



If you're hosting a Breasties Brunch, it's a great idea to give a toast to thank people for coming and remind them why it's so important to support Mater Chicks in Pink. To help you write your Host Toast, here are a few helpful tips and tricks.

## Welcome and thank your guests for joining you

It's beautiful to see friends, family and colleagues come together in support of women with breast cancer, so make sure you welcome them and let them know how much you appreciate them joining you for your Breasties Brunch.

## Share why you decided to host a Breasties Brunch

Perhaps you or your loved one has been affected by breast cancer, or you want to raise awareness for early detection. Share with your guests your reason for hosting your event.

You might like to include some statistics about breast cancer, like:

- 1 in 7 women are diagnosed with breast cancer in their lifetime\*.
- Every single day, 55 Australian women will be diagnosed with breast cancer\*. That's over 1,000 women each month.
- 20,000 Australians are diagnosed with breast cancer every year<sup>^</sup>. A number which sadly continues to rise.

Or share your own personal experience with breast cancer.

## Remind people of the impact of their donation

All funds raising during Breast Cancer Awareness Month in support of Mater Chicks in Pink helps make a real difference to women with breast cancer.

With your support, we can:

- Help provide psychological support to women at the time of receiving their breast cancer diagnosis.
- Help restore a woman's confidence and healing after breast removal surgery by providing her with a mastectomy bra.
- Help a woman feel more like herself after chemotherapy-induced hair loss by providing her with a wig or scarf to wear.
- Help fund breast cancer research to focus on improving survival rates and work towards a future where all women diagnosed with breast cancer survive.
- Invest in health technology and equipment which delivers rapid and potentially life-saving breast cancer testing, alongside critical advancement in breast cancer treatment.

## Make a last call for donations

Include a final short and sweet ask for donations. All donations, no matter how big or small, help make a real difference to women living with breast cancer. Now let's toast to that!

## Need some help to get started? No time to write a Host Toast?

We've got you. Take a look at a Host Toast over the page for ideas and inspiration.

\*AIHW Australian Cancer Database

<sup>^</sup>Cancer Australia

# Breasties Brunch

## Example Host Toast

Hello and welcome! Thank you for joining me today at this beautiful Breasties Brunch. It is so incredible to see everyone come together in support of women living with breast cancer.

Every single day, 55 Australian women will be diagnosed with breast cancer. But this is more than just a number—it's our mums, sisters, daughters and grandmothers. Just this month alone, more than 1,000 women will hear the words "you have cancer" and their lives will be forever changed. Sadly, these numbers continue to rise.

Since 2004, people like us have hosted events in support of Mater Chicks in Pink, raising funds to help make a real difference to these women, and help them at a time when they need it most.

It's thanks to the generosity of our friends, family and colleagues, that women with breast cancer can focus on what matters most—getting better. Whether that's through offering support services to help guide them through their diagnosis and treatment. Or providing practical items such as mastectomy bra to help restore confidence and promote healing after surgery, or a scarf or wig to help a woman feel more like herself after chemotherapy-induced hair loss. Or covering the costs of parking, groceries or counselling to help alleviate life's stresses amongst a busy schedule of appointments.

And perhaps most importantly, Mater Chicks in Pink helps to fund life-changing research and cutting-edge equipment, to ensure better diagnosis and treatment, meaning more moments with our loved ones. Each woman deals with their diagnosis differently. Nobody ever thought it would happen to them. But when it does, Mater Chicks in Pink is there to help.

I can't thank you enough for joining me today. For every cupcake, sandwich and cup of tea, you are making a real difference!