

together

Lewis' Story

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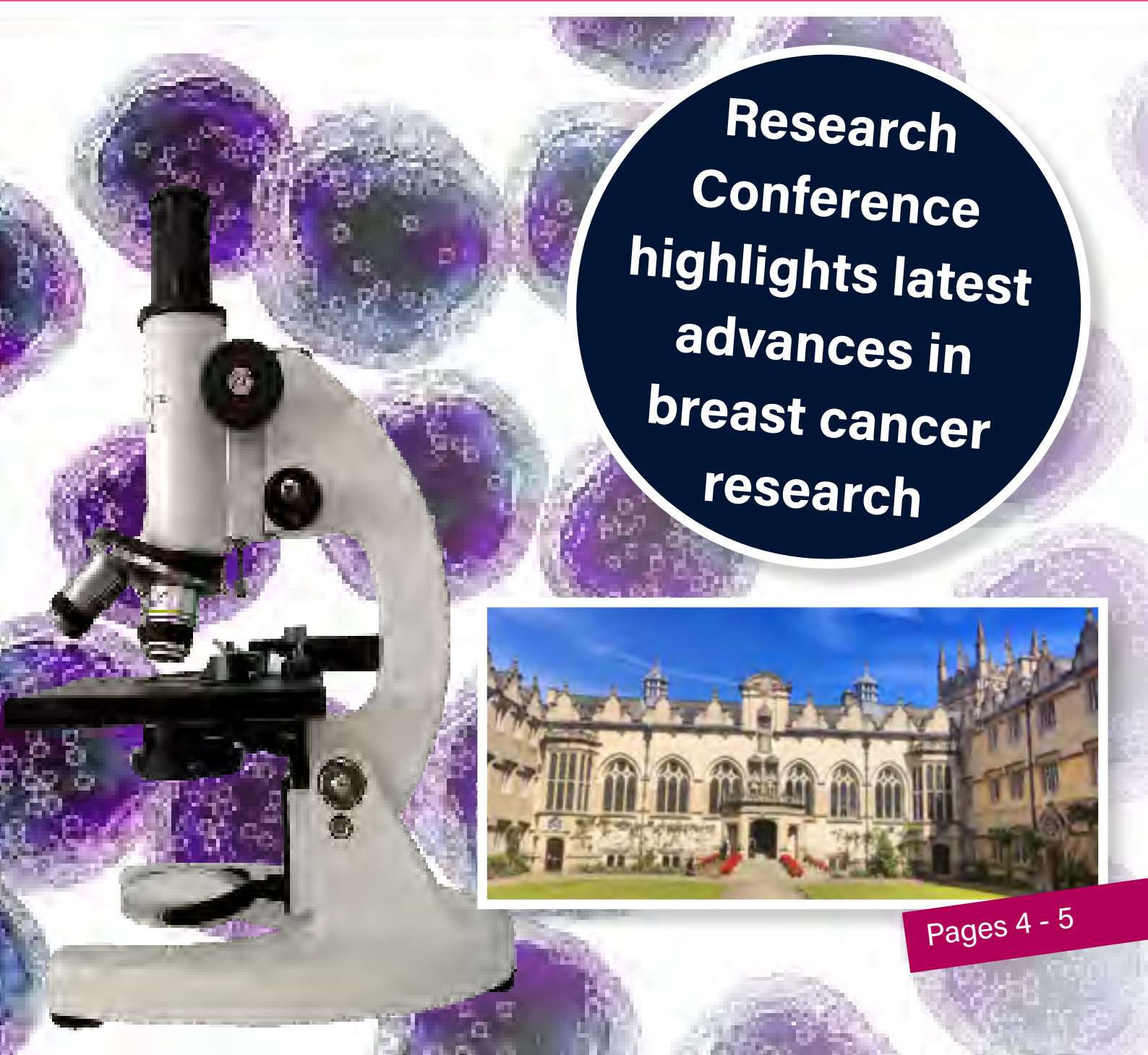
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 **AGAINST**
breast cancer
againstbreastcancer.org.uk



**Research
Conference
highlights latest
advances in
breast cancer
research**



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Welcome to the Autumn newsletter

As we turned thirty last year, it got us thinking about our community - all those kind and generous people who have shared their time or expertise with us. Their help and support is the sole reason we have been able to achieve significant breakthroughs in understanding the complexities of breast cancer.

With this thought firmly in mind, we set about organising our inaugural ABC Research Conference, bringing together research scientists, healthcare professionals and patients to engage, learn and collaborate on the latest developments in breast cancer research.

This year we have welcomed people from as far as Puerto Rico and Pakistan who have joined the record number of runners taking part in overseas marathons in support of Against Breast Cancer. Good luck to everyone taking part.

