

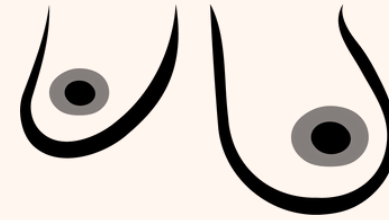


CoppaFeel! Volunteer Ambassador

# Getting Started Guide

**CoppaFeel!**  
breast cancer awareness

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# WELCOME TO THE TEAM



You're joining a change-making team of volunteers generously giving their time to encourage every young person in the UK to check their chest. This guide gives you the key information you'll need to start your journey as a **CoppaFeel! Ambassador volunteer**.

Thank you for joining the team – **you're helping us stamp out the late detection of breast cancer**.



## WHAT IS A COPPAFEEL! AMBASSADOR VOLUNTEER?

CoppaFeel! Ambassador volunteers exist to get more young people checking their chest. By signing up to become an Ambassador volunteer, you're helping us reach new audiences by **raising awareness** of CoppaFeel!'s potentially lifesaving message in your local community.

## WHAT DOES RAISING AWARENESS MEAN?

“Awareness raising means making people conscious about a problem or issue.” “[It's] a process that seeks to inform and educate people...with the intention of **influencing** their attitudes, **behaviours** and beliefs...”

## HOW DO I RAISE AWARENESS FOR COPPAFEEL! IN MY COMMUNITY?

### **SHARE OUR MESSAGE**

Get familiar with the core principles of our lifesaving message. Check out our [Quick Guide](#) for a refresher.

### **EVENTS AND ACTIVITIES**

How you share our message is up to you! We've included some inspiration and practical advice for awareness-raising events and activities in this guide to help you get started. See pages 7 – 14 for inspiration.

# ABOUT COPPAFEEL!

**CoppaFeel! was founded in 2009 by Kris Hallenga and her twin sister Maren, after Kris was diagnosed with incurable (stage 4 / secondary) breast cancer at the age of 23.**

CoppaFeel! is the UK's only **youth focused breast cancer awareness charity**, and we're on a mission to get every 18 – 24 year old checking their chest.

We do this because when diagnosed early, breast cancer treatments are more effective and survival rates are higher.

**Early detection can save lives .**

Kris sadly died in 2024 and CoppaFeel! are committed to honouring her legacy by continuing to spread our chest checking message.

**Hear Kris' story  
in her own  
words**



**Maren**

**Kris**

CoppaFeel! was born because I was never told to check myself and I didn't know I could get breast cancer at 23...

So now we educate young people about why they should start checking from a younger age so that all breast cancer is diagnosed early.

**- Kris Hallenga, CoppaFeel! Founder**

## WE DO THIS BY:



**Educating** people on the signs of breast cancer...



**Encouraging** people to check their chests every month, so that if they notice something unusual they feel...



**Empowered** to contact their GP and advocate for themselves.

# Practical Bits



## YOUR EXPENSES

We cover reasonable out-of-pocket travel expenses when you're volunteering. We're committed to making every penny count, so we ask you to use the most cost effective form of transport you can. Check out our [Volunteer Expenses Policy](#) for more information, and use the Volunteer Expenses Form to claim your expenses. You can download the expenses form from [CoppaCollege!](#) via the Volunteer Zone Resource Bank.

## REPORTING BACK TO HQ

Team CoppaFeel! can't be on the ground with you to see what you get up to (even though we'd love to!) That means you're essential to helping us track our impact as a charity. Each month, please fill out a [reporting form](#), (don't worry - we'll send you a reminder with a link!) Even if you've had a quiet month, we still want to hear from you. Every form you submit earns you an entry into our quarterly raffle for a chance to choose from three great prizes!



## HERE TO HELP

The Volunteering Team are here to help you make the most of your volunteering with us. If you've got questions, concerns, ideas or feedback, get in touch with us at:



**[volunteer@coppafeel.org](mailto:volunteer@coppafeel.org)**

This is an awareness raising volunteer role. Your best contact for fundraising queries is the Fundraising Team at:



**[fundraiser@coppafeel.org](mailto:fundraiser@coppafeel.org)**

**EVEN MORE**

# Practical Bits

## SMOKING AND DRINKING

Smoking and drinking are not allowed while you're representing CoppaFeel! (aka when you're actively volunteering at events, or wearing anything that identifies you as a CoppaFeel! volunteer, like a boob suit or CoppaFeel! branded kit e.g. t-shirt, lanyard etc.

**CoppaFeel!**  
breast cancer awareness

## LOGO USE

If you're promoting a (non-fundraising) event or activity and want to include CoppaFeel!'s logo on social posts or printed materials, go for it! Just keep in mind: please don't alter the logo in any way.

