

How your coffee morning helps...

Every single euro raised will make a difference to people with breast cancer and their families throughout Ireland.

Did you know in 2019...



More than **59,000** people received free information, advice and support from Cancer Nurses on our Freephone Support Line at 1800 200 700 and 13 Daffodil Centres across Ireland.



1,887 patients received more than **7,220** nights of end of life care from our Night Nurses.



More than **1,684** cancer patients were driven to some **16,273** chemotherapy appointments by our Volunteer Drivers.

Did you also know that none of this would have happened without support like yours?

Every coffee morning counts in the fight against breast cancer.

€25	can help provide cancer patients and their families with a specialist cancer nurse to talk to through our Support Line or Daffodil Centres.
€50	can help provide vital clinical equipment for a Night Nurse.
€60	will cover the cost of a counselling session to help a person cope with a cancer diagnosis in their life.
€120	can help provide five spill kits for Volunteer Drivers in the event a patient is ill on their drive.
€355	will cover the cost of one night of Night Nursing, providing end of life care to a patient in their own home.






Don't forget to use your downloadable materials to make the most of your event! Once registered these would have been sent to you by email. There is a social media toolkit, posters, invites, bunting and cake toppers available to download at the touch of a button.



Due to the current environment, we encourage the use of Justgiving, the online giving platform to avoid cash donations. Donations made on Justgiving are lodged to us monthly so you don't have to worry about sending in the funds raised.

If collecting cash, please wear gloves and do not touch your face during this time and wash hands when done. Please bank your donations within 4 weeks of your event so your hard-earned funds can get to work straight away.

Easy ways to bank your funds:



-  **Online:** Visit www.cancer.ie/CupsAgainstBreastCancer and use our online form to submit your funds raised using your credit card, debit card or PayPal.
-  **Send us a cheque or bank draft:** Post a cheque or bank draft along with your name, address and supporter number. Our address is 43/45 Northumberland Road, Dublin 4. Due to new banking procedures all cheques must be made out to Irish Cancer Society. Please write any further information on the back of the cheque.
-  **By card over the phone:** Call the fundraising team on CallSave 1850 60 60 60 and donate/lodge your funds by debit or credit card.
-  **By bank:** you can lodge at your local AIB. Bank Details: Irish Cancer Society Account. AIB, 9 Terenure Road East, Rathgar, Dublin 6. Sort Code: 93 10 98 A/C No.: 32560178
-  **At the Post Office:** If you lodge your funds in a post office, please contact us at 1850 60 60 60 to let us know the date, amount and post office location of your lodgement. These donations are transferred to us anonymously from An Post and we want to be able to acknowledge your amazing generosity.

Remember:

We want you to enjoy your fundraising event and stay safe! The Irish Cancer Society accepts no liability for any loss, damage or injury caused during the event you undertake. The Society's insurance does not cover property or the property of your helper or guests, nor does it cover your personal liability for any injury suffered by yourself or your event participants. You should seek independent insurance advice prior to organising your event. Remember to use common sense when it comes to health and safety. Where food is involved, please take care and work to ensure safe preparation, storage and cooking. Please follow good hygiene practises.

Irish Cancer Society
43/45 Northumberland Road, Dublin 4
Ground Floor, Lawley House,
Monahan Road, Cork

Cups Against Breast Cancer Hotline:
1850 60 60 60
Support Line: 1800 200 700
Email: fundraising@irishcancer.ie
www.cancer.ie

 www.facebook.com/IrishCancerSociety
 www.twitter.com/IrishCancerSoc

Disclaimer:

The Fundraiser agrees to release the Irish Cancer Society to the fullest extent permissible under law for claims and demands of any kind, and from all liability that may arise in respect of any damage, loss or injury occurring to any person, except where such liability arises because of the negligence of the Irish Cancer Society or its agents.

The Irish Cancer Society reserves the right to terminate the agreement relating to an event at any time if it appears there is a likelihood of the Fundraiser failing to adhere to any of the above terms and conditions.

