



**Show us your stripes.  
Pose for research.  
Change lives.**

Stripe a Pose is a day to wear stripes, have fun, and raise funds for cancer research here in Wales.

Since launching three years ago, Stripe a Pose has brought together thousands of people across Wales — all united in one bold, brilliant goal: **to beat cancer.**

This year, we're going even bigger. We've teamed up with Welsh TikTok star Lewis Leigh, who's created a fun new dance and signature Stripe a Pose move to help get everyone involved.



## Why it matters

**In Wales, 1 in 2 of us will get cancer.**



At Cancer Research Wales, we fund research that brings hope today and transforms lives tomorrow — but we can't do it without you.

World Cancer Research Day highlights the critical role of research in the global fight against cancer. From faster diagnoses to more effective treatments, research saves lives.

Shine a light on the power of cancer research in Wales — Stripe a Pose and donate to drive life-changing discoveries.

# How to Get Involved

## Show us your stripes

Wear your stripey tops, socks, trousers — even stripey hair! Capture your moment and share a photo or video on social media using #StripeAPose and tagging @CancerResearchWales.

## Join the movement

TikTok sensation Lewis Leigh has created a brand-new Stripe a Pose dance to lead this year's campaign. Film your own version, and post it online on the 24 September to show your support.

## Get others involved

Get your friends, family, school, or workplace involved. Or go the extra mile — host a bake sale, organise a quiz, or take on a run, cycle, or walk in stripes. Every action helps raise vital funds.

## Learn the dance!



## Set up your fundraising page



Scan the QR code to set up your fundraising page and learn Lewis's Stripe a Pose dance so you can join in on the 24th September.

## Already have an idea?

Let us know what you're planning!

Email: [contact-us@cancerresearchwales.org.uk](mailto:contact-us@cancerresearchwales.org.uk)



# Paying in your donation

Thank you for supporting Stripe a Pose!  
Once your fundraising is complete,  
here's how to send in your donation:

## Online



### Enthuse

If you've set up an Enthuse page,  
your donations will come directly  
to us — no extra steps needed!

## By post

Prefer to send a cheque? Please make it  
payable to Cancer Research Wales and post it  
to the address below. Include a short note with  
your name, contact details, and how you raised  
your money so we can thank you properly.  
Please don't send cash through the post.

## By phone

Call us on **029 2185 5050** to make a donation  
by debit or credit card. Our team is available  
Monday to Friday, 9am–5pm, and happy to help.



# Thank You

Every penny you raise brings us closer to a world  
where fewer lives are lost to cancer. Thank you  
for supporting Stripe a Pose.

[www.cancerresearch.wales](http://www.cancerresearch.wales)

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