

Lymphoma IN THE LIMELIGHT

WORLD LYMPHOMA AWARENESS MONTH GUIDE



Thank you for wanting to get involved in World Lymphoma Awareness Month and for helping to put LYMPHOMA in the LIMELIGHT!

Whether you want to raise awareness of lymphoma, shine a light on the services Lymphoma Australia provide to the community or raise vital funds to support patients – we are truly grateful to you.

WHY DO WE NEED TO PUT LYMPHOMA IN THE LIMELIGHT?

Approx. 7,400 Australians are diagnosed with lymphoma (and CLL) each year and it is the number one cancer in the adolescent and young adult age group (16-29 years). Tragically, 1,700 die from lymphoma each year. There is no known cause and no pre-screening tests.

Lymphoma Australia aims to reduce the impact of this cancer in the community through awareness, education, advocacy, support, and research. We want to ensure every Australian diagnosed with lymphoma has access to the necessary services, education and information free of charge.

HOW YOU CAN HELP

We'd love you to help us spread the word, so that we can help more people, sooner.

Visit [here](#) to download posters to display at work, school, or your fundraising event. We also have key messages, images, videos and screen backgrounds that you can use to help shine a light on lymphoma.

If you use social media, we'd love you to help us create a conversation online! Whichever platform you use, it's so easy to get involved:



Follow @LymphomaAustralia on Facebook, Instagram and LinkedIn, and @LymphomaOz on Twitter.



Like and share #LymphomaintheLimelight posts with your friends and family, colleagues and followers. Encourage them to share too!



Post your own messages throughout September to raise awareness of lymphoma and CLL and show your support for patients and their families. Remember to tag us and add #LymphomaintheLimelight



LIGHT IT UP FOR LYMPHOMA

This September 15th, we are putting lymphoma in the limelight for World Lymphoma Awareness Day.

By lighting up landmarks across the nation we aim to shine a light on the signs and symptoms and show our support to those touched by lymphoma.

Join us at 7:40pm to commemorate the 7,400 Australians diagnosed each year. Visit one of the lit-up landmarks near you, or hold your own event at home, at the local park or pub.

Dress up in green and make sure you [shine your own limelight](#) on the night as well.

Visit [here](#) for all the details and to see a list of landmarks that will be lit up in September.

Do you have a landmark near you that you would like to light up? Help us by contacting your local council to request that they join us in this nationwide event. You can download the email template [here](#).

FUNDRAISE

Fundraising is an amazing way in which you can support those touched by lymphoma by raising much needed funds and awareness. If you are planning on holding your own fundraising event, please register [here](#) so we can support your efforts.

There are endless possibilities when it comes to holding a fundraiser. Here are some ideas to inspire you:

- [Lime It Up](#)– wear lime green tutus, glam it up, have some fun!
- Create a [Light It Up](#) fundraising event on the 15th of Sep.
- Host a morning tea or lunch with lime-coloured treats (think LIME milkshakes, LIME cupcakes, LIME cheesecake).
- Take on a physical challenge – set a staff challenge for burpees, cartwheels or walking 10k steps per day.
- Join a [local fun run event](#) and get sponsored.
- Collect donations or pledge a percentage of your companies' sales for a nominated day.
- Ask your workplace to dollar match your fundraising efforts.
- Colour your hair, cut or shave it off for sponsorship from family and friends.





Fundraising makes a huge impact on the lives of lymphoma patients. The funds you raise allow us to:

- Provide **free patient information packs** filled with important information and products.
- Offer the **free support line - 1800 953 081** - to all patients, their carers and family, to ensure that no one feels alone on this journey.
- Host **support groups** – both online and face to face – allowing for safe and secure connection with peers.
- Update and expand a **website dedicated to lymphoma** that helps the Australian community better understand this cancer.
- Hold **free education sessions** for patients, carers, and health professionals.



PARTICIPATE IN A LOCAL EVENT

Whether you are into running, walking or getting muddy while leaping over obstacles - there are many local events in September that you can join to help raise awareness and much needed funds.



Check out some events from each state that we recommend [here](#).

Once registered don't forget to create your fundraising page. When you raise \$250, we will send you a free t-shirt or visor

SHOP LIME

We have a heap of merchandise that will help you lime it up. Check out our Shop [here](#).



DONATE

Regular giving is a simple and effective way to help make a real difference to continuing critical Lymphoma awareness, education, support and research. A regular monthly donation helps Lymphoma Australia plan for the future, providing security through ongoing funding, as well as saving on administration costs – so every dollar goes even further.



[Give a Regular Gift](#)



[Give a Once Off Gift](#)

FURTHER INFORMATION

SOCIAL MEDIA ACCOUNTS

Lymphoma Australia

Facebook - @Lymphoma Australia

Instagram - @LymphomaAustralia

Twitter - @lymphomaOz

LinkedIn - @Lymphoma Australia

You Tube - @Lymphoma Australia

HASHTAGS

#Lime4Lymphoma

#LightItUpLime

#LymphomaInTheLimelight

#LymphomaAwarenessMonth

#WLAD2023

IMPORTANT LINKS

Lymphoma Awareness Month Page

www.lymphoma.org.au/get-involved/lymphoma-awareness-month/

Merchandise / Shop

www.lymphoma.org.au/get-involved/shop/

Lymphoma Australia – for information, support and news

www.lymphoma.org.au/

NEED FURTHER SUPPORT?

CONTACT US

Fundraising & Marketing Team

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MEDIA

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1800 953 081