

# GO FORTH AND PINKIFY

Thank you for signing up to Cancer Focus Northern Ireland's **PINK Night In** 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!

## HAVE A **PINK** NIGHT IN!

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 – 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 a **Pink Night In** 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 1,333 are diagnosed and 310 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:**  
**Cancer Focus**  
**Northern Ireland**

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**#inpink**



## How to pay

### Online:

Visit [www.cancerfocusni.org](http://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**