



Why Fundraise for The Breast Cancer Foundation?

The Hunter Breast Cancer Foundation offers immediate and practical support for local families undergoing treatment for breast cancer. Throughout every step of the breast cancer journey, from diagnosis to recovery and beyond, HBCF offer support and services.

HBCF is completely funded by the local Newcastle community. Funds raised by the community goes directly into providing on the ground assistance to the 1 in 8 Novocastrians who are diagnosed with breast cancer each year.

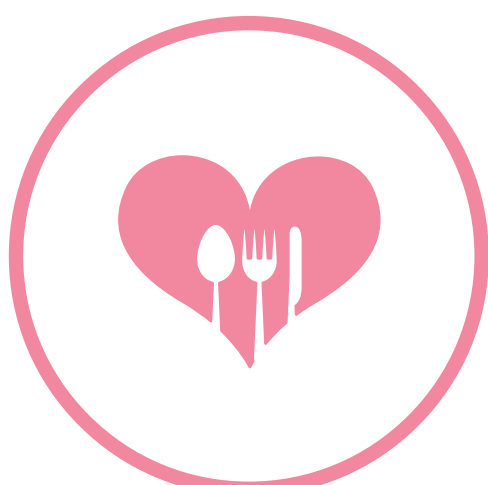
Through the generous support of the Hunter, HBCF provides a range of supportive care services including: private transport to medical appointments and surgery, comfort cushions, house cleans, lawn maintenance and more.

Now more than ever Hunter families battling breast cancer need your support.

Some ways you can get involved:



**Paint the
Pavement Pink**



**Pink up your Party
or you Virtual Catch
Up**



**Make it
Pink**



**Celebrate in
Pink**



FUNDRAISING IDEAS

What can I do?

Everyone has different things they enjoy doing. Our suggestion is if you'd like to fundraise, adapt something you already enjoy and turn it into an event. Love cooking? Why not host a pink dinner or BBQ. Fitness your thing? Paint the pavement pink and support HBCF with a run or cycling challenge.

If you choose something you love, you will have much more fun raising funds.

Paint the Pavement Pink:



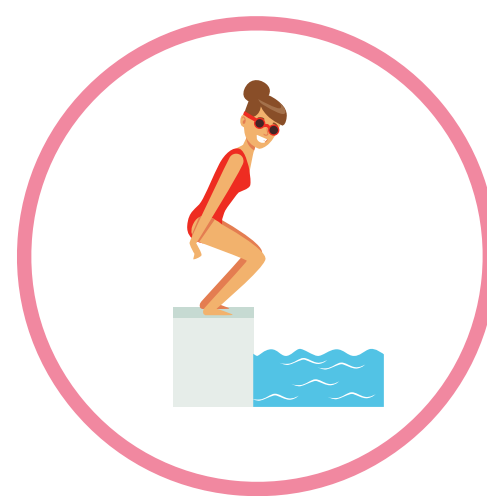
Set a running goal



Cycle around the Hunter (or your LGA)



Find a walking buddy and set a goal

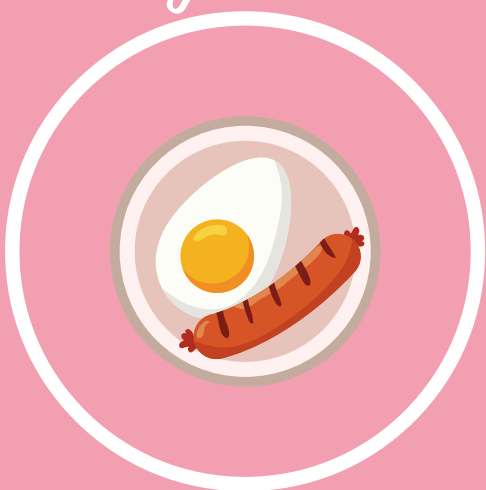


Sign up for a winter swim



Choose your favorite exercise and create yourself a challenge

Make your Party or Virtual Catch Up Pink:



Host a pink brunch or lunch online



Hold a pink BBQ or Dinner online



Have a pink trivia night



Host pink drinks catch up



Have an online game night or pink bingo

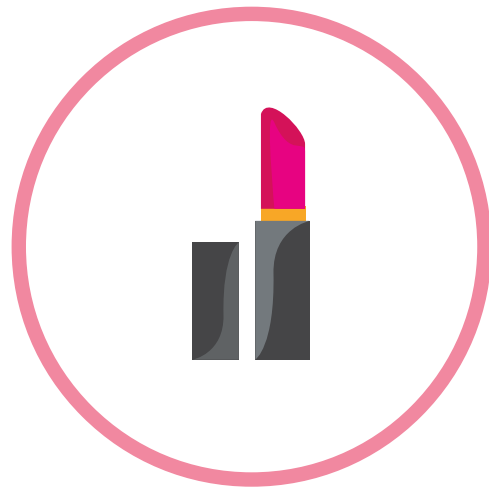
Paint it Pink:



**Dye your hair
pink**



**Pledge to
wear
something
pink everyday**



**Rock some pink
nail polish or
lipstick**



**Pop on some
pink socks**



**Pimp your office
up pink**

READY?

Getting started is easy!

1. Choose how you'd like to support. Celebrate with a donation, host a pink event, make something pink or paint the pavement pink with a fitness challenge.
2. Register your fundraiser via HBCF's website www.hbcf.org.au > Support HBCF > Online Event Registration Form
3. Set up your goal and start asking for support: get the word out to your friends and family to let them know what you're doing to support local families and why.
3. Raise funds and have some fun, every dollar raised goes directly into providing crucial support to local families.

*For further support contact us by emailing
fundraising@hbcf.org.au*