Public Health Guidelines

We want to ensure the health and wellbeing of those that fundraise on our behalf and of the public. Please ensure that any fundraising activity is delivered in line with current public health guidelines in relation to minimising the spread of COVID-19. Details of current restrictions can be found at <https://www.gov.ie/coronavirus>



Cups Against Breast Cancer

FUNDRAISING GUIDE

Kindly supported by



Cancer doesn't stop and neither will we

Thank you for signing up to take part in Cups Against Breast Cancer!

Please know your virtual coffee morning will make a huge difference to breast cancer patients across Ireland. By hosting a virtual coffee morning this year, you are ensuring vital cancer support services can continue to be there for breast cancer patients and their families at this worrying time.

Thanks to virtual coffee mornings like yours, breast cancer patients will have access to support at every stage of their journey. From Cork to Donegal, Galway to Dublin and everywhere in between, your donations are making a difference every day.

In the following pages, you'll find plenty of fundraising tips and ideas to make your virtual coffee morning a success. You will also have received a downloadable infographic to help ensure you know the signs of breast cancer for you to share with your friends and family, and to help create awareness too.

We could not continue to fund invaluable care services for those who need it most without your help. No matter how much you raise, big or small, your virtual coffee morning will help support thousands of breast cancer patients across Ireland. Thank you!

Kind regards

Sinead Gillespie

Sinead Gillespie
National Campaigns Manager

How it works

- 1 Pick Your Date
- 2 Set Your Fundraising Goal
- 3 Hold Your Event
- 4 Raise Money
- 5 Help Us Save More lives



How to make the most of your Virtual Cups Against Breast Cancer event

Check out some ideas below to get you started:

Organising your event

- Create an event on your video calling platform (like Zoom or Skype) to generate an invite link for your coffee morning. This will be used to invite your guests!
- Invite your friends and family to attend with your personal invite link, you can send the invite through email or WhatsApp
- To help spread the word even further, create a Facebook event for your virtual coffee morning to make inviting everyone even easier. You could do a countdown for your guests to the big day!
- Create a fundraising page. With your own personal JustGiving fundraising page you can make it easy for your guests to donate to your coffee morning. You can share the link on your Facebook event or send to friends and family on WhatsApp.
- Do a test run on your video calling platform to make sure everything works. Ask a family member or friend to do a test run with you, that way you can get straight to it on the day!

Tips to make the most of your event

Get dialled in – Our fundraising team are here to help! If you have any questions on how to get set up, you can give us a call at 1850 60 60 60 or email Fundraising@irishcancer.ie.

Set a goal – Having a set goal on your Justgiving page is a great motivator to you and to your friends and family to help you reach your target!



Raise funds – Ask your friends to donate what they can at your virtual event. You could suggest they donate what they would normally spend at a coffee morning or even a normal night out.

