

Me-time moments

for **MACMILLAN**
CANCER SUPPORT

Fundraising pack



MACMILLAN
CANCER SUPPORT



Boots

N°7



Me-time moments

Boots and Macmillan Cancer Support are asking you to have a **Me-time moment** to support people living with cancer.

We know that everyone loves some **me time**, so what better excuse to get together with friends and family on Friday 29th April in support of Macmillan Cancer Support.

What's in the pack?

- Information about **Me-time moments** and how to get involved
- Key resources and products
- Information on how your support makes a difference
- Legal and financial information

Get involved!

You can make a huge difference by hosting your own **Me-time moment** to raise vital funds for Macmillan.

This pack will give you all the tips and tricks to enable you to host an amazing **Me-time moment**, including advice on hosting, links to our amazing resources, and products for the ultimate wellness experience.

No matter how you get involved, every penny makes a difference to support people living with cancer.



Every penny
makes a
difference

Since 2009, the Boots and Macmillan partnership has supported people living with cancer with easily accessible specialist cancer information and support, on the high street and through our online support services.

How to be the perfect host

You can host your **Me-time moment** on any day in any way. Don't feel bad about feeling good! Your **Me-time moment** is your opportunity to host your own pamper and wellness session, wherever feels comfortable to you. Below are a few tips on how to be the ultimate host.

Location, location, location

Where you host your **moment** is key to get everyone ready to relax. Make sure your location is accessible, with comfy seating and amenities like tea or coffee and any refreshments your guests might like. A virtual **moment** could also work for those more relaxed moments in familiar surroundings.

Decorate

Decorate your environment to make your **Me-time moment** even more special. Why not create a theme, decorate the room and ask your guests to dress accordingly? You can also print off some **Me-time moment** bunting from our boots.com page, and check out Macmillan's 'be.macmillan' site for more inspiration.

Communicate

Also, make sure to let them know any details for the event – time and date, location, what to bring and how to donate – in advance. Check out the invitation template on our website as a starter for ten.

Social media sites are a great way to tell your friends and followers all about your fundraising efforts. Take lots of photos and share these with Macmillan and Boots' social accounts. Check out the Macmillan website for social media top tips. [Click here](#)

Atmosphere

To give everyone a great relaxing experience, remember to consider the atmosphere of your moment. Low lighting and calm sounds could work for one group, or a Spotify playlist could pump up the party. Every **moment** is different!

Fantastic facial products

However you're getting involved, Boots has all the products you'll need to have the perfect pamper party. And what's more, from 17th April to 1st May a percentage of sales from the products featured in this pack will be donated to Macmillan.* Head in store or online to pick up your goodies.

Get glowy skin with a gorgeous facial



Boots Glow
Cleansing Balm Stick
£4.00



Boots Glow
Eye Cream
£4.00



Boots Glow
Moisturising Cream
£4.00



Boots Glow
Banana Brightening Mask
£4.00



Boots Glow
Banana Toner
£4.00



Boots Glow
Banana Peel and Polish
£4.00

*From 17th April-1st May, a minimum of 10p plus VAT from the sale of these products will be paid to Macmillan Cancer Support† a registered charity in England & Wales (261017), in Scotland (SC039907) and in the Isle of Man (604). Also operating in Northern Ireland †Paid to Macmillan Cancer Support Trading Limited, a wholly owned subsidiary of Macmillan Cancer Support to which it gives all of its profits

Perfect for manicures and pedicures

Here are some great ways to prep nails and toes. First apply your base coat. Then add a few coats of natural or stand-out colour, before finishing off with a top coat to seal the colour and make it last longer.

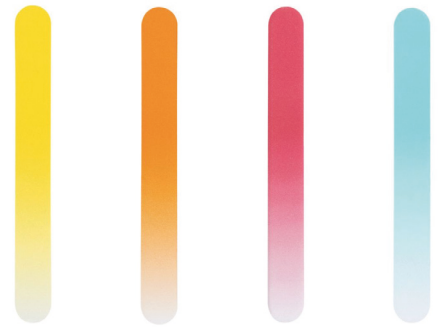
Nail the perfect polish



Boots Toe Separators
£1.50



Boots Cuticle Pusher
£2.00



Boots Nail File x1
£1.50



Essie Nail Care Strong Start Nail Polish Base Coat
£8.99



Sally Hansen Miracle Gel Nail Polish Top Coat
£9.99



Essie Nail Colour 6 Ballet Slippers Nail Polish
£7.99

Your local Boots in-store activity

On Friday 29th and Saturday 30th April, there will be lots of activity going on in Boots stores across the UK. Head to your local store to join in the fun and help us raise as much money as possible for Macmillan Cancer Support.

