

on a mission

this Breast Cancer Awareness Month



**All you need to plan for your mission
this Breast Cancer Awareness Month!**

support your sisters
this Breast Cancer Awareness Month

Cofrestrwyd gyda'r



FUNDRAISING
REGULATOR
RHEOLEIDIWR
CODI ARIAN

tenovus
cancer care
gofal canser

Thanks Diolch



Thank you for supporting your sisters, we couldn't do this without you!
Diolch am eich cefnogaeth, ni allem wneud hyn hebdoch chi!



on a mission

this Breast Cancer Awareness Month

With one in seven women in the UK being diagnosed,* it's likely we'll all know someone affected by breast cancer in our lifetime.

Whether it's your gran, mam, aunt, sister, friend or colleague; we know you **love your tribe!** Seeing someone you love going through breast cancer is devastating. That's why Tenovus Cancer Care has their back, and yours, every step of the way.

Every October we go on a **pink mission** to raise awareness and money. We need you to **Go Pink** and **support your sisters**.



Our mission

- Better awareness of signs and symptoms
- Improved diagnosis and reduced recurrence
- Faster and more personalised treatment, with fewer side effects
- Better support during and beyond cancer
- To make sure that nobody affected by breast cancer feels alone

When the going gets tough, our *tribe* get going!

Here's how going pink for us could help our mission:

Our Callback service is on a mission...

If you raise **£55** by supporting us this **Breast Cancer Awareness Month** your fundraising could allow our specialist cancer nurses to provide support and guidance to four people going through cancer treatment through our Callback service.

Our Benefits Advice Team is on a mission....

If you raise **£100** by supporting us this **Breast Cancer Awareness Month** this could allow our Benefits Advice Team to support five people who have been diagnosed with cancer and are unable to work, to access financial support they are entitled to.

Our Support Line Nurses are on a mission...

If you raise **£550** during **Breast Cancer Awareness Month** this could pay the cost of running our free cancer Support Line for a day. Our specialist nurses are on hand to offer advice on diagnosis, treatment, side-effects, and anything else for anyone affected by cancer.

*Figures from Cancer Research UK

Prep, plan and perfect your *pink* fundraising

From the 55 Mile Mission to Bake-offs, sponsored walks to knit-a-thons, however you decide to go pink, our fundraising team will be here to support you. We have fundraising ideas for every occasion, plus great branded materials to make your event pinktacular!

It's a date: Friday 22nd October 2021

Friday 22nd October is **Go Pink Day**, but don't worry if you can't make that date.

Get your pink on, whatever day of the month suits you and your event best. **Cancer doesn't care what date it shows up, so neither do we!**

Fundraising is better

with friends!

Rally your **pink platoon**, your **band of sisters** and your **tough mothers**, and get your **tribe** to take part, pull some strings, and help with the preparation and planning!



Make a big pink splash

Show your true colours this October!

We have a stash of **pink supplies** available for you to order, so you can go pink without breaking the bank.

We have balloons, bunting, banner roll, buckets and more! Call us on **029 2076 8863**. Or email fundraising@tenovuscancer.org.uk.





Shout it out loud!

A few great ways to **spread the word** if you're planning a large event:

- Put posters and flyers in community centres, schools, cafés, churches and local notice boards.
- Let your local radio stations know too. They might have free online listings for charity events and you could get advertised on the radio!
- Facebook and Twitter are perfect for promoting your event and for letting everyone know how it went afterwards. Don't forget to include a link to your online giving page!
- Contact local newspapers and let them know what's unique about your event, who's involved and why. They love stories about local people and can help spread the word.
- Don't forget to add one of our Facebook frames to your profile picture, and update your cover photo to help raise awareness of what you're doing too!

The legal bits

Some events will need permission from local authorities, private land or business owners. You may also need to consider risk assessments, or licenses for raffles, lotteries and prize draws.

If you're going to include any of these in your event, **get in touch with us** and we can talk you through the legal bits.

Please also take care when handling food for safe preparation, storage and cooking. You can find more useful information at **food.gov.uk**.

