

BRAINWAVES

in support of the
 Tessa Jowell
Foundation

"MAKING WAVES FOR BRAIN CANCER"

Brain cancer is the biggest cancer killer of children and the under 40s in the UK.

Join us to support the NHS in changing the outcomes and experiences of brain cancer patients and their families across the UK.

YOU can help us raise the funds needed to do this through sharing your

BRAINWAVES!

IT'S EASY:

1. Choose your crew
2. Pick your wave
3. Share on social media
4. Challenge your friends to #makeawaveforbraincancer
5. Make a donation at www.tessajowellfoundation.org.uk/brainwaves



WHOEVER YOU'D LIKE IT TO BE!

Ask your friends, your class, your school, your family, your university or college friends, your colleagues, your clients, your pets, house mates, your street mates, or just go solo!

**LET'S WAVE GOODBYE TO
BRAIN CANCER**



The Tessa Jowell Foundation exists to provide the resources, collaboration and leadership to deliver Tessa Jowell's public health legacies, starting with transforming the quality of treatment and care for brain cancer patients throughout the NHS.

www.tessajowellfoundation.org.uk

A restricted fund under the auspices of Prism the Gift Fund, registered charity no. 1099682

There are **FOUR** types of brain wave
(and we've added one for luck!)

MAKE A WAVE

You could do a 'crowd' wave, wave your hand, jump into a pool

FOLLOW A WAVE

Go for a walk, run, cycle or scoot beside a wave. Along a coastal path, beach, lake or canal.

OR ...

YOUR WAVE YOUR WAY

Wave your hair, wave your arms, draw a brain wave, share a sound wave, wave some flags, fly a kite. It's your wave, your way.



SHARE ON
SOCIAL
MEDIA

CHALLENGE
YOUR
FRIENDS



Nominate friends, family, classmates, schools, colleges, universities, colleagues, organisations, famous people to do a brainwave for us by tagging them in your social media post.

...AND
FINALLY

MAKE A
DONATION

By text or online -
details on
tessajowellfoundation.org.uk/brainwaves



Every penny you raise will go towards supporting the NHS to improve the lives and experiences of brain cancer patients across the UK.

Use the hashtag
#makeawaveforbraincancer and
follow to see who else is taking part

WHAT'S MY WAVE?

SURF A WAVE

Yes, literally!

CREATE A WAVE

Paint, draw, mould or sculpt a wave -
be your most creative