



Helping local families
since 1983

Host your own Pamper Party!

Hosting a pamper party in aid of CancerCare is a great excuse to get together with friends and treat yourselves whilst raising money for a local cause. With your help, we can continue supporting local families affected by cancer and other life-limiting conditions.

Invite your mates round for a pampering session and ask them to donate what they would spend during a day at the spa or beauty salon! Easy peasy!

Some ideas for your pamper party...

- Why not boost your fundraising by making **cakes or other sweet treats** and selling them to your guests?
- Get all your guests to bring one new beauty product each and **hold a raffle**. The winner gets them all and the proceeds go to help CancerCare!
- If anyone you've invited can't make it, ask them to take a **'Face Mask Selfie'** (a picture of themselves with a face mask on) and upload it to social media! Encourage them to text **CCAR31 £5 to 70070** to make a £5 donation to CancerCare.
- Invite your guests to bring some of their unwanted clothes and accessories and **have a clothes swap!** People can make a £1 donation for each new item they take away! Any left over items can be donated to our CancerCare centres in Lancaster or Kendal for us to sell at our regular coffee mornings or our online eBay shop.



FUNDRAISING@CANCERCARE.ORG.UK  @CANCERCARELOCAL  'CANCERCARECHARITY'

CANCERCARE NORTH LANCASHIRE & SOUTH LAKELAND REGISTERED CHARITY NO: 1120048





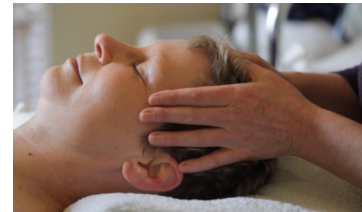
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How your pamper party helps CancerCare...

When you hold a pamper party, you'll be helping CancerCare to support local families affected by cancer and other life-limiting conditions.

Staveley mum of two Sarah Abbott was diagnosed with breast cancer in October 2011 and is now in recovery from her illness:

“Although the Oncology team at the hospital were brilliant, once I had finished all my treatment I felt completely lost. CancerCare offered me professional counselling and aromatherapy massage sessions which made me feel so much better especially when I felt really poorly after chemotherapy.



Just being able to make time for ‘me’ and feel pampered really helped me come to terms with everything that was happening. The way I look at it is that the NHS took care of the cancer but CancerCare looked after the rest of me and my family ”

The money you raise will help us to support other families like Sarah’s for as long as they need us.

£10
Could buy memory boxes for bereaved children to keep sentimental treasures

£30
Could provide a one-to-one session with a CancerCare counsellor

£150
Could provide a massage table to be used for our clients who are too poorly to leave the house

Paying in your money

Thank you holding a pamper party in aid of CancerCare! Now all that’s left is to pay in your money!

Cheques should be made payable to ‘CancerCare’ and sent with the form below to:

CancerCare Slynedales, Slyne Road, Lancaster, LA2 6ST

Alternatively, you can pay the money directly into our funds using the following details

Bank: NatWest Lancaster Sort Code: 01-54-90 Account number: 64740471



Title _____ First Name _____ Surname _____

Address _____

Postcode _____ Phone _____

Email Address _____ Total Amount Raised _____