Running a marathon remains a testament to human endurance, but it's not for everyone. So later this year we will be launching our own search to find out as much as we can about the unique ways people are returning to fitness post treatment. Whether you have found joy in running, yoga, swimming, or any other sport or activity, your experiences can inspire and uplift others on their road to recovery.

Thank you for joining us on this journey of hope and discovery.

Best wishes,

Against Breast Cancer

We need your regular help now

£2 a month
can save lives

Help us fight breast cancer



We receive no government funding. We rely on the generosity of people just like you to fund our life saving research.

Find out more about how to give regularly and support our research into secondary spread breast cancer.

**Write your will
for FREE**

Against Breast Cancer

By remembering
Against Breast
Cancer in your will,
your legacy could
help to create a
future free from
breast cancer.

[Find out more](#)

Leaving a gift **in your will**

Sponsorship Opportunities

If you're looking to improve your brand visibility, reach new customers or boost employee engagement, sponsoring Breast Walk Ever or one of our other events could be just the thing you're looking for.

Let us help you to open doors to showcase your business to a wider audience. When you sponsor an Against Breast Cancer event you'll be supporting critical research against breast cancer.

**Forge a
partnership
with us**

With a wide range of packages available, we offer sponsorship opportunities and the chance to generate great publicity through social media and news coverage to companies of all sizes. Talk to us to find out more about how you can get involved.



Research Update: Against Breast Cancer Research Conference 2024

**ABC Research Conference
highlights latest advances
in breast cancer research**



In June the historic Oriel College in Oxford served as an elegant and inspiring backdrop for the first ABC Research Conference. Our aim was to bring together researchers, supporters and experts by experience to learn and collaborate on the latest developments within metastatic breast cancer research towards prevention, earlier detection and improved therapies.

After messages from Research Manager Dr Mark Powell and a welcome given on behalf of charity Co-Founder Dr Anthony Leathem the tone was set for the day ahead.

Fittingly, the conference began with a presentation given by Against Breast Cancer Senior Research Fellow Dr Simon Lord on how a diabetes drug (Metformin) could be repurposed to treat breast cancer. His talk was followed by Professor Max Crispin, our first Junior Research Fellow and now Director of the Institute for Life Sciences at the University of Southampton. Professor Crispin gave an overview of our research strategy and the projects currently being funded by Against Breast Cancer and undertaken in Southampton, from the design of new antibody therapies to developing tools designed to detect metastatic cancer earlier.

Throughout the day, attendees were treated to a series of presentations showcasing cutting-edge research. Among the highlights, Dr Andrew Shapanis gave the latest news and developments relating to miONCO – a Multi-Early cancer detection test from blood.

Another standout presentation was delivered by Dr. Oliver Pearce of Barts Cancer Institute who spoke about his research relating to how breast cancer tumours remodel their surroundings to protect themselves from attack by the bodies' own immune system.

Other notable presentations were given by ABC-funded PhD student Grace Hayes who discussed the effect of obesity on breast cancer metastasis and Dr Ben Nicholas closed the presentations with an overview of his research into the development of personalised T-cell vaccines for breast cancer.

The conference sessions concluded with an engaging Q & A panel discussion to answer questions submitted by members of the audience and those watching the livestream which was broadcast over the internet. The panel included healthcare professionals including



a Consultant Breast Surgeon and Nurse, a Medical Oncologist, and a Health Psychologist. They were joined by two 'experts by experience,' patients – one female and one male. This session underscored the importance of patient-centred care and the need to improve support systems for those affected by breast cancer.

The day ended in the great hall of Oriel College with the opportunity for everyone in attendance to meet and reflect on the day. There were chances to ask questions, share ideas, and for researchers to build relationships they will need to forge new partnerships that will undoubtedly contribute to the advancement of breast cancer research.

Our commitment to fostering a collaborative environment was evident, and many attendees left with renewed energy and new contacts to support their vital research.

Our ambition in holding the ABC Research Conference was to highlight the incredible strides being made in breast cancer research by these remarkable people, and also to underscore the ongoing need for support, collaboration, and investment in this critical field.

"We envisage a world where breast cancer is no longer a life-threatening illness, where every individual has access to the best possible care, and where no one has to face their diagnosis alone. By continuing to fund cutting edge research projects, we strive to turn this vision into reality."

Dr Anthony Leathem, Co-Founder

Your Stories

From ignorance to strength, Lewis navigates breast cancer treatment as a man, facing his own unique challenges



My name is Lewis Trickey. My background is with the RSPCA as an inspector, so I'm used to dealing with stressful situations. I took early retirement from that and became a driving instructor, so I'm a bit of a glutton for punishment really. Things don't usually faze me.

Five years ago my wife of 48 years, Jane, found a lump in her breast. It turned out to be cancer. She had a partial mastectomy, meaning they didn't take the whole breast off.

They were fantastic with my wife in that unit, as they would be with me. She's had five mammograms now and she's clear which is absolutely brilliant.

