

Tenovus Cancer Care promise to always keep your details safe and will never sell or share them. If you no longer want to hear from us, just email us at preferences@tenovuscancercare.org.uk or give us a call on 029 2076 8850. For more details visit our website for

Would you also like to receive our quarterly email newsletter about our services, research, activities and the impact of our work?

Campaigning and awareness

Fundraising and donating

Shopping to help raise funds

All of the following

Support and wellbeing

Research news and opportunities

Volunteering

What would you like to hear about?

By email (this is the most cost-effective way for us to keep in touch)

By phone

By post

By text

How would you like to hear from us? Please tick all that apply.

Please complete the form below or visit our website [tenovuscancercare.org.uk/preferences](http://tenovuscancercare.org.uk/preferences).

Thank you for caring about people affected by cancer. We'd love to keep in touch about our work and how your support will make a difference.

## Join us!

Please return your money to: Tenovus Cancer Care, Ty Glas Road, Cardiff CF14 5BD. 029 2076 8863. Please make cheques payable to: Tenovus Cancer Care

First name ..... Surname .....

Address .....

Postcode .....

Telephone .....

Please fill this in when you have collected all your sponsorship money

## How to get your money to us

For office use only

RE ref: .....

Income code: .....

Total banked: .....

Date: .....

Event ID: .....

Total Gift Aid donations ..... £

Do something special today

# Sponsor me



Help us support cancer patients and their loved ones in your community

Name .....

I'm taking part in .....

On .....

I'm fundraising because .....

## How your money helps

**£15** covers the cost of making or receiving a call to our **free Support Line**, so anyone frightened or worried about cancer can speak to our experienced nurses.

**£45** means one person with cancer can have their **chemotherapy on board our Mobile Support Units** rather than having to go to hospital. We bring treatment closer to home so patients have less miles to travel and more time with the people they love.

**£115** pays for one day of vital **cancer research** by a PhD student in Wales, helping them to find new ways to prevent it, diagnose it, and treat it.

thank

you

## A little about Tenovus Cancer Care

If you have cancer or you're close to someone who has, Tenovus Cancer Care can help. We bring practical advice, emotional support and treatment to where it matters most; the heart of your community.

We help people affected by cancer cope, and through our vital research, we offer hope.

Give hope. Help cope.  
[tenovuscancercare.org.uk](http://tenovuscancercare.org.uk)



