

# Get creative



Prostate  
Cancer  
Research

[pccr.org.uk](http://pccr.org.uk)

Take on a creative challenge to raise money for vital prostate cancer research.

When you've picked your challenge, register it at [www.pccr.org.uk](http://www.pccr.org.uk) to receive your welcome pack and fundraising support. Don't forget to set up your [JustGiving](#) page as well!

## Activity ideas

If you can't think of an activity, why not give one of these a go:

- Poetry
- Music
- Baking
- Magic
- Drawing
- Photography
- Knitting
- Reading
- Gardening
- Puzzles

## Setting the pace

- Commit to creating something new every day
- Take up a new activity and track your progress over a month; you could host a virtual concert to show how far you've come!
- Hold a create-athon and see how long you can do your activity for
- Host virtual creative workshops to teach your skill and ask for donations

## Link it to the cause

Use these statistics to decide your time frame or fundraising target:

- PCR currently funds 11 research projects
- 129 people are diagnosed with prostate cancer every day
- 56,000 men were diagnosed in the UK in 2018

For fundraising support and resources, click here or visit [www.pccr.org.uk/fundraising-resources](http://www.pccr.org.uk/fundraising-resources)