



THE BIG BREAKFAST
FOR / AR GYFER PROSTATE CYMRU

NOVEMBER 2021

Have a Big Breakfast this November to raise awareness and funds for Prostate Cymru, the leading prostate health charity in Wales.

GO LARGE

In recent years many individuals, workplaces and community groups have hosted large Big Breakfast social events, raising thousands for Prostate Cymru.

Our GO LARGE BIG Breakfast Ideas:



COMMUNITY BREAKFAST

Book your local village hall, sports club, church hall or any social space and host a XL Big Breakfast event. Invite the community to come along and enjoy breakfast together, all for a worthy cause.

Go all out selling traditional cooked breakfasts, or simple cereal parties have worked well in the past. You can donate all or partial proceeds to Prostate Cymru.

We often find local food suppliers are willing to donate food items to your event.

Please let the Prostate Cymru team know if you are planning a XL Big Breakfast.

BREAKFAST TAKEAWAY

Team up with a local café or food retailer, encouraging people to pick up breakfast take away boxes. With a percentage of all sales going to Prostate Cymru.

WORKPLACE BREAKFASTS

If you have a workplace canteen, why not speak to them about putting a Prostate Cymru-themed breakfast item on the menu.

Or encourage your colleagues to bring into the office, their favourite breakfast item to enjoy on a particular morning.

THE SPORTS CLUB BREAKFAST

Getting ready for The Big game? Then why not make your morning breakfast BIG for Prostate Cymru. You and members of your team could get together and raise money for a good cause just by eating breakfast. Encourage your local clubhouse/burger van to donate a proportion of the proceeds to Prostate Cymru, or to place a donation tin in a prominent position.

Please do not hesitate to contact the Prostate Cymru team on info@prostatecymru.com to discuss your Big Breakfast ideas