



READY TO BE A LIFE-CHANGER?

AFTERNOON TEA



**BREAST
CANCER
NOW** The research &
support charity

READY, SET, BAKE!



We're so excited that you're planning an Afternoon Tea, and we can't wait to hear all about it.

People with breast cancer need you. And they need you now. Every 10 minutes, someone in the UK hears the words "you have breast cancer".

Your Afternoon Tea will help us be there for them, every step of the way – thank you so much.

Whatever you choose to do, we'll be right there to support you. So, whether you need recipes, fundraising goodies or fun-filled games to play, we'll help make your tea happen.

Warmest wishes,

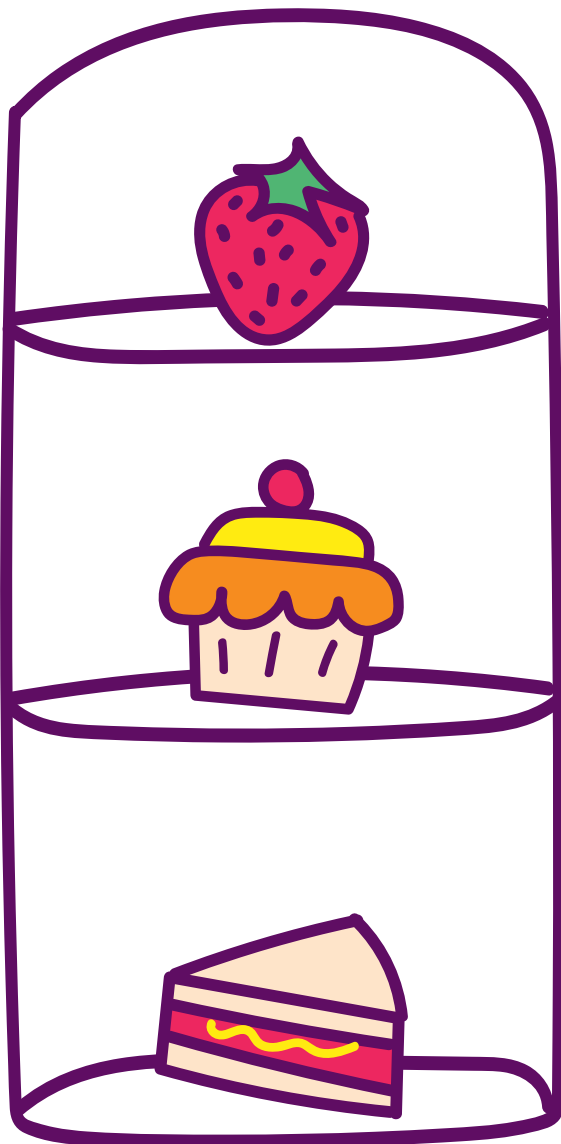
Georgie Ailish Megan

Georgie, Ailish and Megan
Your Afternoon Tea team



WHAT A BREW CAN DO

By holding an Afternoon Tea this summer, you'll be helping to raise the money we need to drive forward our life-changing breast cancer research and support.



£100

could bring an expert speaker to a Younger Women Together event, where women under 45 with primary breast cancer can meet others who understand and get tailored support.

£225

could pay for 1 day of research. That's another day of progress. A day closer to breakthroughs. And a day closer to a world where everyone with breast cancer lives, and lives well.

£300

could help 10 people affected by breast cancer get vital answers by calling our free helpline.

YOUR AFTERNOON TEA

Hung the bunting? Tick. Baked a cake? Tick. Kettle boiling? Tick. All that's left to do is raise money for vital breast cancer research and support. And we know you've got that covered too.



THERE ARE LOTS OF WAYS TO RAISE MONEY AT YOUR EVENT

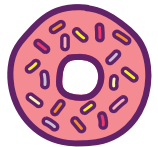
KEEP IT SIMPLE

Serve tea and treats and watch your donations box fill up!



BAKE OR BUY

Just give it a try!
We have some lovely recipes on our website.



