



Thank you so much for deciding to host a **girls' night in**, virtually or in person for Cancer Focus NI's Support Your Girls campaign this October!

Now more than ever we appreciate your support. Covid-19 has had a devastating impact on Cancer Focus NI and cancer patients in Northern Ireland.

We're delighted you've joined us to proactively support the girls in your life by encouraging and empowering them to look after themselves; to be aware of the key signs and symptoms of breast cancer and how to check your breasts, all the while raising vital funds to **support local breast cancer patients here in Northern Ireland.**

**One in ten women here will get breast cancer. That's a huge number. It could be your mum, your sister, your granny, your friend or your colleague.**

It's vitally important that we have the best possible support in place for these women, in particular for younger women. They are at a stage in their lives where they may be considering big life changes, such as marriage and starting a family, and a breast cancer diagnosis can dramatically change all their hopes and plans for the future. That is why we're asking you to have a girls' night in and help us provide the support they need.

With the money YOU raise, we can fund **a unique six week breast cancer support group for younger women** across Northern Ireland. So thank you.

So... what are your girls' night in plans?! If you haven't already decided what you're doing, our Party Ideas flier has some great ideas, whether you want to do it virtually or in person. We'd love each party night to raise as much as possible, so how about asking your friends to donate whatever they would usually spend on a night out on the town?

**Whatever your plans, please ensure you follow current government guidelines including social distancing while taking part in your fundraising event for us.**

We hope you have a brilliant time and have a great laugh together, whatever you decide to do.

Thank you for choosing to Support Your Girls. We couldn't do it without you.

Best wishes,

**Support Your Girls team**

**For further information:**

**Cancer Focus  
Northern Ireland**

**40-44 Eglantine Avenue  
Belfast BT9 6DX**

**T: 028 9066 3281**

**E: [fundraising@cancerfocusni.org](mailto:fundraising@cancerfocusni.org)**

**W: [cancerfocusni.org](http://cancerfocusni.org)**



**@cancerfocusni**

**#1in10**

**#BeBreastAware**



Registered with  
**FUNDRAISING  
REGULATOR**