



R.A.G.

REFRESHERS

st. george's students' union

R.A.G.

MAG

2014



Great Ormond Street Hospital Charity



Cardiac Risk in the Young



CANCER RESEARCH UK

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Our Charities

CRY is a humanitarian charitable organisation helping to raise awareness of cardiac risk, Sudden Death Syndrome (SDS) and Sudden Cardiac Death (SCD). It was established in May 1995 by Alison Cox. The organisation promotes heart screening of young people through ECG Testing Programmes and contributes to medical research. It also offers bereavement support to affected families, donates equipment to hospitals and runs the CRY Centre for Cardiac Pathology and the CRY centre for Sports Cardiology.



GtG mainly fundraises to give grants and help fund projects, which will touch the lives of the thousands of patients, cared for at George's and local community services each year. This has included refurbishment and relocation of the bereavement services, the Simulation Centre and the Chest Clinic. They have also replaced all of the bedside curtains, supported the pioneering learning disability service and purchased syringe drivers for the Community Palliative Care Team.



Our Charities

GOSH raises money to enable the hospital to provide world class care and to pioneer new treatments and cures for childhood illnesses. With over 220,000 patients each year, they need all the support they can get to give hope to young patients and their families.



LCDT have the ultimate goal that we live in a society which values everyone equally and that disabled people should have the freedom to live the life they choose with the opportunity and support to live independently, to contribute economically and participate in society fully. LC supports people worldwide with physical impairments, learning difficulties and long-term health conditions, as well as their careers, friends and family.



CRUK is the world's leading charity dedicated to beating cancer through research. They have saved millions of lives by discovering new ways to prevent, diagnose and treat cancer, doubling survival over the last 40 years. They fund research for more than 200 types of cancer, from the common to the rare, supporting ground-breaking science to benefit all.



Charities Officers



Who we are...

Hello there! We are Sam, Elesha, Aaron and Luke, all 2nd year biomed students and your Charities Officers for 2013/14. We also have a charities sub-committee made up by Sean, Ryan, Alice, Elinor, Amy and Enny from a variety of years and courses.

What we do...

We are in charge of organising all of the RAG events that run throughout the year, with the highlight of our calendar being RAG Refreshers in February.

What is RAG?

RAG (Raising and Giving) is a national medical school tradition whereby medical students raise money throughout a variety of fundraising initiatives. We liaise directly with the charities of the student body's choice so all of your hard work gets to the right people. Remember just to get involved and have fun!

Our aims

Our target for the year is to raise £20,000 to be split equally between our 5 chosen charities. We also want to make RAG a year-round event whereby people can enjoy raising money for a good cause!

You can donate at any time by going to: Justgiving.com/sgsu-rag



St. George's students union

presents **R.A.G.** REFRESHERS 2014

Friday 7th February

End of Exams Disco - SU Bar 8pm

Sat 8th & Sun 9th Feb

Monopoly Bucketteering - SU Bar 10am

Monday 10th Feb

Man - o - Man - SU Bar 7.30pm

Tuesday 11th Feb

Beer pong - SU Bar 6pm

Wednesday 12th Feb

R.A.G circles with disco -
SU Bar from 6pm till the early hours

Thursday 13th Feb

Quid Quiz - SU Bar 6pm

Friday 14th Feb

Comedy Night - SU Bar 8pm

**Get your Rag Wristband
on the sgsu website NOW**

Saturday 15th Feb

Brighton to London Sponsored Hike
with the hiking and walking society

Sign up in the SU

+ Monopoly Bucketteering - SU Bar 10am

Sunday 16th Feb

Swim-a-thon sponsored swim with the
swimming society Sign up in the SU

+ Monopoly Bucketteering - SU Bar 10am

Monday 17th Feb

Woman - o - Woman - SU Bar 7.30pm

Tuesday 18th Feb

R.A.G Auction - SU Bar 6pm

Wednesday 19th Feb

Scavenger circles - SU Bar from 7pm

Thursday 20th Feb

Salsa Night - SU Bar 7.30pm

Friday 21st Feb

Wear R.A.G Disco - SU Bar 8pm

Sunday 23rd Feb

Pram Race - Wimbledon from 2pm

SAVE UP TO £13!