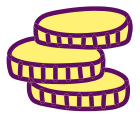
HAVE A RAFFLE OR TOMBOLA

Everyone loves to have a go!
Check out page 8.



MAKE DONATING EASY

Set up a JustGiving page.
More on page 10.



TRY SOME GAMES

Guess the name of the teddy, how many sweets in the jar or why not use our ready-made games?








DON'T FORGET GIFT AID

Pop the form next to your donation box.



TOP 3 REASONS TO SET A DATE

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7	8	9	10
11 NATIONAL AFTERNOON TEA WEEK!	12 	13 	14 	15 	16 	17 
18	19	20	21	22	23	24
25 BANK HOLIDAY	26	27	28	29	30	31

- 1 It gives you and your guests something to look forward to – and your guests can save the date!
- 2 It's in the diary so you can get excited and start planning
- 3 You'll feel great knowing you're doing something amazing to help people affected by breast cancer

If August doesn't work for you, that's not a problem. You can have your tea whenever suits you and your guests.

Once you've set a date, let us know on

afternoontea@breastcancernow.org

We'd love to wish you the best of luck.

GOING THROUGH CANCER TREATMENT IS A LONELY PROCESS

Julie was diagnosed with stage 1 grade 3 triple negative breast cancer in 2023.

"I was 47 with no family history of breast cancer. It came as a shock.

When I was diagnosed, the plan was already in place for me – lumpectomy, chemotherapy and then radiotherapy.

I said from the day I was diagnosed I wanted a bilateral mastectomy. I no longer trusted my breasts, in fact, I hated them.

During treatment I had 4 different chemotherapy drugs. I also had and continue to have infusions of the bone strengthening drug Zometa.

Throughout these 5 months, I walked every day, I worked, I tried to carry on. I think because of this, my family and friends would say I was very determined. I then revisited the idea of a bilateral mastectomy. This wasn't required but I needed to have it for my own mental health, and thankfully, my medical team supported me. I had this surgery in December 2023.

It is important to remember that we are all different in the way we respond.

TOP TIPS

"Set up a JustGiving page early to go out with invitations so that people who know they can't come instantly have a way to donate."

Lindsay from Gloucestershire

"Don't be shy to ask friends and family for support and make it fun."

Teresa from Essex



There were many times during my treatment when emotionally, I took a turn for the worse.

I made use of Breast Cancer Now to gather information. This was through their website information and booklets, many of which were given to me at my diagnosis.

A couple of months after I finished treatment, I attended a Breast Cancer Now Moving Forward Course which was brilliant. It gave me the opportunity to speak with other women who had gone through breast cancer treatment. I didn't feel like I was on my own – trust me, going through cancer treatment is a lonely process despite having lots of people around you.

I've been a teacher since 1997 and have always worked in small teams.

Sadly, in December 2023 one of our ex-colleagues died from

secondary breast cancer after receiving treatment for some time.

Last summer our team held an Afternoon Tea with a bake sale and raffle for a 'Pamper Hamper'.

Everyone agreed the main motivators for us were raising money for a fantastic charity, raising the topic of breast awareness and all getting together to remember our friend."



"If a group of you are baking, share what you're making so you don't end up with lots of the same thing."

Gail from Manchester

"Don't be afraid to contact the Afternoon Tea team. They're very supportive and helpful. And join the Facebook page. You'll get lots of hints, support and encouragement."

Valerie from Banffshire

ORGANISE A RAFFLE

Everyone loves a raffle – it creates a real buzz on the day and is a great way to boost your fundraising total. Follow these simple steps to make planning your raffle a piece of cake!



1. START PLANNING EARLY

Think about how much you want to charge per ticket, and how many prizes you want. Raffle rules say you must provide a raffle ticket, so don't forget to buy some to use on the day.

2. THINK ABOUT PRIZES

Although it's the taking part that counts, everyone loves to win! You could include a homemade cake, an afternoon tea hamper or even a voucher to a local tearoom. Why not ask some local businesses if they can donate raffle prizes? People are usually happy to help and can be really generous.