If you're working with a local business that wants to use our logo, please email the Volunteering Team and we'll be able to advise.

## SAFEGUARDING



**At CoppaFeel!, we value everyone's safety and wellbeing – whether you're a volunteer or one of the amazing people we meet at events. It's important to us that everyone feels happy and safe when engaging in CoppaFeel! activities, including online.**

To help ensure this, please familiarise yourself with CoppaFeel!'s [Safeguarding Policy](#). This outlines how to report any worrying behaviour towards yourself or others, and how CoppaFeel! will handle it.

If you ever have concerns about your personal safety while at an event or when representing CoppaFeel!, here's what to do:

- Move yourself to a safe location
- Report the situation to the venue staff or emergency services, if needed (call 999)
- Notify CoppaFeel! HQ as soon as possible

**The team at CoppaFeel! is here to support you and report any concerns to.**

# QUICK GUIDE TO COPPAFEEL!'S MESSAGE

## 1. CHECK EVERY MONTH

We believe chest checking should be part of your monthly routine. This helps you know what's normal for you, and lets you notice any changes quickly.

## 2. KNOW WHAT'S NORMAL FOR YOU

You know your body better than anyone else. By checking your chest every month, you'll build your confidence of knowing what's normal for you.

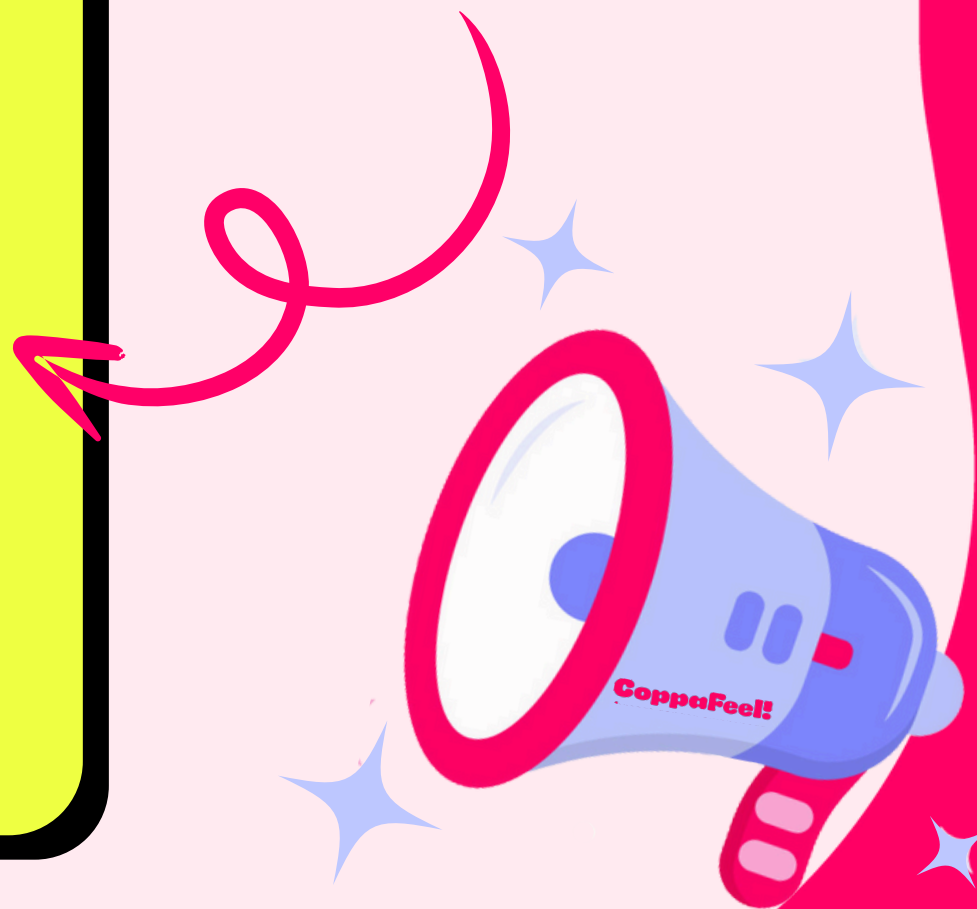
## 3. LOOK AND FEEL

Many signs of breast cancer are changes you'd only notice by looking at your chest, so we recommend both **coppin' a feel** and **taking a look** during your checks.

## 4. IF IN DOUBT, GET IT CHECKED OUT

Your GP is the only person who can refer you for further testing. If the sign you have noticed doesn't go away after a week, we suggest you arrange to visit your GP straight away.