Covid-19

Whatever you're planning for your fundraising, please be sure to always follow government guidelines and restrictions in your local area.



Mission: make it *fundraising*

There are loads of ways to get your tribe together and get involved in **Go Pink** fundraising. The list is endless, but here are a few ideas to get you started! Basically; **Go PINK** any way you can, any way you like!

Dress it PINK!

This is the easiest way for everyone to take part! Simply hold a pink day at work or school. Get everyone to donate £1 to dress in pink clothes, wear pink hats or wigs, or paint their faces with pink designs.

PINK and putt golf-day

Ask your ladies' captain if you can get your local golf club involved. Gather your pink opponents and give pink-themed prizes for the winning team / individual. Ask everyone for a donation to join in and hold a pink raffle on the day.



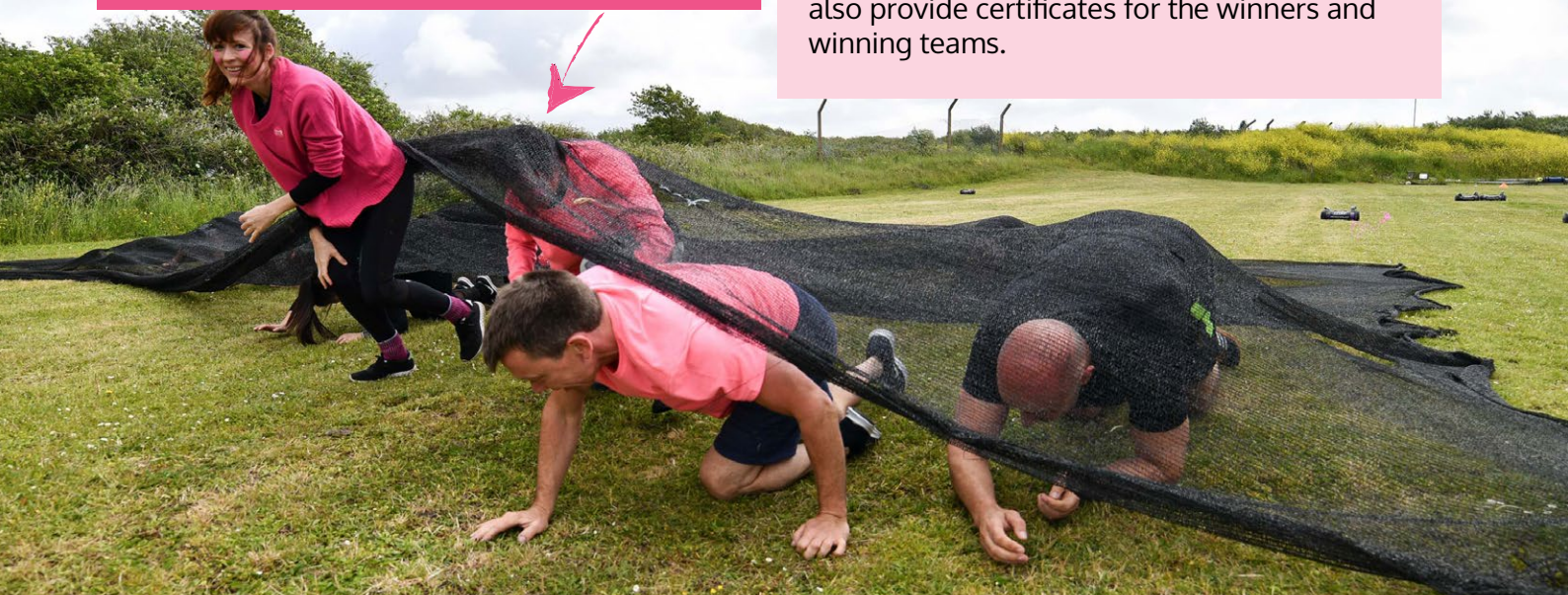
Challenge PINK

Do something really daring by taking on a challenging walk, run, or 'BOOB'camp, a military style fitness class dressed head to toe in pink camo.

