

# Breast Cancer UK



Hello everyone

We wanted to drop you a quick note to say a massive thank you for all your support during Breast Cancer Awareness Month.

We had an amazing response and smashed our fundraising targets. We're feeling overwhelmed by your support and generosity, which shows you care as much about preventing breast cancer as we do.

It's thanks to your efforts, taking on challenges and sharing our content that we can keep our vital research and prevention work going. You helped make our 25 saves lives campaign a success.

We're definitely feeling the benefits of taking part. We hope you

feel, stretched, toned and ready to take on the challenges ahead over the next few months.

Thank you and stay safe ♥

BREAST CANCER AWARENESS MONTH

# YOUR SUPPORT MADE THIS HAPPEN



## THE CAMPAIGN

A month of fundraising through fitness. Why 25? Over 25% of breast cancer cases are preventable. And keeping fit can help reduce your risk of getting it significantly

### ONE A DAY PILATES

Our partnership with Catford Pilates resulted in 343 people signing up for our on-demand pilates classes. Over 750 mins of pilates shared, a lot of flexible



### 25 CHALLENGE

A creative bunch joined in our 25 Challenge. Raising money by taking on a physical activity challenge based on the number 25 ranging from a marathon, 25 set tennis match to 25 consecutive line dancing dances!

### PUTT FOR PREVENTION

Across the UK golfers took on our 25-foot hole in one challenge - a fantastic 21 golf clubs took part.



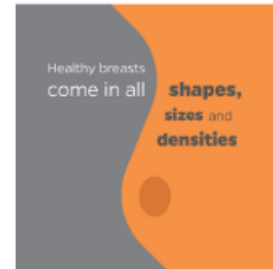


## 25 FITNESS FESTIVAL

An amazing 210 people signed up for our one day fitness festival. 6 trainers dedicated their time for free ♥ delivering 150 mins of exercise in one-day.

## KNOW YOUR BREASTS

We released our new video, a self-checking guide on how to check your breasts and what signs to look out for - so far it's been viewed over 8,500 times.



## BUSINESS PARTNERSHIPS

During October a fabulous 22 businesses supported our campaign by generously donating prizes and raising money through sales of products.

THANK YOU TO EVERYONE WHO TOOK PART, SHARED A POST OR SIMPLY WATCHED OUR VIDEO

**Breast Cancer UK**  
Prevent the preventable

GO TO [BREASTCANCERUK.ORG.UK](https://breastcanceruk.org.uk) FOR INFORMATION ON THE STEPS YOU CAN TAKE TO REDUCE YOUR RISK OF BREAST CANCER

Breast Cancer UK | [breastcanceruk.org.uk](https://breastcanceruk.org.uk)  
Reg Charity no: 1138866 | Reg Company no: 7348408

