

# WELCOME TO THE BIG GINGER SOCIAL!

## IT'S TIME TO COME TOGETHER TO HELP FUND MORE CANCER KITS.

Dear Supporter,

Thank you so much for signing up to host one of our very first Big Ginger Socials!

This fundraising pack should give you everything you need to make your event a success – from recipe cards and bunting to party invites and a collection box. And remember, every pound you raise will help us deliver more Cancer Kits to people who are undergoing cancer treatment.

So, why the ginger theme? It's because ginger helps to combat the nausea that people often feel during and after chemotherapy. That's why all our Chemo Kits contain ginger tea bags.

We have four different Cancer Kits. Our standard Cancer Kits are suitable for people at every stage of their treatment. Our Kids' Kits are full of goodies to help make children's cancer treatment more bearable. Our Comfort Kits are for older people, and then we have our Chemo Kits.

Each Cancer Kit costs £25, and we're hoping to send out 4,500 this year – so whatever you can raise at your Big Ginger Social will be a massive help.

**Every drink you make and every snack you bake will help to fund more Cancer Kits for people like Sarah Holland.**

Sarah was diagnosed with breast cancer in 2020, after finding a little lump in her breast during one of her regular checks. She hadn't been very well in the run-up to finding the lump. So, when the



### THREE THINGS TO REMEMBER

#### CHOOSE THE RIGHT TIME

The timing of your Big Ginger Social is crucial. Make sure you avoid a clash with any big sporting or social events – and pick a time that you think the most people will be able to make.

#### SAY THANK YOU

Every good fundraiser knows that it's important to thank people for supporting an event. Post your thanks to your social channels or via email and people are more likely to support you again.

#### TELL PEOPLE WHY

People are more likely to donate if they know what their money will pay for. So explain about our Cancer Kits – and why your Big Ginger Social has a ginger theme.



Please turn over...



breast specialist said she needed to take a biopsy, Sarah had a sinking feeling.

It was a high grade tumour, and Sarah found the treatment so hard to deal with. The chemo was brutal. Relentlessly draining. If you've had experience of cancer treatment, you'll appreciate how she was feeling. But receiving one of our Chemo Kits was a revelation.

As Sarah says:

*"It was amazing that someone I had never met cared enough to put together this kit containing really thoughtful items that helped me through chemo. It was like receiving a virtual hug."*

Sarah was lucky. Through surgery, chemotherapy, and then radiotherapy, the size of her tumour was reduced enough to be able to be removed, and she is now cancer free. But Sarah is realistic:

*"I have to live with the possibility of cancer coming back. But actually, knowing that there are people I can turn to, where I can get support, is really, really comforting. I don't feel as alone as I did last year."*

This is the kind of life-changing support you can give to more cancer patients like Sarah through the money you raise at your Big Ginger Social. So let's pull out all the stops. Because every cuppa, every cookie and every cake you sell can help make life better for people struggling to make it through cancer treatment.

Once again, thank you so much for signing up to host a Big Ginger Social – and good luck with your event.

With best wishes,



Gemma Holding,  
Chief Executive  
Cancer Support UK

P.S. If you need any further support with your Big Ginger Social, please get in touch using the contact details overleaf and we'll do our best to help. Thank you.



 For event updates and tips join our Facebook group by searching **Big Ginger Social**

## KEY ITEMS IN OUR CHEMO KITS

### GINGER TEA BAGS

Nausea is one of the most common side effects of cancer treatment, and this is a healthy way to soothe discomfort.

### THICK, TOASTY WARM SOCKS

Because people undergoing treatment can experience very cold extremities.

### SENSITIVE TOOTHPASTE

Many chemotherapy patients suffer from sensitive teeth and this can help reduce the painful sensitivity.

### HAND CREAM

Dry skin is a common side effect, both during and after treatment. A small, unscented hand cream is included to soothe dry and chapped hands.

### LIP BALM

A moisturising lip balm is included to soothe chapped lips, which can also be a side effect of cancer treatments.



**EVERY €25 YOU RAISE**  
could fund another  
Cancer Kit for  
someone like  
Sarah

*"Receiving my Chemo Kit was lovely, like getting a virtual hug."*

Sarah Holland, cancer survivor