I went with her on all the appointments and you sit in

the waiting room. Very often there's a man with his wife, like I was with Jane. They called names and women got up and went to their appointments, then a man stood up and that really confused me I thought "what is a man doing being seen in a breast unit?" Honestly, until five years ago, I didn't have a clue that men could get breast cancer.

When I found a lump, I ignored it like most men do. I thought it would go away on its own, but it didn't. I

eventually made an appointment and went to see the GP, who referred me to the breast unit at Peterborough City Hospital.

I had a mammogram and it was positive for cancer. But the incredible thing is that even though the NHS is under so much stress, within four weeks of me phoning my GP, I had the operation.

I was first on the list, so I was in there at 7:15 am. I didn't know what was going on when I came round. I did what the nurses wanted me to do, which was drink as soon as I could, have a sandwich, and go to the bathroom, which I did. I was surprised they let me get out of bed and go on my own.

I was in the operating theatre for two hours. So I think they probably put me back on the ward on recovery at about 1:00 o'clock and I phoned my wife at 2:00 and I was home by 4:30 eating egg, chips and beans.

I really wish they'd advised me to shave my chest and under my armpits before I went in. They obviously don't have to advise women to do that. Getting the dressing off after a week was even more painful than the operation itself. I just couldn't believe that it took me ages to get the dressing off purely because it was attached to the hair.

I have advised the nursing staff that men should be told to shave under their armpits and chest before the operation. They intend to use that in their pre-op assessments going forward, but that should be a national thing to pass on.

I've got a scar that goes from the middle of my chest and under my armpit. It's not the longest I've got (I've had quite a few motorbike accidents in my life) but it's certainly the neatest one. It's nice and straight unlike the one on my leg which is shaped like a thunderbolt.

I drove after two weeks. I'm doing all my exercises which is really, really important. I know that from having other operations you've got to do what the physio people

tell you, even if it hurts. It didn't hurt, but it was a bit uncomfortable, but I do them four times a day now.

Eventually, I heard the news everyone wants to hear from their breast cancer consultant: "I am pleased to say you are completely clear of cancer and do not need any further treatment."

What a roller coaster it was. Trying to push the worries to the back of your mind, reassuring your family that you are fine and it's nothing to worry about, even though at times you are not and don't believe that yourself.

I am having radiotherapy as a preventative measure soon and will be on tablets for five years. The only slight issue after the operation was my breast filled up with fluid and I grew a large breast. It is common post-op and they drained it. I was shocked at how much fluid was in there the first time and it has happened a couple of times since. It wasn't particularly painful but very uncomfortable and felt like a hot water bottle strapped to your chest!

Much to my surprise, I experienced a post-result mental health problem, and I am a fairly strong-minded person. After weeks of running on adrenaline, I then had a guilty feeling because I am a survivor and friends of mine haven't been or, like my best friend, are struggling to beat cancer.

You would think I would be doing cartwheels after being told I was clear but it took me a few days to get my head around that.

The word cancer is horrible to everybody. It was horrible to me. And I know when they said my wife had got cancer, all I could see for weeks in my mind was "cancer" like it was in neon lights. I used to think that cancer was an automatic death sentence. It is far from it. So many people go through it and come out the other side, and that's certainly what I intend to do.

Proudly sponsored by
Blue Boar and Print Ready Witney

Witney in Pink

Saturday 28th September
Town Centre, from 10am

- Street Collection • Tombola • Pink Car Parade
- Cake and Craft stall • Street Entertainment
and much more!

Text
WITNEYINPINK
to 70085 for
a one-off £5
donation

Raising money for AGAINST BREAST CANCER funding research into the spread of secondary breast cancer. Registered Charity Number 1121258 www.againstbreastcancer.org.uk

AGAINST
breast cancer

Can your business donate stock?

Our eBay initiative provides a socially and environmentally responsible channel for surplus stock

[Find out more](#)

We have a growing retail department which resells, reuses and recycles unwanted, end of line stock and seconds. Over the last year, we have successfully sold all manner of good-quality donated items online.

[Check out our eBay store.](#)



RECYCLING RAISES FUNDS FOR RESEARCH



Bra Recycling

We have a network of bra banks throughout England, Scotland and Wales where you can donate your used and unwanted bras. These bras are then processed by our recycling partner, The Recycling Clothes Company Ltd who then donate £700 per tonne towards our research.

You could hold a bra bank at your place of work. To qualify for a bra bank, you need to be able to hold this on an ongoing basis and collect a minimum of 400 bras initially for a free courier collection.

Doorstep Clothing Collections

For over 10 years we have worked in partnership with The Recycling Clothes Company Ltd for doorstep clothing collections. Although they do not work in every area of the UK, they offer a free service for collection of your unwanted clothing. This service is not available on any of the UK islands or Ireland.

