

Challenge yourself to a 5-mile walk, run or jog for Breast Cancer Care

With less than two months to go, sign up today!

breast cancer care  Newcastle 5-Mile Challenge



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Take the 5-Mile Challenge today so no-one faces breast cancer alone tomorrow

The first ever **Breast Cancer Care 5-mile Challenge** is coming to you in **Newcastle on Sunday 20 March!** Join us at Exhibition Park, Newcastle for a Sunday morning walk, jog or run to raise vital funds to help support people living with breast cancer in your area.

We would be delighted if staff at your company would consider taking part in this fun new event near your office. Why not enter as a team so you can fundraise and complete the challenge together? [Sign up now](#) and quote **CHALLENGE20**.

Every day in the UK around 125 people hear the terrible news that they have breast cancer. The chances are that it's happened to someone close to you or one of your colleagues, so you'll know just how frightening and confusing it can be – and not just for the person diagnosed.

Why should I take part?



How your support could help in Newcastle

We need your help to ensure we can continue to support people in your area who are affected by this life-threatening illness. As well as our free Helpline and information-packed website, our expert support for people in Newcastle includes our HeadStrong service. Run by specially trained advisors, HeadStrong helps women cope with the distress of hair loss from cancer treatment. As well as practical advice and information, clients have the chance to try scarves and hats to find something that suits them.



A new challenge for you in 2011

What better way to get fit and feel good in 2011 than challenging yourself to a 5-mile walk, run or jog. Raise money for Breast Cancer Care and know that you are helping to make a difference to the lives of people like Lesley. Get your friends involved and do something fun and worthwhile on your Sunday lunchtime!



Lesley from Newcastle tells us how Breast Cancer Care has helped her:

'I was diagnosed with breast cancer five years ago, aged just 36. During my radiotherapy I attended an Information Session run by Breast Cancer Care in Newcastle. I'm encouraging everyone to raise money for this charity. They provide real support to people with breast cancer when they need it most.'



Reminder of how to register

Register now! It's very easy, just [sign up here](#).

The registration fee is £22.50 for adults, £10 for under-18s and free for under-12s. Once registered you will be emailed a fundraising event pack and you can then create a team and invite all your friends to join you too.

Remember to quote your bespoke promotional code (at the top of this email) when you register and you'll be in with the chance of winning a fantastic prize.

The UK Challenges team

Breast Cancer Care

Email: 5milechallenge@breastcancercare.org.uk

Visit: www.breastcancercare.org.uk/5mile

Our regional media partners



TheJournal 

Why we need your support

Every year 46,000 people hear the devastating news that they have breast cancer. The confusion and fear that this causes will be felt not just by the person diagnosed, but by their family and friends too.

Breast Cancer Care is just a phone call or mouse click away for anyone affected by breast cancer. Our free Helpline and information-packed website offer a friendly ear and expert guidance to people dealing with the turmoil of this life-threatening illness. Across the UK we also offer professional support through a range of confidential, face-to-face services, helping people every step of the way.

Our services are provided free thanks to the generosity of people like you. To find out more or get involved, visit www.breastcancercare.org.uk or call us on 0808 800 6000.

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Confused?
Email us with
your questions



personal experience professional support

Breast Cancer Care

Registered charity in England and Wales 1017658

Registered charity in Scotland SC038104

Address

5-13 Great Suffolk Street
London
SE1 0NS

Help and support

If you have breast cancer or a breast health concern visit www.breastcancercare.org.uk or call our free Helpline on 0808 800 6000.

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