

A smiling man with a beard and a maroon t-shirt stands in the foreground of a garden party. In the background, other guests are blurred, and there are tables set with white plates and glasses. The scene is outdoors with green foliage and a wooden structure in the distance.

# Your guide to hosting the best Big Aussie Barbie

**SAVOUR LIFE.  
SAVE A LIFE.**



Prostate Cancer  
Foundation of Australia

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You can also download the different sections of this guide as individual resources when you log in to your dashboard at [bigaussiebarbie.com.au](http://bigaussiebarbie.com.au)

You'll also find lots of images, social media posts and more to use on your on Facebook, Instagram and Twitter pages.

Thank you so much  
for taking part in the  
Big Aussie Barbie

We're so glad you'll be  
joining us on the grill.  
Your barbie will raise  
money for research,  
nursing and support  
that can save the life  
of a man you love.

We've prepared this guide to help you raise as much  
as possible, and make your barbie the best ever.

We'd love to see what you're up to, so please share  
your photos and stories with us on social media. You  
can post your photos to our Facebook page, tag us  
on Twitter with [@pcfauz](https://twitter.com/pcfauz), and tag us in your Instagram  
stories and posts with [@pcfauz](https://www.instagram.com/pcfauz).

Don't forget to use the hashtags [#BigAussieBarbie](https://twitter.com/BigAussieBarbie),  
and [#pcfauz](https://twitter.com/pcfauz) so we can like, share and retweet your posts!

We'll stay in touch as the Big Aussie Barbie  
approaches, and we're always here to help. Just  
give us a call, email us, or get in touch on our social  
media channels.

Thank you again for signing up to host a Big Aussie  
Barbie. With your support, we can be there for all  
Aussie men and families affected by prostate cancer.

Steve and the Big Aussie Barbie team

1800 22 00 99

[bigaussiebarbie@pcfauz.org.au](mailto:bigaussiebarbie@pcfauz.org.au)

PCFA encourages everyone to promote healthy lifestyle choices.  
Tips for a healthy lifestyle include maintaining a healthy weight and  
following recommended guidelines for food and drink consumption.  
Speak to your doctor about tips to improve your health.



Grill for the  
one you love

Imagine living in a world where prostate cancer is no longer a burden, where side effects  
are minimal, and where all men are well informed and supported. We believe that this  
world is possible. We hope you do too – because with your help, we'll get there sooner.



Every 30 minutes, one of our fathers,  
sons or brothers will hear the news  
he has prostate cancer.



1 in 6 Aussie men are likely  
to be diagnosed by age 85.



3,152

3,152 men die from prostate  
cancer each year.



16,700

16,700 more are expected  
to be given a diagnosis over the  
same period.



"Most people don't realise how widespread prostate  
cancer is. So we've got to get blokes out there  
talking. We've got to get individuals contributing.  
We've got to get organisations getting involved,  
because we can make a difference. We can help  
plenty of blokes live longer lives."

TIM STOLLZNOW, PCFA STATE BOARD MEMBER (SA/NT),  
PROSTATE CANCER SURVIVOR AND BIG AUSSIE BARBIE HOST



\$78

You can cover the cost  
of an initial consultation  
with a specialist prostate  
cancer telenurse to help  
a newly diagnosed man  
understand his  
treatment options.



\$104

You can cover the cost  
of sending information  
packs to eight newly  
diagnosed men who call  
our telenursing service.



\$250

You can give 10 men  
with prostate cancer  
access to our life-saving  
Pathfinder Research  
Registry to take part in  
research that can give  
them a brighter future.



\$500

You can provide 46  
newly diagnosed men  
with an essential prostate  
cancer information pack  
to help them prepare for  
what's coming next.



\$1,000

You can provide  
one man with PET/CT  
scan using the latest  
technology as part  
of a life-saving  
clinical trial.



\$4,750

You can provide one  
dose of treatment using  
a powerful molecule  
that helps to identify  
the spread of prostate  
cancer cells in men.



\$9,900

You can provide one  
treatment cycle for  
a man taking part in  
a clinical trial testing  
powerful new drugs  
that target and kill  
prostate cancer cells  
that have spread.

Visit [bigaussiebarbie.com.au](http://bigaussiebarbie.com.au)



# Tips for success



# Plan your guest list

## Stay motivated

**SET YOUR GOAL HIGH** Set yourself an ambitious target and you'll be surprised at how quickly you exceed it! Make a personal donation to kickstart your efforts.

## Help your supporters

**SUGGEST AN AMOUNT** People feel more comfortable when you give them a guide as to how much to donate. It's a good idea to let them know how much you're aiming to raise.

## Keep in touch

**SPREAD THE WORD** Think about who you're asking for donations and the best way for them to receive your 'ask': email, phone call, text, social media or face-to-face?

