


HOW YOUR SUPPORT HELPS...

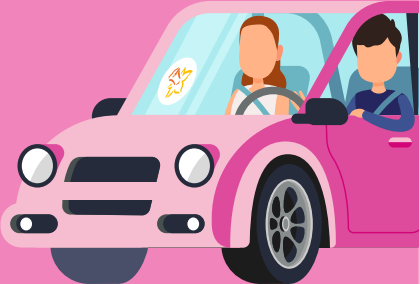
The Irish Cancer Society typically receives only 3% of its income from the Government, so it's thanks to the generosity of our wonderful donors, fundraisers and volunteers that we are able to provide services and support to ensure nobody in Ireland has to face breast cancer alone. The generous donations raised by you and your colleagues fund ground-breaking breast cancer research and provide free support services and care to people affected by breast cancer, throughout Ireland.

Did you know, in 2020, thanks to support like yours...


169 breast cancer patients received almost **700** nights of end-of-life care from our Night Nurses.



299 breast cancer patients received free transport to more than **2400** chemotherapy appointments by our Volunteer Drivers.



3,430 breast cancer patients received free information, advice and support from Cancer Nurses on our Freephone Support Line at **1800 200 700** and **13** Daffodil Centres across Ireland.



Every donation counts to support breast cancer patients and their families



€25

could cover the cost of driving a breast cancer patient to and from their chemotherapy appointment with our Volunteer Driver service.



€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 breast cancer diagnosis in their life.



€365






will cover the cost of one night of Night Nursing, providing end-of-life care to a patient in their own home.

Please bank your donations within 4 weeks of your event so your hard earned funds can get to work straight away.

Due to the current environment, we encourage the use of JustGiving, the online giving platform to avoid cash donations. Donations made on JustGiving are transferred directly to the Society once a month so you don't have to worry about sending in the funds raised.

If handling cash, please wear gloves and do not touch your face during this time. Please wash your hands when you are finished handling funds.

EASY WAYS TO BANK YOUR FUNDS:

-  **Online:** Visit www.cancer.ie/LODGEFUNDS 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.
-  **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:** 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 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

Care For Your Pair Fundraising 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

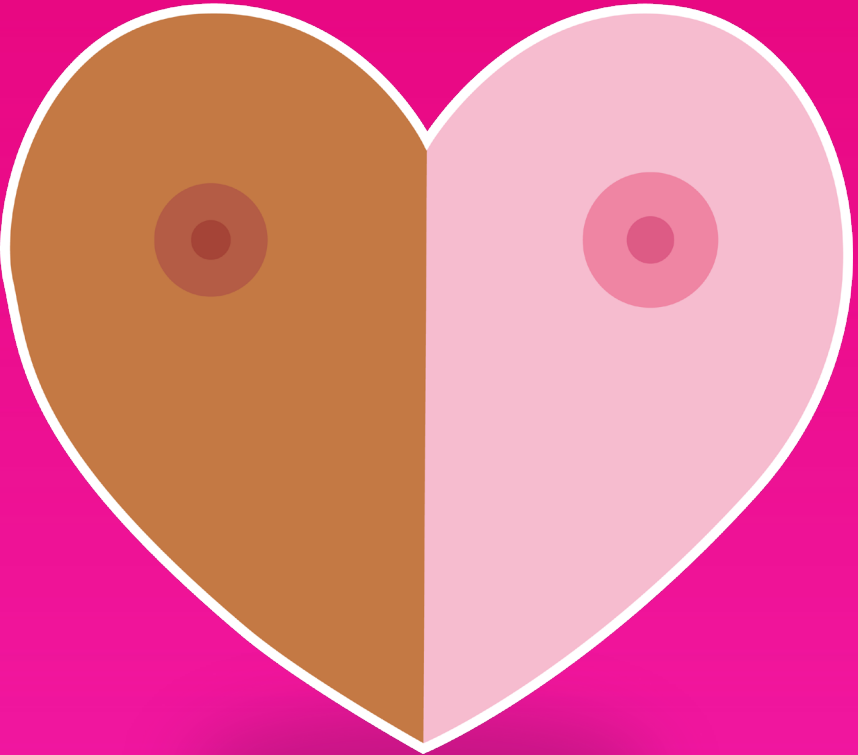
Disclaimer:

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>



CARE FOR YOUR PAIR

CORPORATE FUNDRAISING GUIDE

Kindly supported by



THANK YOU TO YOU AND YOUR COLLEAGUES FOR SUPPORTING BREAST CANCER PATIENTS AND THEIR FAMILIES.

