



Get Lippy Over Brunch



Thank you for signing up to Get Lippy Over Brunch!

It's time to smash the silence and shatter the taboos surrounding gynae health! This May, you're part of the movement utilising the power of friendship and conversation to change the face of gynaecological health.

In this welcome pack you will find everything you need to help plan your brunch!

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Why your brunch matters

The five gynaecological cancers affect the lives of over 22,050 women and people with gynae organs each year in the UK, and sadly, 21 people die from these diseases each day.

Awareness of gynaecological cancers and health is alarming low.
Research by The Eve Appeal has found:

- One in six women aren't aware of any types of gynaecological cancer.
- Only 11% of women said they had a good understanding of gynae health conditions.
- 21% of under 25s have put off going to doctor due to embarrassment.

We need everyone to start talking loud and proud about gynae health. Your brunch could start a potentially life-saving conversation and fund research that puts an end to gynae cancers.

£25 could cover an hour's call with our Ask Eve gynae nurse specialist.

£60 could raise awareness of the signs and symptoms of gynae cancers in communities with poorer health outcomes.

£100 could support the next generation of cutting-edge gynaecological cancer researchers.

Brunch at home

Hosting a brunch at home is a great way to connect with friends and family whilst having important conversations about gynae health and helping to save lives. Here are some top tips for getting started.

1. Set a date and time for your brunch

Choose a date in May and start planning your brunch. Make sure you choose a date and time that will be convenient for your guests.

2. Set up a JustGiving Page



Scan the QR code to the left to set up your JustGiving page and begin your fundraising. Decide whether you will ask for a set donation amount for your guests to attend or ask people to donate whatever amount they would like.

3. Invite friends & family

Send out invites as early as possible to let your family and friends know they're invited!

4. Plan your menu

Once you've set a date and sent your invites it's time to plan your menu. Not sure what to make? We've got you covered with some taste-bud tingling, budget friendly recipes at eveappeal.org.uk/brunchrecipes

5. Plan your activities

Inside this pack you'll find your gynae conversation starter cards to help kickstart those important discussions, as well as your placemats which your guests can get involved with.

Brunch at work

Hosting a brunch at work is a great way to connect with colleagues and socialise with your team. You could also start up potentially life-saving conversations and normalise talking about your health at work.

Top Tip!

Ask your employer if they'll offer to match your fundraising or make a contribution. They may match part or all of the money you and your colleagues raise.

1. Pick a date and location

Choose a date in May and your location - office, store, online - the choice is yours! Make sure to choose a date and location that is convenient for your colleagues.

2. Invite your colleagues, partners or customers

Send out invites as early as possible to let everyone know. You could share the event by email, intranet, posters, through Teams, or other channels.

3. Plan your menu

Are you going to provide the food, if so are you going to make it or buy it? You could ask everyone to bring something along. If you're looking for inspiration you can find our recipes at eveappeal.org.uk/brunchrecipes.

4. Plan your activities

Inside this pack you'll find your gynae conversation starter cards to help kickstart those important discussions, as well as your placemats which your guests can get involved with.

5. Collecting the cash

You could set up a JustGiving page, ask your colleagues to bring cash, or get them to donate directly to The Eve Appeal. Turn over for more information!

Going for brunch

If organising and cooking a brunch isn't your thing, why not go out for brunch instead. You can still help to make gynae cancers diseases of the past.

1. Round up your friends and hit your favourite brunch spot

Try to get a date set as soon as possible and book in advance.

2. Have some potentially life-saving discussions

Use the gynae conversation starter cards to help kickstart those important discussions, as well as your placemats which your guests can get involved with.

3. While you tuck in, make a donation

Ask everyone attending to make a donation which could help make gynaecological cancers diseases of the past. Scan the QR code or head to donate.eveappeal.org.uk/brunch



Have a question? Get in touch by emailing fundraising@eveappeal.org.uk or calling 020 7605 0100.

Paying in your fundraising

Fundraise via JustGiving

Setting up a JustGiving page for your fundraiser only takes two minutes, you can scan the QR code to get started. If you fundraise via JustGiving there's nothing else you need to do, the funds will automatically be sent to us.

**Scan here to set up
your JustGiving page**



Donate online

If you're going for brunch and making a donation, or asking your guests to make a donation directly to The Eve Appeal, you can scan the QR code or visit donate.eveappeal.org.uk/brunch.

**Scan here to
donate online**



Paying in cash

If you've collecting any cash or cheque donations at your fundraiser, then there are three ways you can bank your funds:

Over the Phone

Give us a call on 020 7605 0100 to pay in by debit or credit card.

Send a Cheque

Send a cheque made payable to The Eve Appeal to:

The Eve Appeal, 10-18 Union Street, London, SE1 1SZ

Online

Visit donate.eveappeal.org.uk/brunch to pay in your funds online.

Thank you so much for your support

By Getting Lippy Over Brunch, you are helping to spark vital conversations about vaginas, vulvas and gynae health, as well as raising funds to help put an end to gynae cancers.



Get Lippy Over Brunch



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