Keep a look out for one of our donation bags through your letterbox and leave your donation out on the collection day printed on the envelope of the donation bag. To find out if your area is covered, please email your address details to recycling@againstbreastcancer.org.uk



Foreign Notes and Coins

Did you know that we recycle foreign coins and notes? If you have returned from your holiday and have left over currency, why not donate it to Against Breast Cancer and help fund our vital research into secondary spread breast cancer. Simply package securely with bubble wrap and send in a jiffy bag to our Abingdon office.

Your ideas are welcome

If you have an idea of other items that can be recycled, we would love to hear from you.

We are a small charity with very limited storage facilities, so please do bear this in mind with your suggestions.



Stamp Recycling

We accept stamp donations through the post at our Abingdon address.

If you have any stamps in albums, please do leave them in their albums, any loose stamps just pop inside the album.



Cartridge Recycling

Every year, millions of printer cartridges are thrown out of homes and offices needlessly wasting precious natural resources. By recycling your old printer cartridges through our partners, Ink and Toner Recycling Ltd, you are helping to raise vital funds for breast cancer research as well as protecting the environment.

Ink and Toner have a dedicated account manager for our supporters. Some brands of cartridges can be recycled free of charge and if your cartridges do not match the criteria for the free collection scheme, Ink and Toner may be able to offer you alternatives. Please note They are unable to accept any waste toner bottles, remanufactured or compatible cartridges for recycling.



Auction

We have just teamed up with an auctioneer who kindly sells our items free of charge.

Our first lot raised £217! If you have any unwanted jewellery, watches, or any other items that you think we can sell at auction, please do send them into the Abingdon address below. Please do make sure your items are well wrapped in bubble wrap and a jiffy bag for protection.



Contact us

Find out more about recycling with us
Email us at recycling@againstbreastcancer.org.uk

To help us keep costs down, please provide your email address if you would like to receive confirm your donation has been received.

Postal address for donations (Not Freepost)

Recycling Scheme
Against Breast Cancer
Leathem House
13 Napier Court
Barton Lane
Abingdon, OXON
OX14 3YT

Breast Walk Ever 2025

Hampshire, Saturday 8th June.

We are so excited to announce Breast Walk Ever Hampshire will return in 2025 on Sunday 8th of June. With full and half marathon options as well as a 10K walk, Breast Walk Ever Hampshire has plenty of choice for anyone looking for a walking challenge. Each route follows waymarked trails through stunning Hampshire countryside in full bloom; taking in uninterrupted views of the River Itchen and Historic Winchester.

Walkers are fully supported by our famously cheerful marshals and lots of well stocked rest stops where you can refuel and recharge along the way.

You will be welcomed at the finish with a complimentary massage and your hard-earned medal. All walkers are asked to raise funds with an initial target of just £100.

For further information, or to sign up, please visit: breastwalkever.org

Grab a taste of the action below:



Could you...



Whether you are a member of a sports club or a group of friends looking to keep active, Play in Pink is for everyone

On Sunday 23rd June 2024 our amazing Sports Ambassador Karen Arney and her good friend Francesca hosted the second annual Well Wellow 10K. The weather was perfect and the setting idyllic as nearly 80 runners took to the various trails of rural West Hampshire.

Karen was delighted with the way the community once again came together to support:

"Although this was only the second year we have run this event, the support has been fabulous."

"Our aim was to raise money for Against Breast Cancer, a charity close to our hearts, whilst promoting health and wellbeing through exercise. I'm pleased to say, I think we achieved this!"

Around 25 children also participated in the junior run, ensuring that the Well Wellow 10K event served the community as a way to get together and get active.

With the assistance of a few friends – many of whom are members of the local running club, Halterworth Harriers – Karen and Francesca once again delivered another outstanding event raising over £1000.

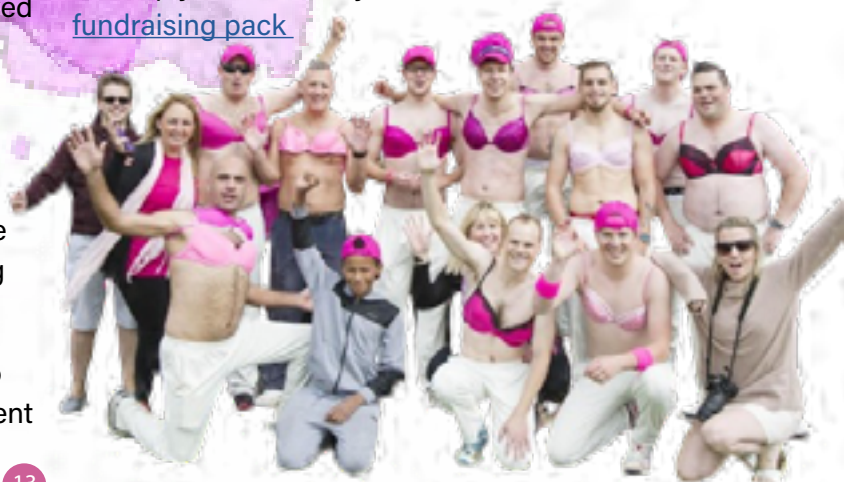
Karen and Francesca expressed their gratitude to all participants and supporters for making the event

such a success.

