



Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause. Good food. Good company. A good cause.

full.

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A beautiful way to connect,
enjoy delicious food and make
prevention part of our daily lives.

Darryl Edwards, Full guest

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**breast
cancer
uk.**

Developed for
Breast Cancer UK

Full is a nutritious, not-for-profit supper club bringing everyone together around the table, where we can nourish our minds, bodies and social connections.

Breast cancer is the most common cancer in women in the UK, but did you know that at least 30% of cases are preventable? We know that sadly not every diagnosis is avoidable, but at Breast Cancer UK we want to make prevention part of the conversation.

Research tells us that we can reduce our risk by maintaining a healthy, balanced diet and lowering our alcohol intake. Hosting a Full supper club is a great way to connect with loved ones, enjoy delicious food, and make more mindful food and drink choices together.

To help you, we have curated a special hosting pack which includes wholesome yet indulgent meal ideas designed by renowned chefs, hosting tips and a dinner party game that will get the conversations flowing.

Host a ticketed supper club in your home for your friends and family and help us fund vital work to prevent breast cancer.



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Want to know more?

Scan the QR code for more
information about Full