Or, do something different for sponsorship, like shaving your head or taking on a 24 hour gaming challenge!

OlymPINK Games

Set up your own PINK games village in your local park, field or nearby open space. Charge your friends and family, neighbours and colleagues to come along and take part. Keep the kids busy on the next rainy day by making flags, hats, mascots and medals! We can also provide certificates for the winners and winning teams.



PINK pamper party

Get the girls around for an evening of pink pampering. Pop open the pink fizz, indulge in manicures and facemasks, and ask them to donate a tenner for the pleasure! See if you can get a local beauty therapist to donate their time and join you for the evening.

Bake it PINK!

Bake enough to feed an army and invite the troops around to try your tempting treats. You could take them into work or school, or even turn it into a Go Pink coffee morning at your local community centre!



55 Mile Mission

Join our mission this Breast Cancer Awareness Month and take on the 55 Mile Mission. Do it on your own, or as part of a team, or even challenge your friends to join. It doesn't matter whether you're an experienced walker, runner or cyclist, want to get a bit fitter, or just fancy the challenge – all that matters is doing your part for breast cancer awareness.

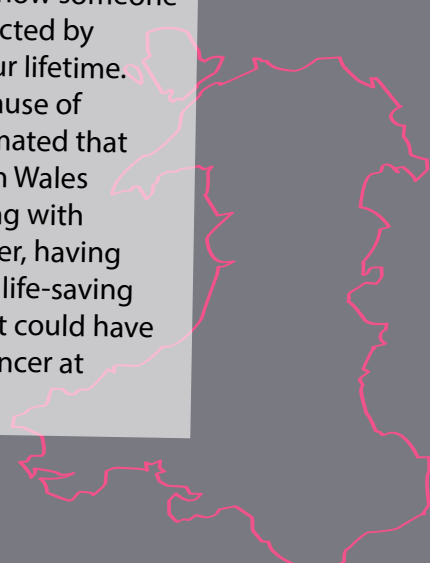
55 MILE MISSION

Visit

tenovuscancercare.org.uk/BCAM
for more fundraising ideas.

Did you know...

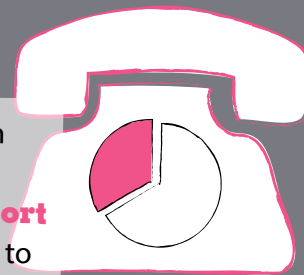
It's likely we'll all know someone who has been affected by breast cancer in our lifetime. And this year, because of Covid-19, it is estimated that over 300 women in Wales alone are now living with undiagnosed cancer, having missed potentially life-saving mammograms that could have detected breast cancer at an early stage.



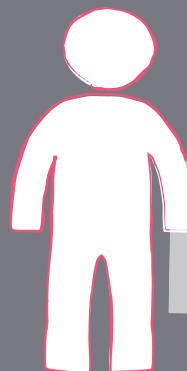
10%

10% more women are diagnosed with breast cancer today than 10 years ago.

Last year more than **20%** of the cancer patients our **Support Line** nurses spoke to had breast cancer.



Around **600** women die from breast cancer every year in Wales.



Men get breast cancer too! Around **20** men in Wales are diagnosed each year.

Money, money, money

Here are a few ideas to earn your stripes and boost your fundraising...

Donations

Ask for donations in return for food and drink. Use one of our collection boxes to help you take donations on the evening or, if you need something bigger, just request one of our collection goblets or buckets.

Call us on 029 2076 8863.

Games

Include games at your event, like a treasure hunt, tombola or prize draw, or use our **'Support your Sisters' sweepstake** to raise a little extra cash on the big day.

Raffles

Everyone loves a raffle! Ask local companies to donate prizes and hold a **pink raffle** at your workplace, school or local club.

Sponsorship

If you're planning a **Go Pink challenge event**, ask all participants to raise sponsorship in advance. We can send you more sponsor forms if you need them. Don't forget to set up a personal or team online giving page too! **JustGiving.com** and **tenovuscancercare.enthuse.com/profile** are two of the most popular.

