

GO FORTH AND PINKIFY

Thank you for signing up to Cancer Focus Northern Ireland's **PINK** campaign to raise money for local breast cancer research. You can hold your **PINK** fundraising event any time in October – **breast cancer awareness month** – whenever suits you!

DO SOMETHING **PINK**

We're firm believers that pink is not just a colour, it's an attitude! So no matter how much pink you incorporate into your event we're delighted that you've taken the first exciting step in planning to raise a few pounds for a great cause.

You can stick to something solo and simple – wear something pink for a day, week or the whole month and get sponsored. Or get together with your friends, family, school, community, group or club to have a catch up over a coffee and some cake with pink icing. You could organise a girly night in with a movie, snacks and something strawberry flavoured to sip on, or go all out and book a local hall or hotel for an In Pink party. We've given you some ideas overleaf, but our best advice is to pick something you're excited about and, whatever you decide to do, spread the word, share and tag us online so we can see what you're up to!

WHAT WE'LL DO WITH YOUR **PINK** POUNDS

Breast cancer is the most common cancer in women in Northern Ireland. Every year 1,200 are diagnosed and 300 lose their lives.

All the money you raise will go towards funding our breast cancer research at Queen's University Belfast. £200 will fund half a day's work by our researchers whose aim it is to make a huge difference to the future of women who carry the mutated BRCA1 gene, women who have an 85% chance of developing breast cancer in their lifetime.

Even the smallest donation will help our researchers explore better ways to prevent breast cancer and find alternative treatments for high risk women who at present have to consider having breast removal to drastically cut their chance of cancer.

GET PLANNING **PINK**

If you need some helpful advice, extra fundraising materials or if you're stuck for ideas have a look overleaf or get in touch with our fundraising team for a chat.



In partnership with



For further information:
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#inpink



How to pay

Online:

Visit www.cancerfocusni.org and donate safely and securely using your credit or debit card

Over the phone:

Call us on **028 90 66 3281** and use your credit or debit card to donate

By post:

Send us a cheque made payable to **Cancer Focus Northern Ireland**

In person:

Pop in and see us in person!

Some ideas to get you thinking PINK

70s/80s/90s theme night

Board games night

Garden Party & BBQ

Car Wash

Halloween party

Bring and Buy sale

Dance competition

Dinner party

Quiz night

Non-uniform day

Dye your hair pink

Afternoon tea party

Bun sale or bake off

Girls' night in

Fancy dress party

Movie night

Cocktail party

Pamper night

Karaoke

Spinathon

Sponsored walk

Sponsored silence

Five-a-side tournament

Pizza party

Pram walk

Murder mystery evening