



**Bermuda
Cancer and
Health Centre**

DETECTION PREVENTION SUPPORT

October is BREAST CANCER AWARENESS Month

*Girls
Night In*

Planning makes perfect!

Girls Night In gives you the flexibility to decide what kind of event to hold and how much or little planning goes in to it. Here are some ideas we hope will inspire you and help you plan your event:

Before the Night

Decide who to invite

You can invite whoever you like, friends, family, neighbours and colleagues – it's your night. Download our Hostess Kit for your: registration form, donation process and sample invitation, from www.chc.bm

Plan to raise extra funds

As well as raising funds on the night, you can also approach local businesses and get their support to boost your funds. You'll be surprised what you can get if you're prepared to ask. The business could: match the funds you've raised; make a cash donation; donate something for auction or raffle prizes.

On the Night

Have fun and raise money!

You can either charge a set 'entry fee', or ask your friends for a donation of what they would usually spend on a night out. Collect the money at your event and complete the Donation Form (in the Hostess Kit). Take pictures of you evening to submit Bermuda Cancer and Health Centre's website. Send photos to www.info@chc.bm

After the Night

Bank your donations

Donations can be submitted by:

- Bank deposit – deposit slip provided, please add the \$total and deliver to any Bank of Bermuda Branch
- Online – Bank of Bermuda, Account Number: 006-048482-001, please note Girls Night In
- Cheque – made payable to Bermuda Cancer and Health Centre, P.O.Box HM1562, Hamilton HM FX Bermuda
- **Say Thanks to everyone who came or donated!**

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Theme and fundraising ideas

What's your perfect Girls Night In?

Are you and your friends foodies? Movie buffs? Shopaholics? Love a singsong? Or do you just fancy some time to catch-up? Whatever your idea of a good night is, get together for *Girls Night In*, have heaps of fun and raise funds to help Bermuda Cancer and Health support breast cancer patients.

Girls Night In is a wonderful excuse to get together with the girls. Your *Girls Night In* can be as simple as a regular get-together with the girls, or you can choose to make it a larger celebration with a special theme. You can make your *Girls Night In* your own!



You might simply want to ask your guests to make a donation comparable to what they would spend on a night out with the girls. You might want to ask for a set donation tied to a party theme. You might even want to include additional fundraising ideas...

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Theme Ideas... just for fun

Dinner and a movie - Combining your favourite movie genre and cuisine is a classic get-together idea with lots of options traditional and exotic. Here are just a few of the endless possibilities sure to please or even surprise your guests:

- *My Italian Restaurant* - Start with some red and white-checked tablecloths and some music from your favourite opera or Italian crooner. Serve up antipasti followed by risotto or polenta. Follow the food with a home screening of *Everybody Wants to be Italian* or *Il Postino*.
- *Bogart meets Morocco* - Where do you start when choosing your favourite Humphrey Bogart movie? How about *Casablanca*? Set the mood with Moroccan-inspired lanterns, an indoor tent and belly-dancing music. Then serve up a Moroccan feast (to be eaten while sitting on pillows) with tangine chicken, lamb kebabs on couscous and chopped salad with chickpeas and lentils. A Web search will yield lots of recipes!
- *Stage musicals meet the silver screen* - Some of our favourite musicals are set in locations that conjure up some unconventional get-together ideas. Transport your guests away with some music from the soundtrack (i.e. *Fiddler on the Roof*). Start dinner off with some cold Green Shchi (cabbage soup), followed by Blinchaty pirog (a type of pancake), and topped off with some Moscow Ponchiki (pastries).

Single Girls in the City - Even if you can't get to the city (or aren't single), you can still have fun pretending or bringing "uptown" life home. Here's how:

- Encourage your guests to dress up in their most fashion-forward attire. Almost anything goes here, including stilettos, chic corporate suits, designer bags and hip flea market finds.

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- Establish an urban vibe with some club or lounge music. You can find compilations at your local music store or at popular paid music download web sites.
- Decorate your party room by devoting an area to each character from your favourite TV show about four "girls in the city." Don't forget to run DVD episodes from the program or challenge your guests with trivia.
- Offer manicures, serve appetizers of shrimp and little sandwiches, serve cocktails in fancy glasses.
- Order the best takeout followed by ice cream.

Memories of Karaoke Karaoke might not be a new party idea, but you can put your own spin on it by playing songs from your favourite musical decade or holding your own "Girls Night In Idol" singing competition. Invite three guests to be your celebrity 'Idol' judges and let the fun begin. To get started:

- Choose a musical theme that your guests will know best. Add a Karaoke image to your online *Girls Night In* invitation.
- Find some Karaoke software (free versions are available on the Web) or rent a machine (check the Yellow Pages or the Web). Try <http://www.karafun.com/karaokeplayer/> or visit <http://www.karaoke-tutor.com/free-karaoke-software.html> for a list of free software.
- For your singing competition create some fun scorecards that rate the singing on unique criteria like: most unlikely song choice, highest note reached, most unusual interpretation of a song or longest note held. Create a "trophy" for the winner, such as a toy microphone or CD case with a certificate.
- Add special effects like fog, disco balls or bubble-making machines. Visit your local party supply or DJ supply center for more effects ideas.

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Home Spa Party Who wouldn't want a day or night at the spa? You can have a get-together where you do all the pampering or invite your guests to indulge themselves. The best thing is, you can bring the spa home without paying spa prices:

- Send out invitations with small scented soaps attached with ribbon (if hand delivered).
- Set the mood with lots of candles, soft lighting and new age music.
- Purchase inexpensive flip-flops and invite your guests to change when they arrive.
- Visit your dollar store for pretty glass bottles and jars that are perfect for holding/sampling homemade massage oils, body lotions, body scrubs or facial masks. You can find recipes for essential aromatherapy oils on the Web.
- Set up small pampering stations on tables with beautiful aromatic hand creams, nail polishes and nail grooming tools.
- Make food preparation and serving easy. You can order cheese, fruit or veggie trays and dips. Serve cocktails/mocktails with slices of lime, lemon or orange or prepare ahead of time.