Corporate sponsorship

Ask a **local company** to sponsor your activity and help cover any costs in return for displaying their leaflets, logo or website at your event.

We have a template letter available on request, but if you need more advice please give us a call.

Matching the money

Matched funding is a simple idea where lots of banks and organisations **match the amount raised** during an event. It may be something you could ask if your employer does, or visit your local banks to see if they're willing to help. It means that some or all of the money you raise can be matched pound for pound. We also have a match funding template letter available on request.

Gift Aid

Remember to capture details of anyone who sponsors you and ask them to tick the Gift Aid box if they're eligible. It's so simple and it means we can claim an additional **25p from the government for every £1 donated**, boosting your donations by a quarter.

Attention! Don't forget to tag us!

We won't be 'at ease' until we find out what our pink army are up to! We love seeing, liking and sharing your tweets and Instagram and Facebook posts.



#missionpink

#supportyoursisters

#missionBCAM

#GoPink
tenovus cancer care
gofal cancer

DANCE
TRIBUTES

Parry

Mission *pink* accomplished!

Share your memories

Don't forget to take lots of photos at your event and share them with everyone afterwards. Colourful and interesting photos may also help capture interest from the press and they may publish your final total with a big thanks to everyone involved.

Tu, Diolch, Merci, Gracias!

However you say it, it's important to say a huge thanks to everyone who's helped out. A great way to do this is by announcing how much your event has raised. We can send you a **pink certificate** to display in your place of work, school or club. Use social media to share your total with your supporters! Or, do it the traditional way, and send them a thank you card!

Send your money

You can **post** a cheque, made payable to **Tenovus Cancer Care**, to:

Fundraising,
Tenovus Cancer Care
Brunel House (15th Floor)
2 Fitzalan Road
Cardiff CF24 0EB

Please make sure you write **'Go Pink'** on the back.

Post it, ping it, or pop it into the bank!

Ping it to us online via tenovuscancercare.org.uk. Please add **'Go Pink'** in the 'what inspired you' section.

Pop it directly into our account at the bank, our details are:

Bank: HSBC

Account Name: Tenovus Cancer Care.

Sort Code: 40-16-15.

Account Number: 61069578

Please make sure you add **'Go Pink'** as the reference.

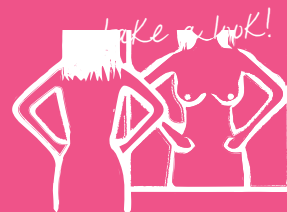
Thank you



check your boobs

this Breast Cancer Awareness Month

- Feel each breast and the area around your breasts, your armpits and up to your collarbone.
- Use the pads of your fingers rather than the tips.
- Some people find it easiest to do this in the shower with soapy hands.
- Look at them in the mirror, both standing with your arms by your side, and also with them raised.
- It's also worth doing a breast exam while you're lying down. This flattens and thins out your breast tissue, allowing for easier examination. Put your left hand behind your head and check your left boob. Then repeat on the other side.



Look out for

- Changes to the size, outline or shape
- Changes to the look or feel of your skin such as bumps, dimples, orange peel texture, sores or growing veins
- A new lump, thickening or bumpy area in the breast or armpit
- Unexpected fluid or bleeding
- Crusty or sunken nipples or a change in nipple position
- Discomfort or pain in one breast
- An unexplained rash or feelings of heat

Please **don't** panic if you spot any lumps or changes. But **do** book to see your doctor to get it checked out.

Your gang needs you...

Checking your boobs may seem daunting, but it doesn't need to be a military operation... AND it could save your life!

There's no right or wrong way to check your boobs but the key is **knowing how they usually look and feel, so you can spot any changes.**

By making your self-check-up part of your normal routine, you'll catch any changes quickly. We recommend checking your boobs monthly, but work out what's best for you, and you're more likely to stick to it.

Please spread the word, because everyone should check their boobs! Remember, men get breast cancer too!

tenovuscancercare.org.uk

Reg Charity No. 1054015

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Need anything else? Just contact your
Mission Pink Fundraising Team
fundraising@tenovuscancercare.org.uk
029 2076 8863

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