

31 DAYS of Bladder Cancer Awareness!

Update your profile pic with our frame



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

More details at fightbladdercancer.co.uk/aware

Tweet about **##BladderCancerMonth22** and tag us **@BladderCancerUK**



2

Sign up for a **Fundraising Challenge!**



3

Send us your **Bladder Cancer Story**

4

Request your free **Car Stickers**



5

Host a **Wee Dinner Party**



6

Take a photo of a beautiful orange sunrise or sunset



7

Take a **Wee Walk for Bladder Cancer**



8

Buy a **FBC wristband** from fightbladdercancer.co.uk/shop



9

Share your messages of hope with FBC on social media

10

Complete and colour our dot-to-dot butterfly fightbladdercancer.co.uk/dot



11

Shout out about **#InternationalNursesDay**



12



Have an **Orange Themed Picnic**

13

Buy through **smile.amazon.co.uk** to support FBC

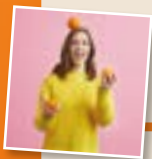
14

Bake an **orange drizzle cake** - yum!



15

How many **oranges** can you juggle?



16

Make a **donation** Text **BCAM2022** to 70085 to give £5

17

Shout out to nurses using **#EuropeanCancerNursesDay**

18

Share an embarrassing symptom and your relief that you took action **#DontGoRed**

19

Wear **Some Orange**



20

Plant some **Orange Flowers** or **Carrots**

21



Visit our online shop at fightbladdercancer.co.uk/shop

22

Talk to **five** people about bladder cancer

23

Email **mela-nie@fight-bladdercancer.co.uk** to join our Zoom support group

24

Ask your GP to request an awareness kit at fightbladdercancer.co.uk/gp

25

Create a **Facebook Fundraiser**



26

Read our free **Fight magazine**



27

Send a thank you card from fightbladdercancer.co.uk/cards

28



Let people know we are there for them

29

Donate your fundraising to **Fight Bladder Cancer**

30

Blow bubbles for **#Bubbles-ForBladderCancer**



31

Set up a monthly gift at 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.