If you feel inspired to organise your own physically active fundraiser why not check out our [Play It Pink campaign?](#)

Play it Pink began in 2017 with Dan, a cricketer who set about fundraising for Against Breast Cancer in memory of his nan Iris. On a dedicated Saturday fixture, players from both sides donned pink clothing and used pink bat grips and stumps. Following the cricket, players, partners and their families went on to the village pub for rock and roll bingo and a sponsored back wax for Dan!

Whether you are a member of a sports club or a group of friends looking to keep active, Play in Pink is for everyone. You can attract new members and build stronger links with your community, all while having fun and raising vital funds. To get started simply let us know your ideas and order a [fundraising pack](#)



Running trips of a lifetime

Have you been swept up by running fever? Running has never been so popular. London Marathon once again smashed all previous records with over 850,000 people applying for the chance to run one of the world's most famous 26.2 miles.

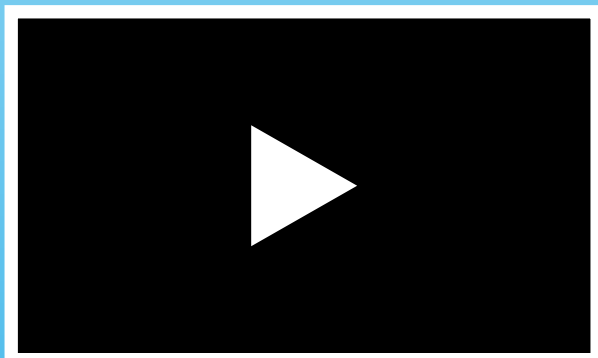
Runs are becoming harder to get into as demand swells with no sign of stopping. So, what if you could secure places in the World's most prestigious running events without relying on a lottery?

Well, with ABC you can do just that.

ABC have teamed up with Destination Sports to be able to offer supporters places in five out of the six "World Marathon Majors". The marathon majors represent the six most prestigious marathon running events across the globe. Completion of the set will earn you the coveted "Six Star Medal" introduced by the Abbott World Marathon Majors in 2016 to honour the runners who complete all six major marathons.

One of our long-serving supporters, Dr Nicholas Raj has just completed the Abbott World Marathon Majors, having taken part in the Tokyo Marathon earlier this year.

Watch Nic's message below



Nic has supported Against Breast Cancer for nearly 10 years, accumulating an impressive tally of miles. Reflecting on his achievement, Nic expressed profound gratitude for the opportunity he has had supporting our research:

"It has taken ten years to complete the six world major marathons, but I have enjoyed every minute. I am especially proud to have been able to run each one for ABC to support their vital work. I feel part of something special when I pull on the ABC vest. The sheer number of cheers and positive comments I receive when running in the vest is incredible. I couldn't have done it without the support of my family and friends"



The Abbott World Marathon Majors consist of the Tokyo, Boston, London, Berlin, Chicago and New York City marathons. If you are inspired by Nic and this novel way to see some of the world's greatest cities, you can start your own world marathon majors journey with ABC today:

Marathon Majors

Supporter Spotlight

Bucks Buxom Belles

A chat in the pub between friends led Rachael Paskin, Juliet Hamilton, and Andy Aliffe – all fans of the film *Calendar Girls* – to decide this was something they wanted to re-create for themselves to raise funds for charity. They raised an astounding amount of £2,000 by creating their very own calendar, donating proceeds of the sales to ABC.



Abingdon Extra

Ryan Newman organised a charity football match, raising an amazing £456.37. The store chose ABC after losing a colleague to breast cancer. "Although we have a few tragic stories we also have some amazing ones too but it's so important to keep raising money for research so eventually all we have are the successful ones."

World Modern Jive Championships

Mariane Armstrong-Holmes and her husband John, founders of Jive Addiction, very kindly supported Against Breast Cancer by hosting a 'Bust a Move' fun dance category competition which took place at The Blackpool Tower and raised an amazing £1,720..