Fancy a mini makeover? Let your skin blossom with No7

Why not drop by one of our No7 counters over the Me-time weekend for a personalised Pro Derm Scan experience followed by a bespoke skincare and make-up application? All for a suggested donation of £2.

The experience will begin with a short questionnaire to help find out more about your skin goals, regimes and product preferences, which means all product recommendations will be perfectly tailored to your skin.

The consultation includes a full cleansing routine to prepare the skin for the Pro Derm Scan, where four key areas of the face will be scanned to capture multiple magnified

pictures of the skin and to measure skin performance indicators:

- **Hydration**
- **Fine lines and wrinkles**
- **Pores**
- **Oil balance**

The Pro Derm device will assess your skin tone to provide three foundation colour matches and perfect shades in concealers and powders.

It's now time to let your 'Skin Blossom' through the application of serum, day cream, foundation, and a complexion perfecting powder or concealer. Followed by some all-important colour with bronzer or blusher application. All topped off with either lipstick or mascara application.

Donating at the till point

No cash? No problem! Throughout the weekend, you'll be able to make a donation to Macmillan by adding £1, or amount of your choice, to your basket. Simply ask a Boots colleague to support you with this at the till point. 100% of donations will go to Macmillan Cancer Support.

FUNdraising

Boots colleagues will be getting involved in a variety of fundraising activities, from challenges to fancy dress and everything in between. Show them some love by supporting them throughout April. Selected stores will also have Macmillan volunteers donning green shirts and buckets to collect any cash donations!

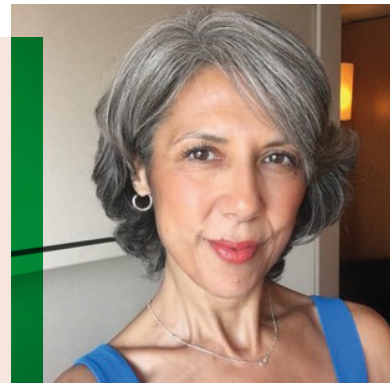
The difference you're making

In the UK, almost 3 million people are living with cancer, and that figure is set to rise to 4 million by 2030. Macmillan Cancer Support does whatever it takes to support people living with cancer across the UK, whether they need practical, financial or emotional support, Macmillan will move mountains to help people with cancer live life as fully as they can.

Every penny you raise through your **Me-time moment** will go towards helping people living with cancer, like Mary, at a time when they've never needed more support.

"When I was first diagnosed, it was such a relief to speak to someone who understood. I called another time to get help with benefits, which were a minefield. Also, when I went into early menopause, I called them, and they calmed me down as I was very panicky"

Mary, supported by Macmillan



How your support can make a difference for people living with cancer

£54 could pay for **200** copies of The Cancer Guide. This Macmillan booklet can help people recently diagnosed with cancer, and their families, understand more about cancer, its treatment, and the help available

£17 could help run the Macmillan Online Community forum for **1 hour**. In this time, **66** people affected by cancer in the UK can give emotional support to each other

£19 could help a member of the Macmillan Cancer Information and Support team on the Macmillan Support Line deal with a call or web enquiry

For information, support or just someone to talk to, call **0808 808 00 00** or visit **macmillan.org.uk**

Need support?

Someone is diagnosed with cancer every two minutes in the UK. Together, Boots and Macmillan are leaders in cancer care, information, support and advice, doing whatever it takes to give inclusive and accessible support to everyone living with cancer, as well as their friends, families and carers, wherever and whenever they need it.

Macmillan has helped to train over 4,200 of our Pharmacists to become Boots Macmillan Information Pharmacists. Whether you need help with medication, information on supporting someone through chemotherapy, or perhaps your treatment is finished and you'd still like support or you want to talk to someone because you know your body and something doesn't feel right, we're here for you and you can access a Boots Macmillan Information Pharmacist in every Boots Pharmacy.*



If you prefer to access support from the comfort of your own home, we also have a 'virtual' Boots Macmillan Information Pharmacist service where you can book an online video call appointment for free. Find out more at boots.com/macmillan

Boots Macmillan Beauty Advisors

You may find some of the side effects of your cancer treatment are having an impact on how you feel about yourself physically. Boots Macmillan Beauty Advisors can support you and give you free, face-to-face beauty advice.

4,200 Boots
Pharmacists
trained

*Free support. No appointment necessary. Subject to pharmacist availability. In the event of a Boots Macmillan Information Pharmacist not being available when you visit, store team members will help you to access a Boots Macmillan Information Pharmacist either in another store, online, or by telephone, to ensure you get the help you need

Make your Macmillan moment your own

Merchandise

Macmillan has lots of great assets to help make your **Me-time moment** a resounding success. From t-shirts to collection tins to bunting, they have a range of fundraising materials and resources to support your **Me-time moment** with friends and family.