**If all else fails,  
remember our  
four core  
messages**



# SHARING OUR HEALTH MESSAGING

## SOME DO'S AND DON'TS

### TO DO:

#### ✓ **KEEP AN UPLIFTING TONE**

We talk about a serious message, in a light-hearted and approachable way as this better speaks to young audiences.

#### ✓ **KNOW YOUR LIMITS**

You're (probably) not a trained medical professional so shouldn't give medical advice. If someone has health concerns or asks you questions beyond your knowledge, it's okay to say you're not sure – in fact, we'd encourage it! Point them to CoppaFeel's website (if relevant) or encourage them to speak to their GP or call NHS 111 for guidance.

#### ✓ **USE INCLUSIVE LANGUAGE**

CoppaFeel's message is for guys, gals and non-binary pals. People of all ages and genders can get breast cancer.

### DO NOT:

#### ✗ **EXAGGERATE BREAST CANCER RISKS**

We're here to educate and empower people, not scare them.

#### ✗ **EXAMINE OTHER PEOPLE'S BODIES FOR THEM**

You're not trained to detect or diagnose breast cancer. Plus, we're all about encouraging people to get to know their own bodies—not having others do it for them.

#### ✗ **RUN A PRACTICAL WORKSHOP OR CHECKING DEMONSTRATION**

We know some people might ask you for a more hands-on session, but we don't guide people through self-checking or use breast models. Check out our FAQs for more info.

# FIVE WAYS TO RAISE AWARENESS OUT AND ABOUT

## 1. Get our shower resources into your local local leisure centres, gyms, and sports clubs



 **30 minutes**

A great way to make a new habit stick is to fit it into your daily routine. The shower is a great place to kickstart your checking habit and encourage your community to do the same.

## 2. Host a 'lunch and learn' at your workplace or another local business introducing CoppaFeel! and our services



 **20 minutes**

We know lots of people have big love for CoppaFeel! and want to spread our message far and wide. Try using your CoppaTrek! experience to start some chest chat at local workplaces.

## 3. Visit local schools and youth groups to talk about CoppaFeel! and our services



 **20 minutes**

Help introduce young people to the importance of knowing their normal and how CoppaFeel! can help them get started. Plus, we've got a ready-made slide deck to help you out!

## 4. Get our resources into local GP surgeries



 **30 minutes**

GPs are an important step on a young person's journey to a potential diagnosis. We want GPs to know that young people can get breast cancer and that breast awareness and self-checking is the best way to support early diagnosis.

## 5. Run a pop-up awareness stall at community events or festivals in your area



 **1 day**

You know your community best and we want to empower you to seek out opportunities in your local area. This might be at a local fête, fun day or festival – wherever people get together!



# 1. Get our shower resources into your local leisure centres, gyms, and sports clubs

A great way to make a new habit stick is to fit it into your daily routine. The shower is a great place to kickstart your checking habit and encourage your community to do the same.

## MAKE CONTACT

1

Call, email, or visit a local fitness studio, sports centre, or climbing gym – anywhere that has showers or changing rooms! Explain who CoppaFeel! are, that you're a Volunteer Ambassador and would like to take over their showers with our handy shower stickers and hangers.

2

## ASK PERMISSION

Sometimes businesses want to make things official, or you just want to ensure they're all in on using the materials. We've got a [Shower Takeover Pledge letter](#) ready to help.

3

## PUT IN AN ORDER

Once you've got the green light, email the volunteering team to put in your order for shower resources. Just let us know how many you need and when you need them by.

4

## MAKE SOME NOISE

Why not make a day of it? We'd suggest hosting an awareness stall on the day of the takeover and getting some photos of you at the venue, with staff and any willing members of the public (just not in the actual showers!) You could even contact the local press – see if you can drum up some interest!

 30 minutes

GUYS, GALS,  
NON-BINARY PALS  
YOU'VE GOT TO

**FEEL  
YOURSELF**

CoppaFeel!

Peel me off and stick me in your shower  
**FEEL YOURSELF**  
Remember to look AND feel when  
checking your chest.

Signs of breast cancer may include:



Skin changes such as  
puckering or dimpling



Nipple is pulled inwards,  
or changes direction



Unusual lump or swelling  
in your armpit, or around  
your collarbone



Constant, unusual pain in  
your breast or pec,  
or armpit



Liquid coming from  
your nipple



Unusual lump and  
thickening

A sudden, unusual  
change in size

## 2. Host a 'lunch and learn' at your workplace or another local business introducing CoppaFeel! and our services

**We know lots of people have big love for CoppaFeel! and want to spread our message far and wide. Try using your CoppaTrek! experience to start some chest chat at local workplaces.**



 **20 minutes**

### GOOGLE IS YOUR FRIEND

**1** Start by brainstorming some local businesses you might want to target. Bonus points if they have a young workforce (18 – 24 years). Consider your existing contacts and networks and go from there. October is Breast Cancer Awareness Month and a prime time for businesses to engage with the topic, but awareness is important all year round!