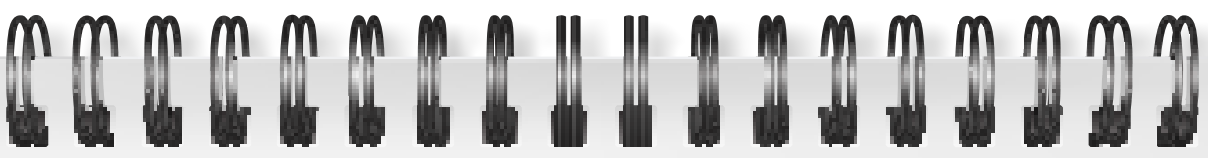
Karen Hockey began raising money throughout 2023. Many events were arranged across the year including raffles, dinners, and golf days. The culmination of her fundraising was the annual Lady Captain Charity Fundraising Day. Karen and the members of the Golf Club raised an astounding £5,235.27.

Your Stories

Sara starts fundraising for breast cancer research inspired by her family history and her own high risk of developing the disease



Sara, from Syracuse in the United States, recently found out she has an elevated risk of developing breast cancer at some point in her lifetime. As a result, she's been driven to support Against Breast Cancer by running the London Marathon in 2025. Here she explains why, as well as some of the challenges she faces in the American medical system.



I grew up in a family that is no stranger to breast and ovarian cancer. Before I was born, my family lost loved ones to this awful disease. And, I remember when I was much younger, two family members battled breast cancer, one beat it and the other lost their battle.

Watching these two family members' experiences left an impression on me. As I got older, I wanted to do what I could to learn about my own risk and undergo a breast cancer risk assessment.

At first, this assessment was cost prohibitive – my health insurance wouldn't cover it and I was looking at a \$5,000 bill. At the time, I was a working professional in my early 20's and that was not in my budget, so I put a pin in thinking about the assessment.

Almost 10 years after I first started exploring a breast cancer risk assessment, I was able to get my health insurance to fully cover my risk assessment.

The way that things work here, you need to have a life insurance policy before you go through any kind of an assessment because if you find you have a higher risk, there's a very good probability that you will not be able to get life insurance afterwards.

There was about an eight-month process of finding the best life insurance policy, knowing that if I were to come back with a high risk that was necessary because I'm at the point in my life where I'm thinking of starting a family in a couple of years. I'm getting married this summer. It took a few months to get enrolled in the best life insurance policy, and then it took a couple of months to go through the assessment, both with my doctor's and also counsellors.

There was a part of me that had hoped I wouldn't

come back as high risk for breast cancer, but the day I got the phone call, it was November of 2022, it was not a surprise. It was numbing knowing my life's going to change because I can no longer bury my head in the sand. With this high risk, I have to get tested every six months and screened every six months. That comes with a lot of anxiety, a lot of stress. A lot of what ifs. I gave myself about a week to process and to grieve the news, even though I knew it wouldn't change who I am. I had a lot of family I could lean on to talk through this, both on my fiancé's side of the family, because his family also has a lot of breast cancer, but also on my side of the family. I'm really lucky to have an incredible medical team here that I could lean on and talk to as well.

Within about two months I had my first mammogram. I was 30, maybe 31. I remember going into the doctor's office, and the doctor looked at me and said 'why are you here? You're young. You shouldn't be worrying about this.' And I said because I'm at high risk and they replied 'is this on your paperwork because we need to make sure insurance is going to pay for it because someone your age is too young to start getting these screenings.'

I remember thinking this is absolutely wrong because it shouldn't matter what age you are if you want to start screening. And a little light bulb went off. Why is it like this? If someone wants to be preventative with their health, if they know they have family history, if they know that they're high risk, you don't have to have all these questions, you should just be able to walk into a doctor's office, not be ashamed and get the screening that you need.

So the first mammogram was very stressful just because people just didn't hear it and they didn't care. I learned that I need to be my own



advocate going through this journey and I also learned that I really don't want to deal with this for every six months of my entire life. So after that I got established with the Breast Care Centre here in Syracuse, NY. It's run through one of our universities and they have this incredible breast cancer programme. The doctor and I met and we talked about all of my options and, for the time being here in the US, it's recommended until you're in your early 40s, you go through mammograms every year and MRIs every six months, depending on your risk assessment, as well as ovarian cancer screenings as that's another part of what I'm at high risk for.

The doctor said that either within 10 years (when I am closer to my early 40s) or after I am done having kids, if you want to talk about getting a mastectomy or if you want to talk about having ovaries removed, we can. I knew going into the appointment that that's what I wanted to do because having all of these invasive screenings all the time is a lot.

