving back

Your participation helps fund vital cancer research and provides support for people living with cancer. Every dollar raised will contribute directly to improving survival rates,

prevention programs, and supporting patients and their families during treatment.

### 3. Enhance your company or community group's reputation

Show your team and the community that your workplace or community group cares about making a positive impact. Supporting a national initiative like Cancer Council's Daffodil Day Dip demonstrates your commitment to a cause that affects nearly all Australians.

## The impact you can make

Can help fund up to two hours of a research assistant's time to work on research we fund.

**\$100**

**\$250**

Provides up to one week of scholarship funding for a PhD research student.

Pays for an analysis of gene samples for a research project.

**\$1000**

**\$5000**

Can help purchase materials for a lab-based cancer project for one year.



## This August thousands of Australians are braving the icy cold and taking on the Daffodil Day Dip challenge!

For Jane, the challenge is personal. Her beloved husband of 54 years had terminal throat cancer – but despite the difficult circumstances, she found moments of joy and community along the way as she joined the Daffodil Day Dip challenge.

“This fundraiser touched my heart. It was a month of fun and fellowship, and a real feel for the true spirit of Aussies. When things are tough, we dig in to help. It’s heartwarming to see such goodness, generosity and a sense of humour throughout the country,” says Jane.

Jane’s advice for anyone considering the Dip?

“You just got to gird the loins, build up your courage and just do it. Once you’ve done it, you’ll be hooked. You’re on a high for the day. If you have friends to Dip with it bonds you together. Friends are very important particularly when you’re going through tough times. They keep you buoyant and focused on what’s important.”

“Best part – knowing that we are doing it for a really good cause. Only continued research can help the next generation and beyond,” says Jane.



## How to dip with workmates, your school or community group

### 1. Set some dates

Pick a day or days that works for everyone in August, and make it a fun, relaxed day. You can choose to wear as much yellow as you like, and to be as silly as you wish!

### 2. Get the word out

Promote the Daffodil Day Dip through email, posters, or even your intranet. Let everyone know how they can get involved; whether that’s dipping, donating, or bringing a thermos of hot tea on the day for the chilly swimmers!

### 3. Set up your team fundraising page

Make donating super easy by setting up a fundraising page and creating a team on our website. Share the link and encourage as many people as possible to either join your Dip team and fundraise, or simply encourage them to donate.

### 4. Friendly competition

Set a fundraising goal and encourage departments, teams or year groups to compete to raise the most money. Offer small prizes or fun rewards for the winning team – perhaps an afternoon off or a fun activity.

### 5. Don’t forget to share

Join the Daffodil Day Dip Facebook group to see how others are dipping, and to share your story too. You could also share your event photos on your social media channels using #DaffodilDayDip. Thank everyone for their participation and create a sense of pride in what you have accomplished together.



### Ready to start dipping?

To register now, or for more information, scan the QR code or visit [daffodildaydip.com.au](https://daffodildaydip.com.au)



**Cancer Council**  
Daffodil Day