### MAKE CONTACT

**2** Start by calling or emailing the business(es) to propose a short 'lunch and learn' talk for their employees. Remember to mention you have lots of free materials to hand out!

### PLAN YOUR TALK

**3** Check out the presentation slide deck in your digital pack. We recommend you use this for any talks. You might want to add in a slide or two at the beginning about your connection to CoppaFeel! with plenty of photos of the trek – and remember to practise!

### ON THE DAY

**4** Three things to remember: bring your materials so people have something to take away, don't forget your Call To Action and have fun!

**Planning your lunch and learn?**

**Take a peek at our FAQs for all the do's and don'ts!**

[Read more](#)

### 3. Visit local schools and youth groups to talk about CoppaFeel! and our services

Help introduce young people to the importance of knowing their normal and how CoppaFeel! can help them get started. Plus, we've got a ready-made slide deck to help you out!



 20 minutes

#### GOOGLE IS YOUR FRIEND

1

Start by brainstorming some local secondary schools, colleges and youth groups you might want to target. Consider your existing contacts and networks and go from there.

2

#### MAKE CONTACT

Start by telephoning or emailing the school/group to propose an assembly or short talk for their students or young people. Remember to mention you have lots of free materials to hand out! We think our message is best received by students aged 13+.

3

#### PLAN YOUR TALK

Check out the presentation slide deck in your digital pack. We recommend you use this for any talks. You might want to add in a slide or two at the beginning about your connection to CoppaFeel! with plenty of photos of the trek – and remember to practise!

4

#### ON THE DAY

Three things to remember: bring your materials so people have something to take away, don't forget your Call To Action and have fun!

**Planning your school talk?**

**Take a peek at our FAQs for all the do's and don'ts!**

[Read more](#)

## 4. Get our resources into local GP surgeries

**GPs are an important step on a young person's journey to a potential diagnosis. We want GPs to know that young people can get breast cancer and that breast awareness and self-checking is the best way to support early diagnosis.**



**30 minutes**

**1**

### MAKE CONTACT

Call, email, or visit a local GP surgery. Explain who CoppaFeel! are, that you're a CoppaFeel! Ambassador volunteer and would like to offer some free resources, designed specifically for GP practices and clinics.

**2**

### DROP BY A SAMPLE

Sometimes a practice may ask for a sample of materials to see and understand our message for themselves. If they ask, drop off a sample of our materials so they can see what we offer. They might need a bit of convincing!

**3**

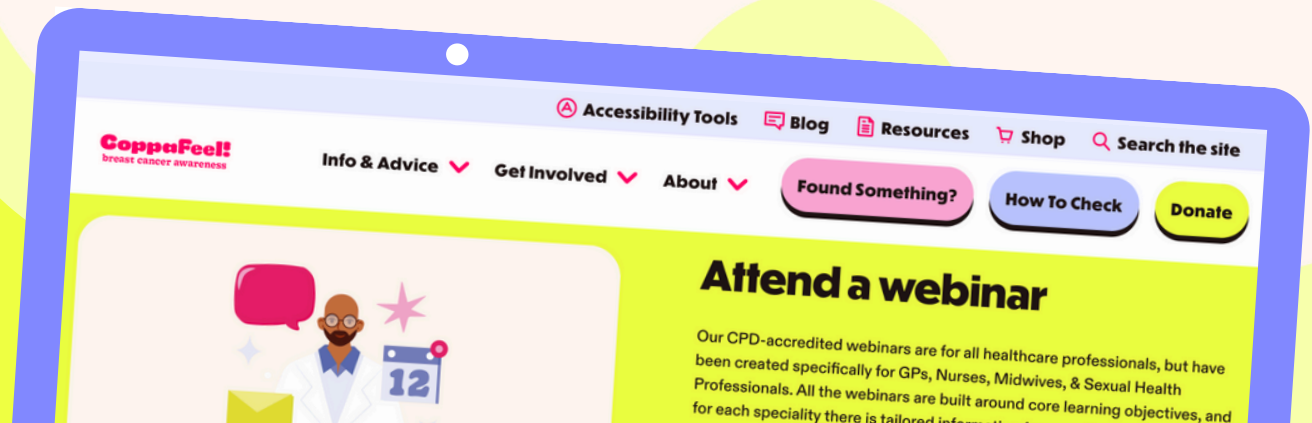
### PUT IN AN ORDER

Once you've got the greenlight, [make an order](#) on behalf of the practice or clinic so it gets sent directly to their door, or order one to your address so you can hand deliver it (what a service, eh?).

