

Get mindful



Prostate
Cancer
Research

pccr.org.uk

Take on a mindful challenge to raise money for vital prostate cancer research, boost your mood and clear your head space.

When you've picked your challenge, register it at www.pccr.org.uk to receive your welcome pack and fundraising support. Don't forget to set up your [JustGiving](#) page as well!

Activity ideas

If you can't think of an activity, why not give one of these a go:

- Yoga
- Giving up a vice
- Puzzles
- Walking
- Meditation
- Colouring
- Learn a new skill
- Spring clean

Setting the pace

- Challenge yourself to do a mindful activity every day for a month
- See if you can give up a habit you've been wanting to kick for a period of time
- Declutter your physical space to declutter your head space - sell old household items online and see how much you can raise

Link it to the cause

Use these statistics to decide your time frame or fundraising target:

- PCR currently funds 11 research projects
- 129 people are diagnosed with prostate cancer every day
- 56,000 men were diagnosed in the UK in 2018

For fundraising support and resources, click here or visit www.pccr.org.uk/fundraisingresources