They also have plenty of ideas to inspire your fundraising.

Browse online [here](#) and get in touch with their Supporter Care Hub to discuss ideas and support on **0300 1000 200**.



Promotional materials

Any promotional material used to support your fundraising must legally have Macmillan's full charity name and registered charity number, so be sure to include the below on materials: Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SCO39907) and the Isle of Man (604). Also operating in Northern Ireland.

If you have any questions, contact the Macmillan Supporter Care team on **0300 1000 200** or fundraising@macmillan.org.uk

Collecting donations

Your **Me-time moment** is all about coming together, feeling good and raising money for a great cause. To make it easy for you and your guests, there are plenty of ways you can donate to Macmillan.

QR Code

No cash? No problem!

You or your guests can donate directly to Macmillan online. Simply scan this QR code and you'll be taken to the Macmillan **Me-time moment** donation page, where you can use card, Apple Pay or Samsung Pay.



Text to donate

You or your guests can donate directly to Macmillan using your phone or a sealed collection bucket.

* Texts cost £5, or other specified amount, plus standard network rate. Get bill payer's permission. Age 18+. Queries and full T&Cs call 0300 1000 200

Cash

If you or your guests want to donate cash, please contact the Macmillan Supporter Care team on **0300 1000 200** or **fundraising@macmillan.org.uk** where they'll be able to help you with a paying-in slip to use at any Natwest, RBS or Ulster Bank, or they can provide you details for a bank transfer. When collecting or taking payments, make sure that the cash is secure by using a cash box with a lock or a sealed collection bucket.

to donate £5*

Text BOOTS
to 70550

to donate £10*

Text BOOTS £10
to 70550

to donate £20*

Text BOOTS £20
to 70550

Keep it safe and legal

Fundraising is subject to laws and legislation, and it's really important that you and anyone taking part in your event are safe, and that all money collected is handled correctly. Macmillan has all the information and support [available here](#) to help you run your event safely and legally.

You can also find more useful information about organising your own fundraising event on the [Fundraising Regulator](#), [Institute of Fundraising](#) and [UK government](#) websites.

Publicity materials

Be sure to specify on all of your materials promoting your **Me-time moment** that it is 'in aid of' Macmillan and include the Macmillan charity details. You can use the 'be.macmillan' website [here](#) to create materials easily.

Health and safety and risk assessment

Events need to be risk assessed to identify, reduce and control risk to people taking part. Best practice is to complete a risk assessment form – you can find guidance on completing this [here](#). A risk assessment isn't a legal requirement (unless the organiser is an employer), but completing one shows you've considered and mitigated any potential risks.

Also consider possible risks to Macmillan's or Boots UK's reputation. Macmillan and Boots UK cannot accept liability for any loss, damage or injury suffered by yourself or anyone else as a result of taking part in a fundraising event or **Me-time moment** organised in aid of Macmillan.



To find out more, visit Macmillan's website [here](#) or contact their Supporter Care team on **0300 1000 200** or fundraising@macmillan.org.uk

Keep it safe and legal

Raffles, lotteries and prize draws

If you're planning on hosting a raffle or any other game of chance at your **Me-time moment**, and you only sold tickets for it at the event, you do not need to have a licence to do this. If you want to sell tickets in advance of the event, or to people not attending, then you would **need to obtain a licence** from your local council. Alternatively, you could consider running a **free prize draw**, which does not require a licence. However, there are still strict legal requirements for all raffle, prize draw and lottery-related activity, and you can find out more about these at the [Gambling Commission](#). Macmillan's Supporter Care team can help advise if you've covered everything for your raffle – contact them on 0300 1000 200 or fundraising@macmillan.org.uk



Alcohol and entertainment

If you're planning to hold your **Me-time moment** at an external venue where alcohol and music will be available, you will need to ensure that the venue has the suitable licences for this. You can check whether your event will require a public entertainment or alcohol licence on the [government's website](#).

Food hygiene

If you're serving food at your **Me-time moment**, food hygiene is hugely important. Take great care when handling food, and work to basic rules for safe preparation, cooking, storage and display. Also make sure to check in with any guests about allergies. Check out the Food Standards Agency guidelines [here](#) and useful information [here](#) about charity events involving food.

To find out more, visit Macmillan's website [here](#) or contact their Supporter Care team on **0300 1000 200** or fundraising@macmillan.org.uk

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