**4**

### FOLLOW UP

After a few weeks, check back in to see how they're getting on with the materials and to see if you can interest them in other resources like our [CPD-accredited webinars](#) and breast awareness [online training for healthcare professionals](#).



## 5. Run a pop-up awareness stall at community events & festivals in your area

**You know your community best and we want to empower you to seek out opportunities in your local area. This might be at a local fête, fun day or festival – wherever people get together!**



**1 day**

### GOOGLE IS YOUR FRIEND

**1**

Start by researching upcoming events in your community and maybe further afield for large events like county shows or festivals. Even better, try and find events where young people (18 – 24 years) attend. You might want to ask around – word of mouth is a powerful thing.

**2**

#### MAKE CONTACT

Call or email the organiser to ask if they have any charity stalls or are up for you to come along and speak to attendees (don't underestimate the power of a roaming presence!). Remember to mention you have lots of free materials to hand out! They might want you to suggest some activity ideas [see step 3].

**3**

#### MAKE IT FUN

Why not have a fun activity to draw people in? Think face glittering, bra pong, or pin the nipple on the boob – classic carnival games with a chest-themed twist. And try adding a “call to action” – something you'd love students to do, like signing up for text reminders in exchange for joining in. Need help or some company? Rope in your friends, they'll thank you later!

**4**

#### ON THE DAY

Three things to remember: bring plenty of materials for everyone, remember your “call to action”, and most importantly, have fun!

Where you've been

# POP-UP STALLS

Here's just some of the wild and whacky local festivals our volunteer Ambassadors have spread our message at.

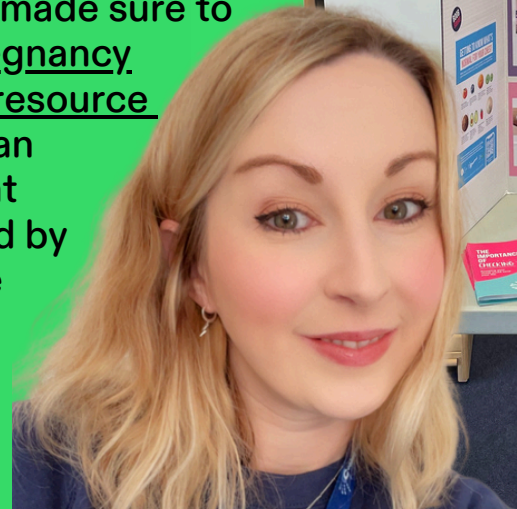
We know chest checking is a hot topic—that's why Ambassador Tess Rugg booked herself a charity stall at the Wiltshire Chilli Festival. A firm family favourite, Tess set up shop with her leaflets and boob suit in tow, chatting chests to festival goers. She got people talking about the importance of getting to know their normal – while they snacked on some spicy bites!

Wiltshire Chilli Festival



Breastfeeding Awareness Pop Up Stall

Why not keep an eye out for community events for young families or new mums? Ambassador Colleen Moseley did just that—she also made sure to bring along our pregnancy and breastfeeding resource booklet, and built an absolutely brilliant information stand by printing out the Ambassador slide deck!



# EVEN MORE INSPIRATION

## RAISING AWARENESS OUT AND ABOUT



Contact your local Hospital and Community Midwifery teams to offer our free pregnancy booklet and a short talk on CoppaFeel! and our services.



Contact local Baby & Toddler Groups or Antenatal classes to offer our free pregnancy booklet and a short talk on CoppaFeel! and our services.



Ask local coffee shops to stock our checking cards near the till.



Go to your local Park Run group to give out shower hangers and talk about CoppaFeel!.



Ask local salons and nail bars to stock our checking cards; why not get some shower stickers up on the mirrors to start the conversation with customers?

## RAISING AWARENESS FROM HOME



Share our Signs and Symptoms graphic on your social media.



Contact local schools, colleges, or youth groups and invite them to book a volunteer talk.



Post a monthly reminder on your socials to #FeelItOnTheFirst, directing people to The Self-Checkout.



Host a virtual 'Lunch & Learn' for a local business about CoppaFeel! and our services.



Contact your local SEN school to promote our accessible 'Know Your Body' series, which can be downloaded and printed from home.

# MAKING AN IMPACT

**Our three top tips when planning your events and activities so you can be sure you're having an impact.**



**Stuck on your call to action? Here's some we thought of earlier...**

**1**

## REMEMBER YOUR **TARGET AUDIENCE**

Our target age group is 18–24, so think about where young people in your community spend time. Our message is for everyone. Think how you can be inclusive in your awareness raising and reach a diverse range of people.