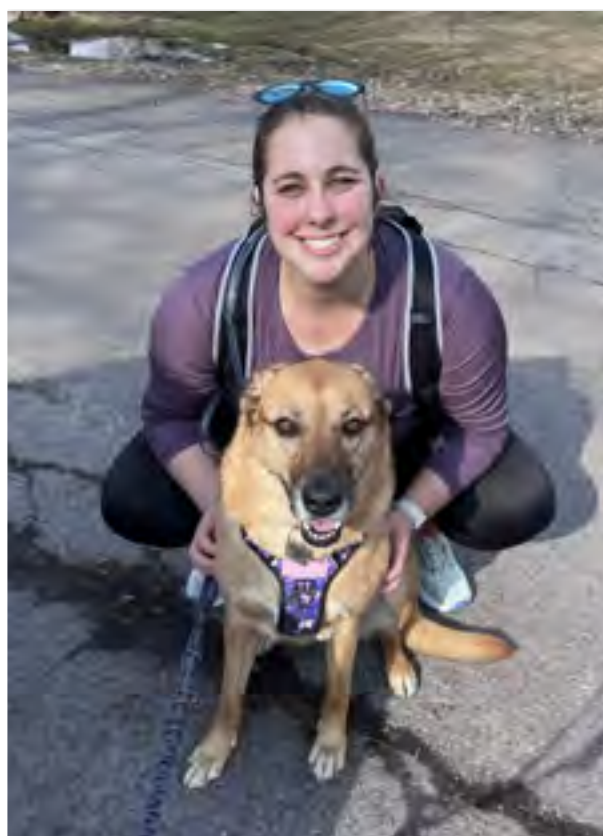
I went for my first MRI this past fall, and it was one of the scariest things I've done for so far. It's an uncomfortable position. It's emotionally draining. But I know I'm incredibly lucky that I have these tools that you have these screenings because if anything is caught, I can take care of it immediately.

When I found out about the work that Against Breast Cancer is doing, I knew that it was an organisation I wanted to align myself with, not just to run a marathon, but to do so much more because the research into secondary breast cancer is remarkable.

I'm a runner. I'm not a fast runner. This will be my third marathon, second one in London. To be running for an organisation that is doing such incredible work on such a tough topic will get me through the toughest parts of this training, knowing

that not just doing this for myself, I'm doing it to raise awareness to raise funds.

When I run the marathon, the thing I want to do is have memory miles, whether they're written on my arm or in the back of my running vest, in honour of survivors in honour of people currently fighting breast cancer or in honour of people who have passed away because of breast cancer.



When I decided to take on another marathon, I knew there was so much more to it than just running 26.2 miles. It's such a greater project and a greater experience. I'm really looking forward to really the next ten months of training, awareness raising and fundraising.

Would you like to support
Against Breast Cancer
on your big day?



Our beautiful pin badges make
the perfect Wedding Favours.

100% of the profit from every
sale goes towards our
ground-breaking research
into secondary spread breast
cancer.



Visit our [shop](#) today to order yours!

Is it time for a challenge?

Were you inspired by the sports this summer and wondering how to get a taste of the action yourself? Why not sign up for a full or half marathon in 2025? We will be by your side as you train with helpful tips and lots of encouragement.

Why not give yourself a challenge and run for Against Breast Cancer. We have places in lots of marathons in the UK and overseas, here are just some to get you inspired.

Here is just a taste of the marathons available this coming year



Marathons

Manchester 27 April 2025

Take part in the UK's second largest marathon! If you are running your first marathon, or aiming to beat your personal best, the Manchester Marathon is super flat, fast and friendly!

Brighton 9 July 2023

Run for Against Breast Cancer at the vibrant and exhilarating Brighton Marathon, one of the UK's most popular and picturesque marathons. Run beside the backdrop of Brighton's famous seafront to the new finish point at Hove Lawns alongside more than 11,000 other runners.

Whether you're an experienced marathoner or a first-time participant, the Brighton Marathon promises a memorable experience that celebrates the spirit of endurance and the joy of running.



Half Marathons

London Landmarks 6 April 2025

The London Landmarks Half Marathon 2025 is one of the fastest growing running events around. It takes place on closed roads and is the only half to go through both the City of London and the City of Westminster.

From cultural landmarks to the city's quirky and hidden secrets, explore the capital on a route like no other! Starting on the iconic Pall Mall, you will pass through Chinatown, Soho and across the historic Westminster Bridge. Take in the sights and sounds of London's most awe-inspiring landmarks, before a triumphant finish outside Downing Street.

Bath 16 March 2025

The Bath Half Marathon is back in 2025 to take its place once again as one of the most popular running events in the country. Its fast and flat course makes it suitable for all. From beginners taking on their first half marathon challenge to experienced runners chasing that elusive PB.

Enjoy this stunning city like never before on closed roads as you run along both banks of the River Avon. The Bath Half Marathon is the largest charity fundraising event in the South West and gives runners a wonderful opportunity to experience one of the UK's most iconic and historic cities.

**Visit our
[website](#) for a
full range of
marathons**

Breast Tea Ever

The Breast Tea Ever is a great way to connect with family, friends and colleagues and raise money for research.

Organise a Breast Tea Ever with your colleagues. Get in touch with us and find out how to make it work for your company whether you're in the office, hybrid or working remotely.



Order your
Breast Tea
Ever pack
[here](#)



Change the world while you work.