## Increase your dollars

**DOLLAR MATCH** Ask your workplace or a local business to support you by matching every dollar you raise. This means that \$1 becomes \$2.

**EXPLAIN YOUR WHY** Let others know you'll be grilling for the ones you love in November. Tell them why you're doing it. If you have a personal connection to prostate cancer, let people know.

**EVERY DOLLAR MAKES A DIFFERENCE** Let your supporters know how their donations can help Aussie men and their families dealing with prostate cancer. Head to page 3 of this guide to find out more!

**REMIND AND REPEAT** Even people with the best intentions can be forgetful. It's OK to gently remind your friends and family to donate.

**PLAY SOME GAMES** Keep everyone engaged by including some games such as 'Two truths and a lie' or your special BBQ quiz in your downloadable resources. You can charge your guests a few dollars per entry and include a prize for the winners!

**SHARE YOUR PROGRESS** Spread the love by sharing images and videos of your big day on social media using the hashtags **#BigAussieBarbie** **#prostatecancer** **#pcfa**

**MAKE IT EASY** Share the link to your unique Big Aussie Barbie URL (team or personal page).

**SAY THANK YOU** You can do this via your Big Aussie Barbie page. Don't forget to share the news about your barbie and how much you raised on social media too!

**INCLUDE A RAFFLE** Ask your favourite store for a free item to include in a raffle game at your BBQ. Charge your guests a few dollars per entry and call the winner at the end of your BBQ.

**Let's fire it up** Track your progress as you go. Write your fundraising goal at the end and give yourself a tick as you reach each milestone.

\$

\$0

1/4

1/2

3/4

## The obvious

- ☐ You!
- ☐ Your partner
- ☐ Your family
- .....
- .....
- .....
- .....
- .....

## The more the merrier

- ☐ Friends
- .....
- ☐ Neighbours
- .....
- ☐ Workmates
- .....
- ☐ School mates
- .....
- ☐ Gym buddies
- .....
- .....

## Assign some helpers

<input type="radio"/> Helper 1	Role
.....	.....
<input type="radio"/> Helper 2	Role
.....	.....
<input type="radio"/> Helper 3	Role
.....	.....

Total

### Make sure you stay COVID safe

Your Big Aussie Barbie will need to adhere to social distancing rules, as well as the public and social gathering restrictions in your local area, state or territory.

For the latest COVID-19 advice, visit the Australian Government Department of Health website at [health.gov.au](https://www.health.gov.au)



# Need more inspiration?



## Face to face? Stay COVID safe!

**Stick to any social distancing rules that apply in your local area. This can include keeping a 1.5m distance from others, and avoiding handshakes, hugs and kisses.**

- Make sure you comply with any restrictions that apply to physical gatherings, such as limits on the number of guests.
- Stock up on soap and hand sanitiser, so you and your guests can help themselves.
- Keep a record of everyone who attends and their contact details.
- Remind guests to stay home if they're feeling unwell, even if their symptoms are mild. They can still support you by making a donation.
- Check the latest rules at [health.gov.au](https://www.health.gov.au)



## Pump up the volume

- Create a playlist on Spotify or Apple music to keep guests entertained during your barbie.
- Make it a collaborative playlist so guests can add their favourite tracks.
- If you're grilling for a man you love, why not include some of his favourite songs in your playlist?



## Theme your barbie

**Step back in time. Go glam. Bring your favourite book, movie or TV show to life. Get creative!**

- Can't decide? Create a poll that lets your friends and family make a donation and choose your theme!
- Work your theme into your invitations, menu, decorations and music.



## Host a virtual barbie

- If local COVID-19 restrictions mean you can't invite people over – host your Big Aussie Barbie online instead!
- This is also a great way to invite extra guests to a face-to-face barbie than local restrictions allow.
- Lots of video conferencing apps allow you to host free webcasts, including Zoom, Google Meet, Facebook Messenger, Skype and FaceTime. Find the one that works best for you.
- Let everyone know what time the event starts, so you can jump online together. Kick off with drinks and snacks, or wait until everyone's ready to sit down for a meal together – the choice is yours!.
- If you're using Zoom, you'll find our free Big Aussie Barbie Zoom backgrounds in the fundraising downloads on your dashboard.



**Prostate Cancer  
Foundation of Australia**

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ABN: 31 521 774 656 Charity Number: 073 253 924 | Privacy Policy  
Donations of \$2 or more to Prostate Cancer Foundation of Australia are tax-deductible in Australia.  
COVID-19 - Throughout the Big Aussie Barbie you should adhere to social distancing guidelines, and the public and social gathering rules in your local area, state or territory. Stay safe everyone!

**PROUDLY SUPPORTED BY**