**2**

## CHOOSE YOUR **CALL TO ACTION**

Think about what action you want people to take. Do you want them to grab a shower sticker to remember the signs of breast cancer? Or do you want them to sign up to our text reminder service in exchange for a freebie, sticker, or raffle\* entry?

**3**

## PLAN YOUR **EVENT OR ACTIVITY**

Think about how you can make your event or activity fun, and how it links to your 'Call to Action'. For example, glittering people is a great opportunity for a 1-to-1 chat about chest checking. Follow this by offering a checking card to encourage a sign up to our SMS reminder service.

### TO DO:

- ✓ **SIGN UP TO OUR FREE TEXT REMINDER SERVICE**
- ✓ **TAKE A CHECKING CARD OR SHOWER STICKER**
- ✓ **FOLLOW COPPAFEEL! ON SOCIALS**
- ✓ **COME TO A FUTURE AWARENESS EVENT YOU'RE PLANNING**

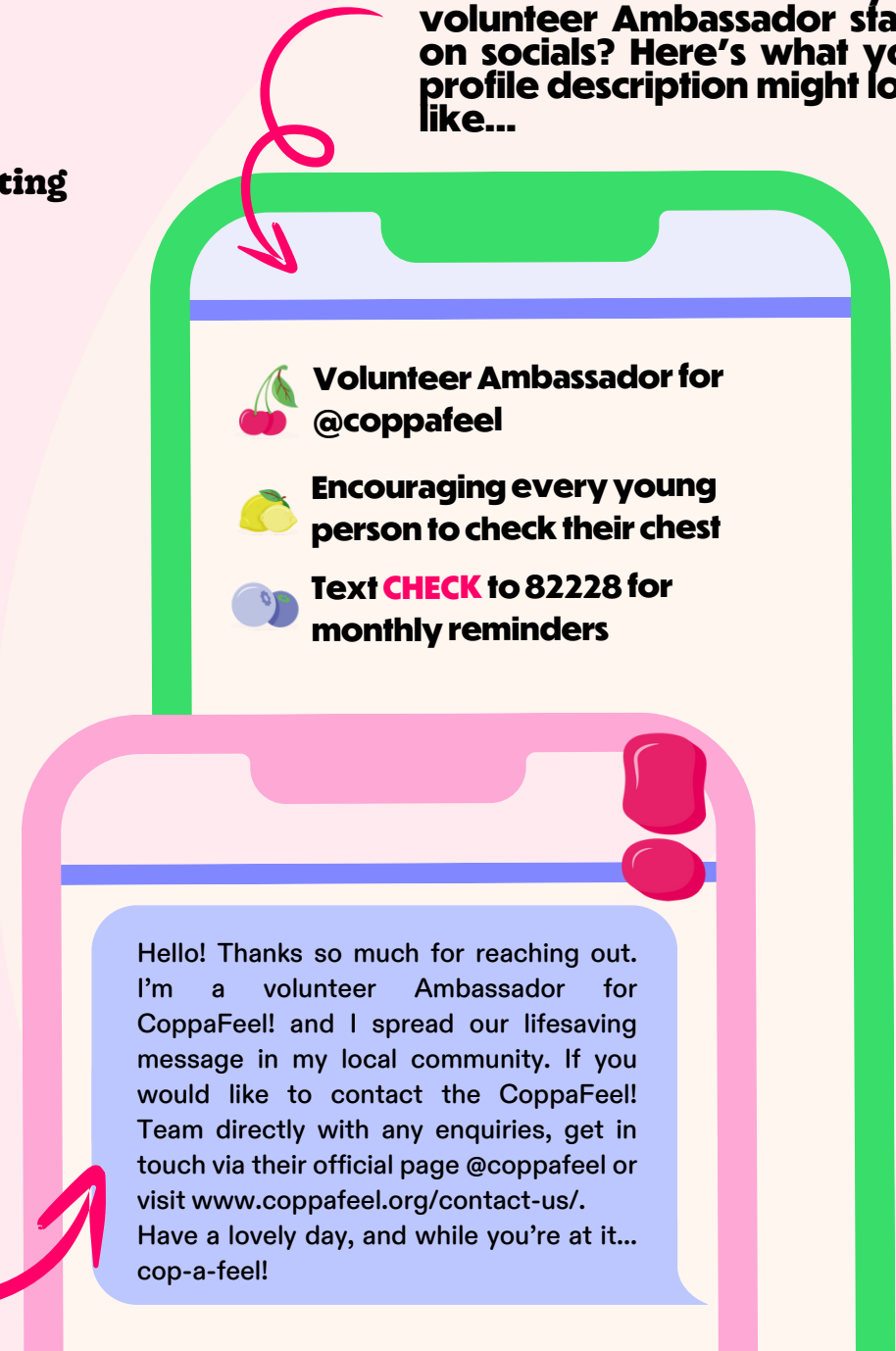
# VOLUNTEER AMBASSADOR SOCIAL MEDIA

We know social media can really drive change, so it's the perfect place for you to share our message. When representing Coppafeel! online, we've got some simple guidelines:

- ❖ **BE PASSIONATE!** Your enthusiasm is contagious. Don't be afraid to gush about the charity, your work and the successes that you have been a part of!
- ❖ **TAG US!** We love to see and share your posts. We're **@coppafeel** on Instagram and TikTok, and **@coppafeelpeople** on X (formerly Twitter.)
- ❖ **DON'T GIVE MEDICAL ADVICE.** When sharing Coppafeel!'s health messaging on your social media, you might get questions asking for health advice. Remember, you're not expected to answer health-related questions. If in doubt, direct people to Coppafeel!'s website or advise them to speak to their GP.

If you receive a message from someone wanting to share their story or ask a medical question, please use this response...

Want to announce your volunteer Ambassador status on socials? Here's what your profile description might look like...



 **Volunteer Ambassador for @coppafeel**

 **Encouraging every young person to check their chest**

 **Text CHECK to 82228 for monthly reminders**

Hello! Thanks so much for reaching out. I'm a volunteer Ambassador for Coppafeel! and I spread our lifesaving message in my local community. If you would like to contact the Coppafeel! Team directly with any enquiries, get in touch via their official page @coppafeel or visit [www.coppafeel.org/contact-us/](http://www.coppafeel.org/contact-us/). Have a lovely day, and while you're at it... cop-a-fee!

# SIGNPOSTING TO OUR SERVICES

Question	Service	How can I access this?
"I forget to check my chest..."	Reminder services (text, email, or calendar)	Checking cards*: These invite people to text <b>CHECK</b> to <b>82228</b> to sign up <a href="#">Get a Reminder</a> webpage <small>*Included in your kit.</small>
"How do I check my chest?"	The Self-Checkout	<a href="#">The Self-Checkout</a>
"How do I learn more about becoming breast aware?"	<a href="#">Volunteer talks</a> : Free educational talks (in person and online) for schools, community groups, and businesses	<a href="#">Book a Volunteer Talk</a> webpage
"I'm a healthcare professional. I want to learn more about being breast aware."	Free bespoke webinars for Healthcare Professionals	<a href="#">Healthcare Webinar Service</a>

# SIGNPOSTING TO OUR **RESOURCES**

Question	Resource	How can I access this?
“I forget to check my chest...”	Shower sticker/hanger	<a href="#">Order shower materials</a> webpage Your Ambassador Kit
“How do I check during or after pregnancy?”	Pregnancy and breastfeeding booklet	<a href="#">Pregnancy and Breastfeeding</a> webpage Contact <a href="mailto:volunteer@coppafeel.org">volunteer@coppafeel.org</a> to request printed copies
“How do I support someone with a learning disability to become breast aware?”	Thera Trust ‘Know Your Body’ downloadable resources	<a href="#">Thera Trust ‘Know Your Body’</a> webpage
“I’m trans—I want to learn more about checking my chest...”	<ul style="list-style-type: none"> <li>• Outpatients x CoppaFeel! posters</li> <li>• Trans and Non-Binary checking guidance</li> </ul>	<a href="#">Trans and Non-binary Resources</a> webpage

# VOLUNTEER AMBASSADOR FAQs

We hope these FAQs cover most of what you need, but if you're ever unsure or need more clarity, don't hesitate to reach out to us at [volunteer@coppafeel.org](mailto:volunteer@coppafeel.org). We're only an email away!

## CAN I DEMONSTRATE CHECKING MY CHEST OR GUIDE SOMEONE THROUGH CHECKING THEIR CHEST?

We ask that you don't demonstrate or guide anyone through checking. There's no single "right way" to check, and we want to avoid giving that impression. We also want to avoid anyone feeling uncomfortable or pressured to touch their chest in public; breasts and bodies can be sensitive topics. We encourage people to check themselves in their own time, in a space where they feel safe and comfortable.

## CAN I CHECK SOMEONE ELSE'S CHEST?

No, you're (probably) not trained to detect breast cancer, and we don't expect you to be! Our focus is on encouraging people to feel confident checking their own chest.

