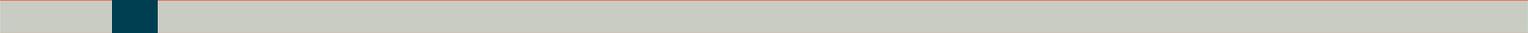
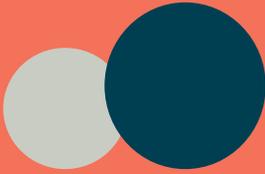


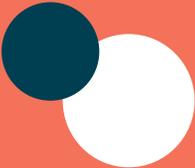
**cavendish
cancer
care**



Work A Day

for Cavendish Cancer Care

#workforcav



Friday 28th June 2019

What is Work A Day?

Work A Day is a fun and easy way to support Cavendish Cancer Care, making a big difference for local people. To take part, all you need to do is go to work on Friday 28th June, and donate a sum equal to your day's pay. Work A Day is a 'digital event', meaning that anyone can sign up, regardless of where they are. On the day, teams of people will be joining in across the region from all walks of life and all professions, creating a real sense of camaraderie and community spirit. Connecting us will be the hashtag #workforcav, where we will create real social media buzz, giving the best Friday feeling! Join as an individual, with friends, as a team or as an entire company – everyone is welcome!

How to take part

- 1.) Pledge to Work A Day for Cavendish on Friday 28th June, by signing up at www.cavcare.org.uk/work-a-day.
- 2.) On the day, go to work as normal. You can join in the social media buzz with the hashtag #workforcav !
- 3.) Make a donation, either before or after the event, for one day's worth of your wages. You can do this online by donating to the JustGiving campaign: www.justgiving.com/campaign/workaday2019. Alternatively, you can call us on 0114 275 4070 to make a card payment over the phone. You can also bring the money into the centre, or post a cheque.

Why support Cavendish?

We are a Sheffield charity dedicated to improving the quality of life for people living with cancer and their families. We provide free-of-charge therapy and support, designed to alleviate both the physical and emotional strain cancer can cause. Since 1991, we've been helping people in South Yorkshire, North Derbyshire and Nottinghamshire achieve their best possible quality of life.

In 2018, we supported 1,245 cancer patients, 416 carers and 44 children. We're determined to reach even more people who need us. But we only receive enough statutory funding to keep our doors open for about 2 weeks. This means we rely almost entirely on the generosity of the public to keep our services running. With your support, we can ensure nobody faces cancer alone.

Get in touch:

If you need any help with Work A Day, or want to know more about the event or what we do, please feel free to get in touch with our friendly fundraising team.

Email: fundraising@cavcare.org.uk

Phone: 0114 275 4070

Facebook: www.facebook.com/cavendishcancercare

LinkedIn: www.linkedin.com/company/cavendish-cancer-care

Twitter/Instagram: @cavcancercare



#workforcav

Take it further...

● Get your colleagues involved

Why not encourage your coworkers to join you? You could get the whole office involved - bonus points if you can rope your boss in!

● Add some tasty treats

You could combine your Work A Day with a bake sale or 'bake off'. Sell some of your creations to your colleagues, or pay a pound to compete for the title of best cake, and donate the proceeds.

● Dress it down (or up!)

Make the day even more fun by turning it into a Casual Friday - or, if you're feeling adventurous, a fancy dress/themed day. This could be anything from dressing up as zoo animals, to a funky socks or tie day (if you need something a bit more understated!) Put a pound in a pot to take part, and donate the proceeds.

● Get social

Help Cavendish get even more people involved with Work A Day. Tell your friends and family, and share what you're doing on social media and LinkedIn. Use the hashtag #workforcav and, if you want, take a picture with our Work A Day ID card (you can request one of these when you make your pledge.)

Doing something fun or different for your Work A Day? We'd love to hear about it - tweet or email us and let us know. We'd love to see your photos too!

Michael's Story

Michael was diagnosed with prostate cancer aged 52. He was supported by Cavendish Cancer Care through sessions of counselling.

“Before I came to Cavendish, I was depressed. I was really struggling. The problem is you can't see cancer, you just go out and do what you normally do. Your colleagues think you're okay because you're there, but then you get home and cry in the shower. I was worried about talking to my wife - I didn't want to put my anxiety on her. My therapist, John, helped me to communicate.

John made me realise that I was still Michael. That I was a caring, understanding and kind person and cancer couldn't take that away from me. After a session, I could hold my head up high, go out there, and face anything. My condition hasn't changed, but my mind-set has.

Cavendish gave me a lot more confidence, and made me a stronger person through self-belief. They have given me the ability to open up about my cancer and continue my job.”



“Cavendish gave me a lot of reassurance and support; I didn't feel dependent, I felt encouraged. You're the driving force and they get behind you to help you achieve.” - **Bev**

**cavendish
cancer
care**

The logo for Cavendish Cancer Care, featuring the words "cavendish", "cancer", and "care" stacked vertically in a bold, white, sans-serif font. Below the word "care" is a solid dark blue horizontal bar.

Registered charity number 1104261
Company number 5086868