



Breast Cancer Care is encouraging people to have fun and host a Strawberry Tea this summer to raise money to support the 46,000 people who are diagnosed with breast cancer every year.

A Strawberry Tea can be whatever you want it to be – a picnic, a cake sale or your work tea-break with a strawberry twist. What's important is that it's a great excuse for you and a few colleagues to get together over a cup of tea and a slice of cake, to catch up, have fun and raise money for a great cause.

The best thing about holding a Strawberry Tea is that it can be as simple or as elaborate as you like.

Here are just a few easy ways to fundraise at work:

- Ask your colleagues to make a donation for each strawberry treat they eat.
- Organise a quiz using the one we've provided in the free guide, or have a raffle with a Strawberry Tea theme.
- Have a bake-off and get everyone to vote on their favourite cake!

Janet Macmillan, a business support officer for the NHS in Glasgow, is one of thousands of people who organized a Strawberry Tea in her office last year. She writes,

“We had a great day at our tea party. Lots of people baked cakes & we also bought a lot which we sold not only in our office, to the rest of the businesses in our office block. Staff also donated prizes which we raffled off & I managed to do a sponsored silence for 1 whole hour - much to the relief of the staff.

Our day was a total success, mainly thanks to the sweet toothed & generous staff. We managed to raise £758.”

Every year 46,000 people receive the devastating news that they have breast cancer. The confusion and fear this causes is felt not just by the person diagnosed, but by their family and friends too.

Breast Cancer Care is only a phone call or a mouse click away for anyone who is affected by breast cancer. Our free helpline, information-packed website and online forums offer a friendly ear and expert advice to those dealing with the turmoil of this life threatening illness. Across the UK we also offer skilled emotional and practical support through a range of confidential, face-to-face services, helping people every step of the way.

Our services remain free thanks to the generosity of people like you. Whatever you decide to do for your Strawberry Tea, the money you raise will make a huge difference to those who look to us for help.

To order your free guide to Strawberry Tea, full of ideas and games, or to find out more about the event please email Lisa Anderson on lisa.anderson@breastcancercare.org.uk or call me 0207 960 3590

P.S If you're not able to organise a Strawberry Tea this year, perhaps someone in your office would like to? Why not help us publicise the campaign through your internal communications. If you would like copy for your intranet or posters for your notice board just get in contact.

Other images you can use and our logo:



Janet MacMillan and her colleagues sell cakes at their Strawberry Tea