Fundraising Ideas

To add an extra fundraising component to your Girls Night In event, consider

- **Cooking Competition** - ask your guests for an entry fee, set a time limit and let them cook up a storm. Then award prizes for the best (or most creative) dish.
- **Silent Auctions** - do you or your guests have any special talents (i.e. cooking, babysitting, and home improvement) that they'd be willing to provide for auction? Create a simple sheet for each donated item or service with a starting price or donation. Leave room for guests to write in their bids. Set a time limit for the auction to close, and then see how much was raised.

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Additional ideas.....

Nothing's out for a Night In!

Except guys, of course. Pack them off (along with the kids) to amuse themselves while you get on with...well, whatever it is you fancy doing for your Girls Night In. Here's some ideas to get you started, but don't stop at this list. Pajama party, book group, card night... you can do whatever suits you so long as you're supporting breast cancer survivors and Bermuda Cancer and Health Centre, so get thinking and get registered!

Friends Night In

Every Girls Night In is a friend's night. You don't need to do any special theming – just getting together with the girls for a gossip and a glass is reason enough. Keep it cosy and make it invitation only or spread the net and ask people to bring a friend.

Pink Night In

Everyone knows pink is the colour that represents women's cancer fundraising, whether it's a bottle cap or a fun run shirt. So add a splash of pink to your night, whether it's with clothes (feather boas, anyone?), shoes, jewellery, balloons, the colour of the drinks, cup, plates – even pink food!

Dinner Party Night In

Yes, it's nice to spoil yourself with slick service and fancy food at a flash restaurant, but let's be honest; it's the people at the table and the conversation that make the meal. Don't take it all on yourself though; rope in a couple of friends to bring a starter, side dish or a dessert.

Movie Night In

This one's easy. Draw up a list of girlie movies you all want to see and raid the DVD store. Work out who has the best home theatre setup and make sure you've plenty of popcorn/ tissues/ ice-cream/ lollies/ dips and other supplies bought in. Then sit back and enjoy.

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Pamper Night In

Pull out all those products you bought but rarely use, pool them together and between you you've probably got a fully-functioning professional spa. Take turns at being the beautician or, for serious pampering, bring in the professionals.

Swap Night In

A swap night is a shopaholic's heaven. Get everyone to bring over four or five items to auction or sell. You'll bag yourself a revitalized wardrobe and raise money at the same time. You may even pick up that item you'd always admired from afar.

Craft Night In

Making things for yourself is back and bigger than ever. So get those wonder women in your group who know how to sew around to share their know-how. Or get together for another craft project, quilting, scrapbooking or cupcake icing.

Night Out Night In

Bend the rules! Some of our hosts have organized full-on Girls Night In fundraising dinners to really get behind the women's cancer cause. Secure local business sponsors, run a charity auction and a raffle, you'll surprise yourself with what happens when you get behind a causes.

Wellbeing Night In

Despite our best intentions, none of us spend enough time on our wellbeing. Get the girls together for a yoga or tai chi session, or maybe try something more spiritual like meditation or reiki. You'll feel good about yourself and good that you're helping others too.

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Beauty Product Test Party

Do you and your friends keep up to date on what's new and hot in beauty products? Then, why not hold a Beauty Product Test Party. Have each of your guests bring a new beauty product that everyone's dying to try. Take turns testing the products together. You'll all get to find out what the truly great products are and what is just hype. Think of the money you'll save.

Learn to Dance Party

Rent or purchase a video on how to belly dance, country line dance, dance hip hop, or groove to any other dance style you've always wanted to learn. Invite your friends over and let the fun begin. Practice enough and you may be able strut your stuff in the outside world on your next girls' night outing. (It's always less intimidating to make a fool of yourself among friends first.)

Book Party

Invite your friends over and have them each bring a book that they have recently read and really enjoyed. Have them share a little about their book (not too much - just enough to entice someone else to want to read it). Then have a book exchange.

Note: Keeping a book journal is an awesome idea. Also, if you plan on having several book parties, attach a Book Review Form inside each book and have each person record their name and thoughts about the book. I am currently working on creating a Book Journal and Book Review Form. If you're interested be sure to check back here soon.

Yearbook Party

Invite your friends over for a night of reminiscing. Have them bring their yearbooks and/or pictures from their high school years. Make it a time to get to know each other better and/or relive fond memories. Make soda fountain drinks and ask your friends to wear something they still own from that time period (e.g. clothes, jewellery, hair accessories).

Note: Rachael Ray from the Food Network has a recipe for a yummy rootbeer float. It's very easy to make and if you don't like rootbeer, it can be substituted with your favourite soda.

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Toe Party

Have each person bring an interesting toe ring and clean feet. Paint each others toenails in all kinds of exotic prints and designs. Then, have a draw to determine who will get each toe ring.

Note: There are so many fun nail design kits and accessories available these days. Stencils, jewels, stickers, colourful nail polishes, etc., etc., etc. Let your imaginations go wild.

Tip: You can accessorize your toenails with a lot of different things. These things will stay on longer if you give them a final coat of clear nail polish.

Host a Cooking Class

Decide on a type of dish, ingredient, and style of cooking, etc. that you would like to learn something about and then find someone to teach about it at your home. There are several ways to do this. Either hire a professional or ask a friend who is particularly skilled in an area of cooking.

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