

CARE **FOR** YOUR PAIR

CORPORATE FUNDRAISING GUIDE

WELCOME TO YOUR FUNDRAISING GUIDE FOR CARE FOR YOUR PAIR 2022!

Thank you for supporting breast cancer patients and their families in your workplace this October. We are delighted to have you and your company on board.

Thanks to the support of you and your colleagues, breast cancer patients will have access to support throughout their diagnosis. From Cork to Donegal, Galway to Dublin and everywhere in between, your donations are making a difference every day.

Did you know that more than **3,600** women and almost **40** men are diagnosed with breast cancer each year in Ireland? The funds you and your colleagues raise this October will go towards funding vital breast cancer research and support services for breast cancer patients and their families across the country.

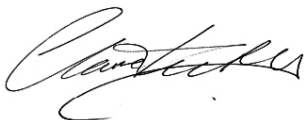
Whether you and your colleagues are joining us to host a Big Pink Breakfast or are doing your own thing, your fundraiser will make a huge difference.

In the following pages, you'll find fundraising tips to help you raise vital funds in your workplace to support breast cancer patients. We have also included a downloadable breast cancer signs and symptoms leaflet for you to share with your friends, family, and colleagues to help raise awareness too.

We want to ensure you have everything you need, if you have any questions please contact us on CallSave **0818 10 20 30** or email corporate@irishcancer.ie, we are here to help!

Best of luck with your fundraiser this October.

Kind regards



Claire Bowman
Corporate Partnerships Manager



ORGANISING YOUR CARE FOR YOUR PAIR EVENT

Below are some guidelines to help you with your fundraising.

Start early – The earlier you begin, the more people you can reach and the easier your fundraising will be.

Fundraise online – every workplace gets their own JustGiving page, share this with colleagues, friends and family, it's a great way for those that can't attend to still support your event. You can also set up a team and invite your colleagues to join.

Get your QR code – Did you know that your Justgiving page comes with its own QR code? Just add **/qrcode** to the end of your page link to find yours. You can print this out and have it at your event. This way you can take both cash and online donations!

Set a goal – Having a set goal to reach is a great motivator to help you and your colleagues reach your target!

Get downloading – Check out our free downloads [HERE!](#) We have everything you need to promote and celebrate your workplace event!

Need support? – Our Corporate fundraising team is here to help! Contact the team at corporate@irishcancer.ie or **0818 10 20 30** for more information.

Share the updates – Keep your colleagues updated on your company's fundraising progress and the difference it makes. It's a great way to keep everyone motivated to reach that target! Here are some [USEFUL GRAPHICS](#) to help!

Government guidelines – Check in with Government guidelines to ensure your fundraiser is safe to hold.

HOW TO GET THE WORD OUT

Word of mouth – Tell your colleagues that you're raising money to fund support services and life-changing research for breast cancer patients and their families. Share a link to your fundraising page through your workplace's internal communications tools.

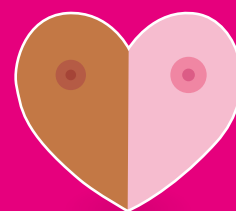
Pop it on your socials – The quickest way to promote your fundraiser to the masses. Share your Care For Your Pair event on platforms such as Facebook, Instagram, and LinkedIn at **@IrishCancerSociety** and on Twitter at **@IrishCancerSoc**. Don't forget to tag us and when you do use the hashtag **#CAREFORYOURPAIR** so we can help you spread the word!



This October, we're encouraging you to care for your pair, by being breast aware and prompt your colleagues, friends and family to do the same. Check out our guide on the signs and symptoms of breast cancer below and [SHaRE IT TOO](#). Early detection saves lives.

CARE **FOR** YOUR PAIR

Early detection saves lives



Each year in Ireland, more than 3,600 women and almost 40 men are diagnosed with breast cancer.

Changes in your breasts to be aware of:

- **A change in size or shape** – it may be that one breast has become larger
- **Changes in the nipple** – in direction or shape, pulled in or flattened nipple
- **Changes on or around the nipple** – rash, flaky or crusted skin
- **Changes in the skin** – dimpling, puckering or redness
- **'Orange peel' appearance** of the skin caused by unusually enlarged pores
- **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

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

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.

SUPPORTING BREAST CANCER PATIENTS IN 2021:

254

breast cancer patients received free transport to and from more than

2,380

chemotherapy appointments by our Volunteer Drivers.



154

breast cancer patients received

514

nights of end-of-life care from our Night Nurses.



In 2021 we had

3,430

enquiries about breast cancer through our Freephone Support Line at **1800 200 700** and at our **13** Daffodil Centres across Ireland.



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WHERE YOUR DONATIONS GO



€25

can help cover the cost of driving a cancer patient to and from a chemotherapy appointment using 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.



€375

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.



EASY WAYS TO BANK YOUR FUNDS:



JustGiving: If you are raising funds on JustGiving, the donations are automatically transferred to us monthly so you don't have to worry about lodging your funds.



Online: Visit www.cancer.ie/LODGEFUNDS and use our online form to submit your funds raised using your credit or debit card.



By card over the phone: Call the fundraising team on CallSave **0818 10 20 30**.



Send us a cheque or bank draft: Drop a cheque or bank draft in the post with your name and your company's name, address and supporter number. If you do not know your supporter number, please contact us at corporate@irishcancer.ie. Our address is **The Irish Cancer Society, 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 bank: Make a bank transfer online or lodge any cash donations by bank with the details below. Please make sure to include your company name or supporter number in the details of the transfer. If you do not know your supporter number please contact us at corporate@irishcancer.ie.

Bank Details: AIB Irish Cancer Society Account, 9 Terenure Road East, Rathgar, Dublin 6.
ACCOUNT: 32560178
SORT CODE: 93-10-98
IBAN: IE40 AIBK 9310 9832 5601 78
BIC: AIBKIE2D



At the Post Office: If you lodge your funds in a Post Office, please contact us at **0818 10 20 30** or email corporate@irishcancer.ie 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 helpers 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 practices.

Irish Cancer Society

43/45 Northumberland Road, Dublin 4

Care For Your Pair Fundraising Hotline: 0818 10 20 30

Support Line: 1800 200 700

Email: corporate@irishcancer.ie

www.cancer.ie



www.facebook.com/IrishCancerSociety



www.twitter.com/IrishCancerSoc

Disclaimer:

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. 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 and its agents.

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>



Best Practice in Transparency and Accountability



**Irish
Cancer
Society**