Payroll Giving is the simplest, most efficient way for employees to donate to charity. Straight from your salary, tax-free and hassle-free.

Good PAYE is the new free, easy-to-use platform allowing employees to donate to charity before their income tax is calculated, charities get more from every donation and employees pay less income tax.

You work hard for your money. Now make your money work hard for change.

Donate to Against Breast Cancer through payroll giving. It will cost you less and we receive more – that's the Payroll Giving Bonus. It's simple, it's easy and it's impactful.

Through GoodPAYE every penny of your donation goes to your chosen charity, and because they are 100% charity owned, profits stay within the charity sector as together we strive for change to make our world a better place.

Are you ready to make an impact?

Find out
more about
how **Payroll
Giving** works
for you.

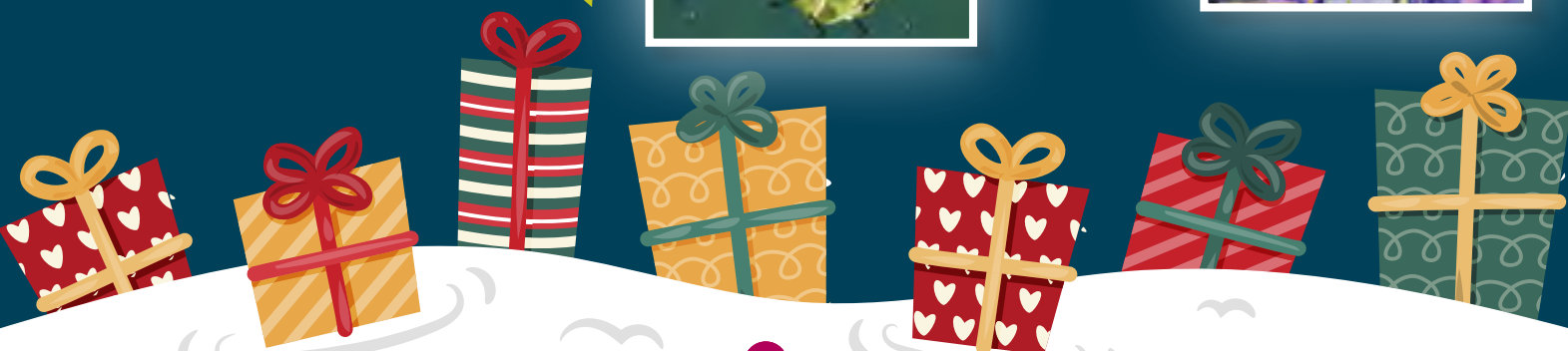
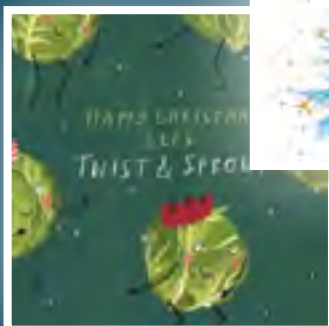
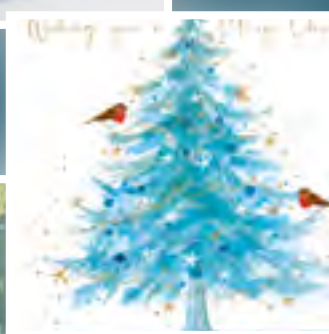
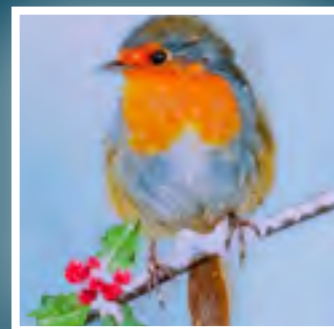
It's never too early for Christmas!



Get ahead with your Christmas preparations and order your Christmas cards and gifts early. This year we are pleased to announce the return of an old favourite, the Pink Ribbon Bauble, as well as carefully curated bundles to make your Christmas preparations a little bit easier. All profits support our life-saving breast cancer research.

Look out for the new designs launched by [Cards for Good Causes](#)

Available online and stocked in over 300 locations, every card featuring the Against Breast Cancer logo on the back supports our **vital research**.





October is **Breast Cancer Awareness Month.**

A month dedicated to raising funds for breast cancer research.

We would love your support and there are so many ways you can get involved either individually or in the workplace.

- Request a fundraising pack and get ideas and materials to help you
- Request a Breast Tea Ever pack
- Organise an afternoon tea with friends, family or work colleagues, it can even be done virtually. The pack includes everything from recipes and bunting to games.
- Take on a personal challenge
- Sign up for a trek
- Become a regular giver
- Give a one-off donation
- Recycle your unwanted bras, clothes or stamps
- Sell items on eBay or Depop for us or send us the items to sell for you
- Companies can give a donation from products sold during October with a cause related marketing campaign

The ideas are endless.....

For more information [visit our website](#)