## CAN I USE A PROP OR BREAST MODEL TO DEMONSTRATE CHEST CHECKING?

We don't use breast models at CoppaFeel!, and you're not trained to run this kind of session. Models put the focus on lumps and don't reflect all signs of breast cancer. They can give the false impression that cancer lumps feel a certain way. Checking is about becoming familiar with your body, rather than searching for a lump. We encourage everyone to get to know their own normal – after all, some people have naturally lumpy and bumpy breast tissue, and that's their normal.

## CAN I GIVE MEDICAL ADVICE?

This role is all about sharing the basics of CoppaFeel! and our message. We ask that you don't give medical advice. Instead, signpost to our services or encourage people to speak to their GP when you've got your volunteer hat on (even if you are a medical professional!)

## CAN I FUNDRAISE AS A VOLUNTEER AMBASSADOR?

As an Ambassador, your main mission is raising awareness. If someone comes along and wants to donate, great! Just don't make it the main point of your event. The role's focus is on amplifying CoppaFeel!'s message and sharing our resources. Bucket collections and fundraisers are fantastic ways to support us, but they're handled by other teams. If you're fundraising for a CoppaTrek!, contact [events@coppafeel.org](mailto:events@coppafeel.org). For all other fundraising, contact [fundraiser@coppafeel.org](mailto:fundraiser@coppafeel.org).

## CAN I HOST AN AWARENESS EVENT AT MY HOME?

To keep things safe, we ask that any events open to the public are held in a public space, rather than at a personal address. Whether it's a film night or mini awareness talk, a community space or other local venue is your best bet! Planning a large event? Check out our [Safe and Legal Guide](#) for things to keep in mind.

## CAN I HOLD AN EVENT AT A BAR, PUB, CLUB, OR VENUE WHERE ALCOHOL WILL BE PRESENT?

In short, yes! We know that bars and pubs are popular and accessible spots, especially for young people. We just ask that you avoid drinking alcohol during (and just before) your event.

## HOW CAN I PROMOTE AN EVENT WHICH IS HELD AT BARS, PUBS, OR CLUBS?

Many volunteers hold events at local bars, pubs, and clubs. We understand that alcohol may be served at these venues, which is perfectly fine. However, as a health charity, we want to keep your volunteering activities separate from alcohol. So, when promoting your event, avoid making drinking a focus or central part of the activity. This includes not promoting any alcohol-related deals or prices in person or on social media.

Here's some examples:

- ✗ **Glitter Party: £3 cocktails**
- ✓ **Glitter Party: £3 'Pink Punch' mocktails**  
(inc. 50p donation to CoppaFeel!)
- ✗ **Boozy Boob Brunch**
- ✓ **Boob Brunch**

## CAN I FUNDRAISE THROUGH SALE OF ALCOHOL OR A DRINKING-RELATED EVENT?

Fundraising isn't part of the Ambassador gig, but as a general rule, CoppaFeel! supporters can fundraise or accept donations at events where alcohol is present, like a pub quiz or bucket collection in a bar or club. You can also fundraise through ticket sales, such as donating £1 from each ticket sold to CoppaFeel!.

However, you can't fundraise from the sale of alcohol or alcohol-related products, like donating £1 from every drink purchase. This includes promotional cocktails, (though mocktail can be a good alternative!)

## CAN I DRINK OR SMOKE WHILE REPRESENTING COPPAFEEL!?

In short, no. We ask that you don't drink alcohol or smoke while representing CoppaFeel!, (aka during set up, the full duration of the activity, plus any pack down. This applies to you and any friends or family helping out at an event.) If someone needs to take a smoking break, they should remove or cover any CoppaFeel! kit during the break.

## WHY CAN'T I DRINK WHILE REPRESENTING COPPAFEEL!?

Drinking alcohol increases your risk of breast cancer. As a result, here at CoppaFeel! we're careful not to associate ourselves with drinking or drinking culture and as ambassadors of the charity, we expect you to do the same.

## CAN I DO A NAKED CALENDAR OR ORGANISE AN EVENT INVOLVING NUDITY?

We don't permit volunteers to create and/or sell any kind of naked, nude, or topless calendars. While CoppaFeel! will occasionally use nude, topless, or semi-nude imagery to raise awareness, these photoshoots are organised with great care, following our [Safeguarding Policy](#) and procedures. This includes using a paid intimacy coordinator, ensuring a closed set with professional staff, obtaining recorded consent from each model after a one-on-one conversation, among other considerations.

Your key contacts at

# CoppaFeel! HQ



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**Volunteer Community Executive**

**We  
make**

**a great  
pair**



**CoppaFeel!**  
breast cancer awareness

**Thank you**  
for spreading our  
life-saving, chest-  
checking message!