Your generosity will make a huge difference this October. By hosting your workplace fundraiser, you are ensuring vital cancer support services are available for breast cancer patients and their families, when they need it most.

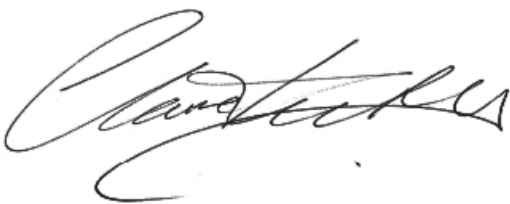
Thanks to work events like yours, breast cancer patients will have access to support at every stage of their journey. From Cork to Donegal, Galway to Dublin and everywhere in between, your donations are making a difference every day.

In the following pages, you'll find fundraising tips to help you to raise vital funds, to support breast cancer patients. We have also included a downloadable Breast Cancer symptoms leaflet for you to share with your colleagues, to help create awareness too!

We want to ensure you have everything you need, if you have any questions please contact us on CallSave **1850 60 60 60** or email **corporate@irishcancer.ie**, we are happy to help!

Best of luck with your fundraiser this October.

Kind regards,



Claire Bowman
Corporate Partnerships Manager



ONLINE FUNDRAISING VIA JUSTGIVING

Whether you and your colleagues are taking part in our 200km cycle challenge or another fundraising event, you can follow the steps below to begin your fundraising journey.

How to create your JustGiving page:

- 1 Create your fundraising page [Here](#)
- 2 Make your page interactive: Add pictures, your company's motivation and target to encourage your friends, family and colleagues to support.
- 3 Share your fundraising page on Facebook, LinkedIn, Twitter or WhatsApp.
- 4 Update your colleagues, friends and family about your event/challenge so they can track your progress and are reminded to donate.
- 5 Thank each person who donates to your page.

RESOURCES FOR YOUR EVENT

Email – Our fundraising team are here to help! ! If you have any questions on how to get set up, you can email us at **corporate@irishcancer.ie**.

Social – We would love to see your fundraising event! Take a picture of you and your colleagues and tag **@IrishCancerSociety** so we can like and share! Tag us on Twitter **@IrishCancerSoc** and on Instagram **@IrishCancerSociety** and use the hashtag **#Careforyourpair**.

Downloadables – There is a social media toolkit, posters, bunting, and cake toppers available to download [HERE](#).

How to videos – We have created some useful videos to show you how to make the most of your [ONLINE FUNDRAISING!](#)



This October we are also asking you to Care for Your Pair and to encourage your friends, family and colleagues to do the same. Check out our guide on the symptoms of breast cancer below and [SHARE IT TOO](#). Early detection saves lives.

EARLY DETECTION SAVES LIVES

More than 3,600 women are diagnosed with breast cancer each year in Ireland.

WHAT ARE THE SYMPTOMS OF BREAST CANCER?

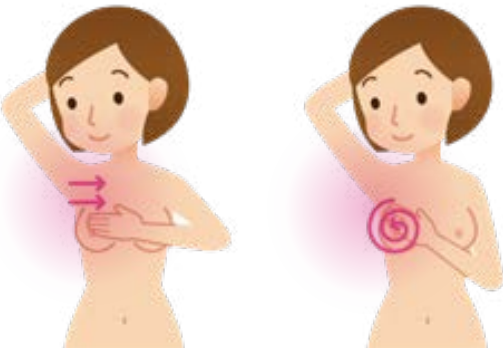
- A change in the size or shape of one breast.
- A change in the skin, like puckering, dimpling (like orange peel) or redness.
- A change in the nipple shape or direction, like a pulled-in or flattened nipple.
- An unusual discharge (liquid) from one or both of your nipples.
- A change on or around the nipple, such as a rash or flaky or crusted skin.
- Swelling in your armpit or around your collarbone.
- A lump, any size, or thickening in your breast.
- Constant pain in one part of your breast or armpit.
- Any change in how your breast normally looks and feels.

These symptoms can be caused by other things, but always get them checked.

CARE FOR YOUR PAIR

HOW CAN I CHECK MYSELF?

- 1 Get to know what's normal for you – how your breasts look and feel.
- 2 Know what to look out for, like lumps or other changes to the look and feel of your breast or nipple.
- 3 Look for changes in the mirror and feel for changes, too. When you are in the shower, when putting on moisturiser or when lying down.
- 4 Check all parts of your breast, your armpits and up to your collar bone.
- 5 Discuss any changes with your doctor – without delay.



Contact Irish Cancer Society
Support Line on

1800 200 700

Visit www.cancer.ie