£18 earlybird for a limited period with free t-shirt!

All these events for just ~~£20~~ with a **R.A.G** Wristband!



st. george's students' union

presents

R.A.G.

Raising And Giving

SAVE UP TO £

£18 earlybird for a limited period with

All these for just ~~£20~~ with a RAG wristba

Mon 10th
Man
o' Man



7.30pm @SU
£1/2

Tue 11th
Beer Pong



6pm @SU

£2

Wed 12th
R.A.G.

Circles

Disco

7pm

£1

Thur
Qu

Nic

6pm

£

Mon 17th
Woman
o'
Woman



8pm
@SU

£1/2

Tue 18th
Auction



6pm @SU

£free

Wed 19th
R.A.G.

Scavenger

Circles

7pm

£1

Thu
Sals

7.30p

Over 2 weeks of daring challenges,
discos and more! All for charity!
Best bucketeers win prizes!

In support of:

REFRESHERS 2014

13!

Free t-shirt!
and!

Fri 7th
END OF EXAMS
DISCO!

8pm @SU
£4/5

Sat 8th & Sun 9th
MONOPOLY
Bucketeeering

Central London



13th
iz

Fri 14th
Comedy Night



7.30pm @SU
£5

Sat 15th
MONOPOLY
Bucketeeering

Central London

OR



HIKE

Sun 16th
MONOPOLY
Bucketeeering

Central London

OR
SWIM
A
THON

20th
o Night



@SU
£4

Fri 21st
Wear
R.A.G.

R.A.G.

DISCO

8pm @SU
£5/6

Sat 22nd



Rest Day

Sun 23rd

PRAM



RACE

2pm @Wimbledon
£2

Giving to George's



Great Ormond Street Hospital Charity



Cardiac Risk in the Young

Leonard Cheshire Disability



CANCER RESEARCH UK

EVENTS

End of Exams Disco – 7th Feb @ 8pm

Exams over? Well then it's time to celebrate! The only way to do it is to come down to the SU where we have an awesome night planned with 2 EXTERNAL DJs and NO FANCY DRESS.

Monopoly Bucketeeering – 8th & 9th Feb @ 10am

Meet in the SU Bar and join us as we travel around London through the different Monopoly areas collecting money and having fun! Amazing prizes to be won!

Man O' Man – 10th Feb @ 7.30pm

Do you want to prove yourself as the manliest fresher in George's? Want to impress all the females whilst you show off your impressive skills? Then come down to Man O' Man and take part in the many challenges which will sort out the men from the boys...or from those who aren't very manly, you can come watch as we crown Man O' Man 2014!!!

Circles Disco – 12th Feb @ 7pm

What could make circles any grander? Music of course! So get prepared to dance the night away following the normal antics of the night.

Beer Pong Tournament – 11th Feb @ 6pm

Come and attempt to become the Beer Pong Champion

Quiz Night – 13th Feb @ 6pm

Think you have the biggest brain in the land of SGUL? Come prove yourself at our quiz, hosted by our Dean of Education, Andy Kent.

Comedy Night – 14th Feb @ 8pm

A George's favourite! We have hours of endless comedy with a set from TREVOR LOCK, along with JIMMY JONES, BRIAN DAMAGE & CRYSTAL and a set from our very own REVUE!

There will also be happy hour from 7.30 until 9pm so be sure not to miss this one!

Monopoly Bucketeeering – 15th & 16th Feb @ 10am

Meet in the SU Bar and join us as we travel around London through the different Monopoly areas collecting money and having fun! Amazing prizes to be won!

EVENTS

Brighton to London Hike – 15th Feb

Please support or get involved by contacting Walking and Hiking Society.

Swimathon – 16th Feb @ 1pm

Hosted by SwimSoc. Come down to Tooting Leisure Centre to show your support or join in!

