

# COVID-19: HOW YOU CAN HELP US

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### HOW IS COVID IMPACTING OUR CHARITY?

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The Covid-19 pandemic has hugely affected our income with the cancellation of fundraising events and less available sources of funds. It costs us around £90,000 per year for us to fund research projects, research assistants, purchase much needed equipment and raise awareness. Without funding, hundreds of women's lives are at risk and we simply cannot let that happen. And obviously the more money we manage to raise the more research and equipment we can fund.

### HOW IS COVID AFFECTING CANCER CARE FOR WOMEN?

Our work directly saves the lives of the women around us – our mums, sisters, grandmothers, daughters, friends – and cancer doesn't stop for Covid. Cancer referrals have dropped by a staggering 70% yet cancer hasn't gone away. So it is VITAL that if you have worrying symptoms you see your doctor and are referred. Screening may have paused, but the referral and treatment service is still in place. It's as important now, as ever, to seek help - early intervention saves lives. Ask for advice from your GP or call 111 if you have any symptoms you are concerned about.

At this difficult time, where there are changes to the way women are able to be seen and treated for their gynaecological concerns, we recognise that women with symptoms may feel discouraged from seeking an appointment with their GP or confused about what to do next.

You must still seek help if you're worried or experiencing unusual symptoms in order to ensure the early diagnosis and intervention that we know saves lives. Be aware of the symptoms of gynaecological cancer - it could save your life. Visit [www.grace-charity.org.uk/awareness](http://www.grace-charity.org.uk/awareness)

## HOW CAN YOU HELP US REACH AND EMPOWER MORE WOMEN WITH CANCER?



### 1. MAKE A DONATION

Your **support** will help us drive pioneering research into these devastating diseases and save more women's lives in the UK.

[Make a donation >](#)



### 2. FUNDRAISE FOR US

Whether it's a sponsored bake, head shave, stair climb or sporting challenge – even in lockdown, there are ways to raise vital funds for us! Simply choose your challenge, set up a Virgin Money Giving fundraising page and ask your friends, colleagues and family to sponsor you!

Every penny you raise will be spent on life-saving services for women with gynaecological cancers. And your challenge will also help us to reach more people with our message.

### 3. DECLUTTER AND DONATE **NEW**

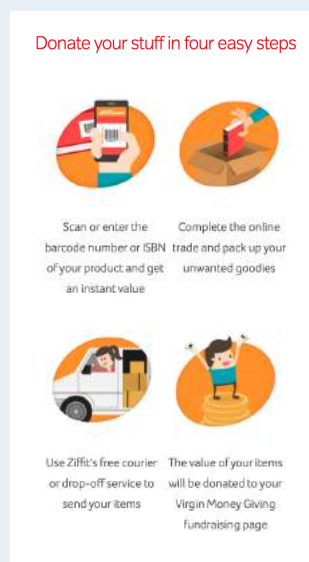
[#declutteranddonate](#)

In the mood for a spring clean? On Tuesday 5th May, we launched #DeclutterAndDonate as part of the nation's spring clean. You can turn your unwanted books, CDs, games and DVDs into a donation to GRACE and feel good that you have found a life-saving solution to your decluttering.

Virgin Money Giving has partnered with free trade-in site Ziffit, so now you can scan your items from the safety and comfort of your home and generate cash to donate directly to GRACE through our GRACE **Ziffit page**, or by using the free Ziffit app.

Please share this way of supporting us with friends and family to encourage them to 'declutter and donate' to GRACE.

Donate your stuff in four easy steps



- Scan or enter the barcode number or ISBN of your product and get an instant value
- Complete the online trade and pack up your unwanted goodies
- Use Ziffit's free courier or drop-off service to send your items
- The value of your items will be donated to your Virgin Money Giving fundraising page



#### 4. JOIN OUR MOVE WITH GRACE EVENTS **NEW**

At GRACE we know how important it is to stay healthy and keep moving, especially during these restrictive times. With the help of our GRACE Community, we are launching 'Move with GRACE' – fun regular workouts beamed to your living room via our **YouTube channel!**

Dance instructor and passionate GRACE fundraiser, Pandy Dean, launched our 'Move with GRACE' on Friday 8th May for World Ovarian Cancer Day. You can get involved by following the link on 'Move with GRACE' event page on our **website**. We kindly ask all participants to make a small donation towards our vital work in return for taking part.

If you would like to join our GRACE community and post a video as part of our 'Move with GRACE' campaign, please email us at **fundraising@grace-charity.org.uk**. It could be a yoga class, Pilates, dance or a workout. The choice is yours!



#### 5. RAISE MONEY THROUGH YOUR SHOPPING ONLINE WITH AMAZON SMILE

AmazonSmile is a charitable initiative offered by Amazon with the same features as **Amazon.co.uk**, but when you shop via the AmazonSmile platform, they donate 0.5% of the net purchase price from your eligible purchases to a charity of your choice.

How do I sign up?

1. You need to visit **AmazonSmile** and log in using your usual Amazon account details. (If you don't usually shop on Amazon, you'll need to create an Amazon account.)
2. The link above should automatically select us as your charity, but if it doesn't - please choose Gynae-Oncology Research And Clinical Excellence from the options. This means 0.5% will go to GRACE so we can keep doing research to save lives.
3. Start shopping!

If you are an AmazonPrime member, you will continue to receive all the benefits of Amazon Prime. Just don't forget to go via AmazonSmile.com rather than the Amazon website!



#### 6. HELP US SPREAD THE WORD

This is such an important way you can help.

Please follow us on Facebook, Twitter, Instagram and LinkedIn and like and share our content so we can reach as many people as possible.

Please tell your family, friends, colleagues and the postman (at a distance of two metres of course!) about us and our work, and how they can support us too.

Thank you for your continued understanding and support – we can't do this without you. To keep up to date with the latest GRACE news, events and research, please **subscribe to our newsletter**.

#### THE GRACE TEAM



#### NEW WEBSITE

You might have noticed we have a lovely **new website!** Thank you to **Delivered Social** who built this for us free of charge as part of their commitment to supporting the charity sector.

Keep an eye on our **social channels** too as they're posting lots of new content for us to help keep our community informed, engaged and supported.

If you know of any other charities who might need some pro bono digital marketing support, please do encourage them to speak to our friends at **Delivered Social**.

GRACE, Department of Gynaecological Oncology,  
The Royal Surrey County Hospital, Egerton Road,  
Guildford, Surrey GU2 7XX

01306 730872 | [info@grace-charity.org.uk](mailto:info@grace-charity.org.uk) | [www.grace-charity.org.uk](http://www.grace-charity.org.uk)

Charity Registration No. 1109997

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 Grace Charity