

31 DAYS of Bladder Cancer Awareness!

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

More details at fightbladdercancer.co.uk/aware

Sign up for a
Fundraising
Challenge!



1

Update your
profile pic
with our
frame

#BladderCancerMonth23

2



Tweet about
#Bladder
Cancer
Month23

3

Send us your
Bladder
Cancer
Story



Let's talk
about...WEE!
Join the
competition
to win a
free Bladder
Cancer kit!

Request
your free
Car
Stickers

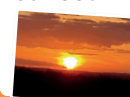
5

Have an
Orange
Themed
Party!



6

Take a photo
of a beautiful
orange
sunrise or
sunset



7

Make a
donation
Text
2023BCAM
to 70085 to
give £5

8

Create a
Facebook
Fundraiser



9

Share your
messages
of hope
with FBC
on social
media

10



Host a
coffee
morning
for FBC

11

Shout out
about #In
ternational
NursesDay



12

Plant some
Orange
Flowers



13



Have a
Quiz Night
in aid of
FBC

14

It's
International
Family Day!
Spend time
with loved
ones

15

Become a
Community
Champion



16



Share a pic
of you with
your FBC
wristband

17

Shout out to
nurses using
#European
Cancer
NursesDay



18

Share the
WBCPC's
new bladder
cancer icon



19

Wear Some
Orange



20



Take a
Wee Walk
for bladder
cancer

21

Visit our
online shop
at [fight
bladder
cancer.
co.uk/
shop](http://fightbladdercancer.co.uk/shop)

22

Talk to **five**
people
about
bladder
cancer

23

Email [melanie@fight-
bladdercan-
cer.co.uk](mailto:melanie@fightbladdercancer.co.uk) to
join our Zoom
support group

24

Ask your GP
to request an
awareness
kit at [fight
bladder
cancer.co.
uk/gp](http://fightbladdercancer.co.uk/gp)

25

Complete
one of our
21
Fundraising
challenge
ideas!

26

Read our
free **Fight**
magazine



27

Bake an
orange
drizzle
cake - yum!



28

Send us
your pics
of what you
got up to this
BCAM!

29

Donate your
fundraising
to **Fight
Bladder
Cancer**

30

Blow
bubbles for
#Bubbles-
ForBlad-
derCancer



31

Set up a
monthly
gift at
[fightbladder
cancer.co.uk/
donate](http://fightbladdercancer.co.uk/donate)

1st June



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.



Use the tag **#BladderCancerAware2023**

On Twitter [@bladdercanceruk](https://twitter.com/bladdercanceruk)

On Facebook at facebook.com/BladderCancerUK

Visit fightbladdercancer.co.uk

Email info@fightbladdercancer.co.uk

Call +44 (0)1844 351621



**bladder
CANCER**

Reg. Charity 1198773