3. KEEP IT LEGAL

Remember that there are some rules that you need to follow when holding your raffle. For instance, you can only sell raffle tickets at the location of and during your Afternoon Tea – not before. Make sure you head to breastcancernow.org/afternoontea-raffles to find out all the rules and information you need to help you run your raffle.

TOP TIP

We can give you a letter to show that you're raising money for us – you can show this to businesses when asking for prizes.

Just get in touch with us on

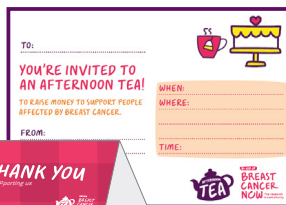
afternoontea@breastcancernow.org



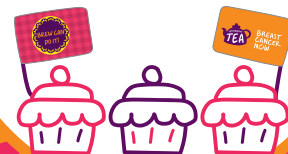
NEED MORE MATERIALS?

Did you know that you can order more materials on our website? We have everything you need to help with your fantastic fundraising, so don't forget to take a look!

INVITES
TO SEND TO
YOUR GUESTS



BUNTING
AND BALLOONS
TO DECORATE



POSTERS
AND LEAFLETS
TO RAISE
AWARENESS



FUNDRAISING
GAMES TO HELP
YOU RAISE MORE



Order your extras at

breastcancernow.org/afternoonteaorders

Or scan the QR code

SET UP A JUSTGIVING PAGE

JustGiving is a website where you can create your own fundraising page. Pages are easy to set up and your friends can donate using their debit card.

HOW TO GET STARTED

- 1 Go to justgiving.com/campaign/AfternoonTea2025 (or scan the QR code)
- 2 Click on “**start fundraising**”
- 3 Log in or sign up to JustGiving by filling in a few details
- 4 Create your page by following the simple steps. You’ll get a unique link to share so people can donate

HELPS
YOU RAISE
MORE

EASY
TO USE



MONEY
SENT
DIRECT
TO US



HOW TO PAY IN

Here are a few easy ways to pay in your amazing fundraising!



PAY BY CARD



Make your donation on our website at:
breastcancernow.org/afternoontea
Or call **0333 20 70 300** to pay in over the phone.

SEND A CHEQUE



Write us a cheque made payable to '**Breast Cancer Now**'. Send to Freepost AFTERNOON TEA (no other address lines needed). Please mention Afternoon Tea and include your contact details along with your Afternoon Tea registration number.

JUSTGIVING



Do you have a JustGiving page? The money on your page will be sent to us automatically – you don't need to do anything. Just pop us an email when you're ready for your thank you letter and certificate.

GO TO THE BANK



Request a paying in slip at **breastcancernow.org/afternoonteaorders** to pay your cash directly into our bank account. Please note there are restrictions to which banks will accept them, and they will **not** be accepted at the Post Office or building societies.

Once we've received your donations, we'll send you a certificate in the post as a thank you for all your hard work.

CHECKLIST

- ☐ Set a date!
- ☐ Create your JustGiving page
- ☐ Join our Afternoon Tea Facebook group
- ☐ Order extra materials
- ☐ Decide what to serve
- ☐ Ask friends or family to help
- ☐ Plan games or a raffle
- ☐ Display your Gift Aid form
- ☐ Take photos on the day **#AfternoonTeaNow**



Pop us an email at **afternoontea@breastcancernow.org** or call us on **0333 20 70 300** if you need any help.



A gift in your will can help make sure no one in the future goes through breast cancer alone and no one loses someone they love **breastcancernow.org/gifts**



We're here to support you. If you have any concerns about breast cancer, or just want to talk, our specialist nurses are here for you. Call our free helpline on **0808 800 6000**.



**BREAST
CANCER
NOW**



Breast Cancer Now is a charity registered in England and Wales (1160558), Scotland (SC045584) and the Isle of Man (1200).