Woman O' Woman – 17th Feb @ 7.30pm

It's the turn of the women of George's to show their talents off to everyone, with many fun and rigorous challenges in order to find the womanliest woman in George's. Come down and watch as we crown Woman O' Woman 2014!!!

Auction – 18th Feb 6pm

With some special one-off prizes, this is an auction not to be missed!!! Come and enjoy a drink and bid on some of the amazing prizes on offer. See prize page for a list of the prizes.

Scavenger Circles – 19th Feb @ 7pm

Use your team skills and initiative to win the scavenger hunt and earn the trophy (and the alcohol!!)

Salsa Night – 20th Feb @ 7.30pm

Feel the passion, shimmy your hips and fall in love with your partner (for one night only). An hours tuition followed by the sounds of salsa continuing to flow through the bar to practice your newly learnt moves and Sangria on sale!

R.A.G Disco – 20th Feb @ 8pm

Come down to the SU in some form of attire beginning with R, A or G. We have an awesome night of music with a surprise DJ!!

Rest Day – 21st Feb

Enjoy a rest day as you recover from R.A.G Disco and prepare for Pram Race.

Pram Race – 22nd Feb @ 2pm

Our epic conclusion is a historic and traditional pub-crawl through Wimbledon. See map.

Guide to bucketeering

1. Pop into the SU Office from 9:00 -15:00 to pick up scrubs and a bucket
2. Sign in and get a CAD number
3. Jump on the tube to your location
4. Get off the tube and start raising money!
5. Return to George's. Drop you buckets & scrubs off in the office.

Mashing is illegal—collecting money on the tube (mashing) was in the past the fastest way to collect money however it is now illegal.

Know the charities (Page 4) - It really helps people if they can visualise what you are talking about and it shows to them you actually care about what you are doing. This in addition to knowing your CAD details will also help in case the police give you any trouble.

Be happy and enthusiastic

Be polite and respectful – Just because you think raising money for a charity is a good thing, someone else might not. Remember to be polite to people when you ask them for money and don't invade people's personal space. Also don't try to touch anyone or sneak up on them, we're trying to get people involved, not creeped out. Please remember not to shake your bucket!

Don't keep any of the money you raise for yourself – All the charities we are raising for and the charities officers are incredibly appreciative of all the hard work people are putting in.

Stay safe! – Especially on your way back to St. George's or on your way home. Remember to think SMART in the DARK!



Prizes



London Irish™



SARACENS



RAG Auction Prizes

- Case of Bundaberg Ginger Beer
- 4 Gold Tickets to Saracens vs Harlequins at Wembley
- 2 Tickets to a London Irish home game for the rest of the season
- Vineyard Tour in Henley-on-Thames
- Vineyard Tour of Holmfirth Vineyard, West Yorkshire
- 3 month Rob Lowe Membership
- 3 month parking permit at halls
- Champeney's Spa Day for 2
- Overnight Hotel break for 2

Bucketeering Prizes

- 2 iPod Shuffles
- £2.50 bar/school shop tab for every £50 you raise
- RAG rugby shirt for first £250 you raise
- Rally Driving Experience
- 1-on-1 Anatomy session
- Flying Lesson
- Skeleton
- TV
- Bicycle
- Microsoft Surface Tablet WITH keyboard





st. georges students union

presents

R.A.G. REFRESHERS 2014

Bucketteering Prizes

Sat 8th  Sun 9th



Sat 15th  Sun 16th



Thurs 13th  Fri 14th



Weds 12th



Mon 10th  Tues 11th



Mon 17th



Tues 18th



Weds 19th



Thurs 20th  Fri 21st



Every £50 =



£2.50 bar/shop tab

First £250 =



Minimum raise of £200 per marked item

Over 2 weeks of daring challenges, discs and more! All for charity! Best bucketteers win prizes!

In support of:



PRAM RACE

Wimbledon

Sun 23rd Feb
3pm

£2 entry

Pub 1 - The Hand & Racquet



Pub 2 - Prince of Wales

Pub 3 - O'Neill's

Pub 4 - The Wibbas Down Inn

Pub 5 - Edward's

5-9pm
All drinks HALF PRICE



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