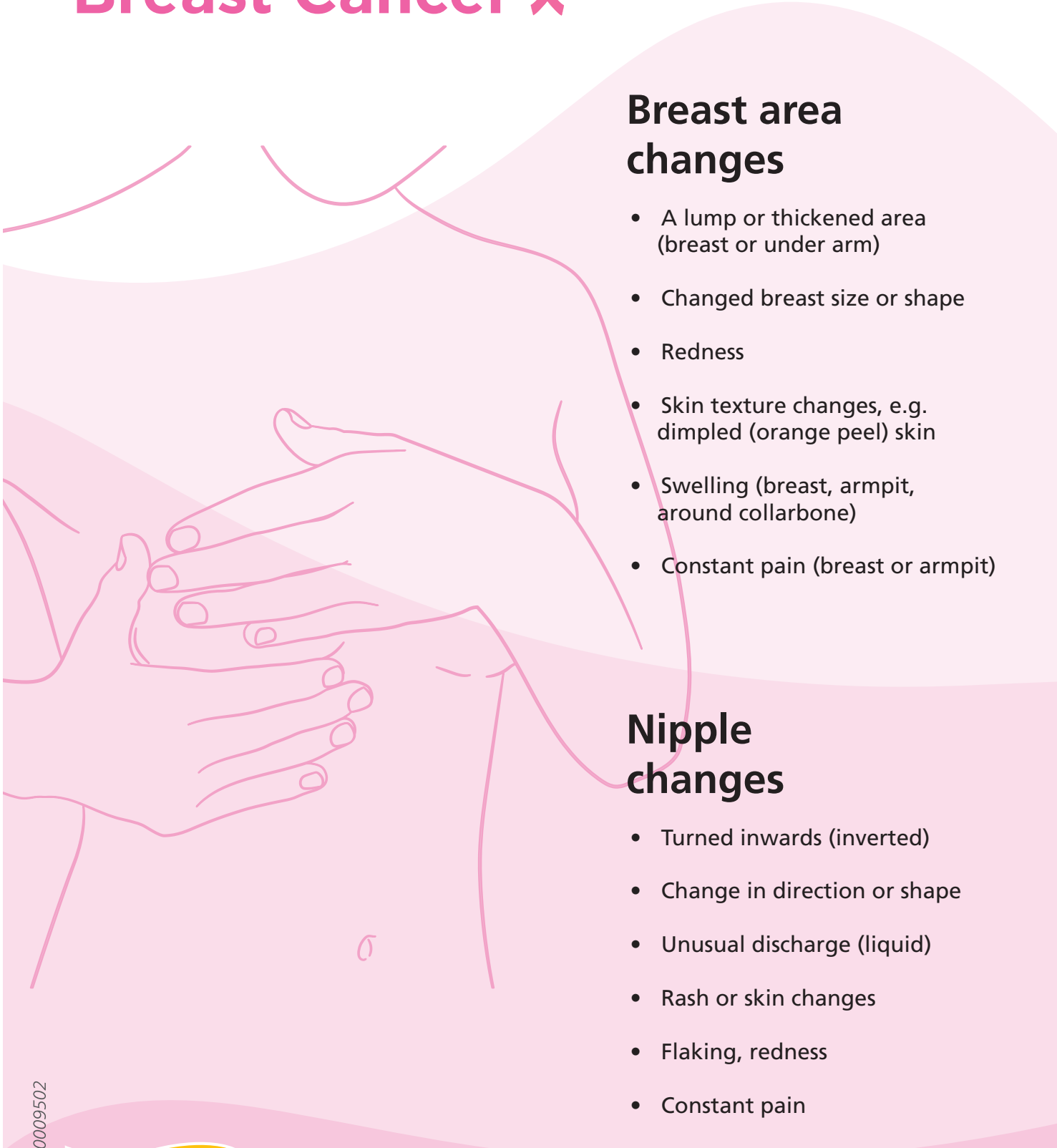
Host a game – Why not host a quiz at your event or ask your guests to dress up for the call? To see more ideas for your event, go to cancer.ie/cupsagainstbreastcancer

A healthy competition – Have your guests make and decorate their favourite dessert or treat and let everyone vote on which one looks best, but a vote costs €3 each!

Show your gratitude – Any time someone makes a donation, remember to say thank you and let them know the difference they have made.

Share – We would love to see your Virtual Coffee Mornings! Take a picture of you and your friends and tag [@IrishCancerSociety](https://twitter.com/IrishCancerSociety) so we can like and share! Tag us on Twitter [@IrishCancerSoc](https://twitter.com/IrishCancerSoc) and on Instagram [@IrishCancerSociety](https://www.instagram.com/IrishCancerSociety) and use the hashtag [#CupsAgainstBreastCancer](https://www.instagram.com/CupsAgainstBreastCancer)

Know the signs of Breast Cancer



Breast area changes

- A lump or thickened area (breast or under arm)
- Changed breast size or shape
- Redness
- Skin texture changes, e.g. dimpled (orange peel) skin
- Swelling (breast, armpit, around collarbone)
- Constant pain (breast or armpit)

Nipple changes

- Turned inwards (inverted)
- Change in direction or shape
- Unusual discharge (liquid)
- Rash or skin changes
- Flaking, redness
- Constant pain

CHY 5863 RCN 20009502



Cups Against Breast Cancer

If you have any questions, you can go to [Cancer.ie](https://cancer.ie) or call our Support Line on Freephone 1800 200 700

For more tips for your Virtual Coffee Morning go to www.cancer.ie/CupsAgainstBreastCancer