

31 DAYS of Bladder Cancer Awareness!

31 ideas for sharing, fundraising, creating and doing – throughout May.

More details at fightbladdercancer.co.uk/aware



Cut out this calendar and put it on the fridge or the kitchen wall to share with the family. We look forward to seeing you take part in the coming weeks.

THANK YOU.

<p>Sign up for a Fundraising Challenge!</p>  <p>1</p>	<p>Update your profile pic with our frame</p>  <p>2</p>	<p>Send us your Bladder Cancer Story</p>  <p>3</p>	<p>Post about #Bladder Cancer Month24</p>  <p>4</p>	<p>Take a Wee Walk for Bladder Cancer</p>  <p>5</p>		
<p>Have an Orange Themed Party!</p>  <p>6</p>	<p>Take a photo of a beautiful orange sunrise or sunset</p>  <p>7</p>	<p>Make a donation Text 2024BCAM to 70085 to give £5</p> <p>8</p>	<p>Create a Facebook Fundraiser</p>  <p>9</p>	<p>Share your messages of hope with FBC on social media</p> <p>10</p>	<p>Host a coffee morning for FBC</p>  <p>11</p>	<p>Shout out about #International NursesDay</p>  <p>12</p>
<p>Plant some Orange Flowers</p>  <p>13</p>	<p>Have a Quiz Night in aid of FBC</p>  <p>14</p>	<p>It's International Family Day! Spend time with loved ones</p> <p>15</p>	<p>Become a Community Champion</p>  <p>16</p>	<p>Share a pic of you with your FBC wristband</p>  <p>17</p>	<p>Shout out to nurses using #European Cancer NursesDay</p>  <p>18</p>	<p>Share your #SpotThe Drop score</p>  <p>19</p>
<p>Wear Some Orange</p>  <p>20</p>	<p>Request your free Car Stickers</p>  <p>21</p>	<p>Visit our online shop at fight bladder cancer.co.uk/shop</p> <p>22</p>	<p>Talk to five people about bladder cancer</p> <p>23</p>	<p>Post your art in our virtual art gallery</p>  <p>24</p>	<p>Ask your GP to request an awareness kit at fight bladder cancer.co.uk/gp</p> <p>25</p>	<p>Complete one of our 21 Fundraising challenge ideas!</p> <p>26</p>
<p>Read our free Fight magazine</p>  <p>27</p>	<p>Bake an orange drizzle cake - yum!</p>  <p>28</p>	<p>Send us your pics of what you got up to this BCAM!</p>  <p>29</p>	<p>Donate your fundraising to Fight Bladder Cancer</p> <p>30</p>	<p>Blow bubbles for #Bubbles-ForBladderCancer</p>  <p>31</p>	<p>Set up a monthly gift at fightbladder cancer.co.uk/donate</p>  <p>1st June</p>	

Use the tag **#BladderCancerMonth24**
 On Twitter **@bladdercanceruk**
 On Facebook at **facebook.com/BladderCancerUK**
 Visit **fightbladdercancer.co.uk**
 Email **info@fightbladdercancer.co.uk**
 Call **+44 (0)1844 351621**



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Reg. Charity
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