

NIGHTINGALE

FASHION WEEK

11-15 OCTOBER 2021



Why start a Fashion Week?

Every year we hold a Nightingale Fashion Show that showcases the incredible selection of clothing and accessories available in our three charity shops. This year we wanted to go bigger and create a Fashion Week for three main reasons.

01

Raise awareness of The Nightingale

02

Encourage people to shop preloved

03

Show people you can look good for less

01

Raise Awareness of The Nightingale

The Nightingale Cancer Support Centre supports adults affected by cancer, including patients, family members, friends and colleagues. We ensure those affected by cancer receive the emotional, psychological and practical support needed to help them come to terms with and cope with their changing lives.



When I reached out to The
nightingale I couldn't stop
crying...

Now, although my prognosis is
poor, I think there is hope. I want
people to know there is hope!

- Nightingale Client

What do we do?

Our services are created with a holistic approach in mind. We use emotional and physical support as well as complementary therapies so that people can live their life whatever the circumstances.

Emotional Support

Providing a safe space where people can talk and express their feelings in order to explore ways to deal with life. Activities like counselling, support groups and Mindfulness can give people a different outlook on life as well as a calmer manner in responding to life's pressures.

Physical Support

Whether Tai Chi, Relax and Breathe or FitSteps, physical activity benefits both the body and mind. Not only do these classes release feel good endorphins but they also develop the body's strength, reduce stress and improve flexibility.

Complementary Therapies

Reflexology, aromatherapy massage and acupuncture are just some of the therapies we offer. In their own way they each relieve pain, reduce anxiety and help the body's healing process.



**1 in 2 people
will get cancer
in their lifetime**

Therefore everyone will be touched by cancer at some point. This staggering statistic shows the urgent and ongoing need for The Nightingale and the support we provide to people in our community.

All of our services are free of charge, however they are not free to provide. As a charity we are totally dependent on external funding and therefore The Nightingale Fashion Week helps us to continue supporting those who are struggling with cancer and would otherwise receive no help.

02

Encourage people to shop preloved

Shopping preloved not only benefits your purse and the environment but it's also an easy way to support your local charity. Rather than shopping high street and increasing unsustainable fast fashion processes, second hand shops directly benefit your community, your family and friends.



A few years ago I found out that 350,000 tonnes of clothing ended up in a landfill every single year.

It made me realise how wasteful fast-fashion shopping was and made me want to start shopping smarter.

- Nightingale Shopper

Why shop preloved?

Approximately 1,800 gallons of water are required to make one pair of blue jeans. Buying preloved saves lots of water and natural resources.

Live local, shop local. By shopping in the community you help our local economy making our borough a better place to live and work.

In the UK 430,000 tonnes of clothing ends up in landfills each year and will sit there for several hundred years.

If you save your clothes for 9 months you will be able to reduce 20% of your carbon footprint.

The carbon emissions from new clothing bought in the UK every month are greater than the emissions from flying around the world 900 times.

03

Show people you can look good for less

We're eliminating the stigma that surrounds shopping in a charity shop and dispelling the myth that charity shop clothes are old, unstylish and poor quality.



I went into one of The Nightingale charity shops and got a daytime and evening look, including bag and jacket all for £44!

An unimaginable price as a high street shop.

- Nightingale Client

Where can you shop preloved?

188 Baker Street
Enfield, EN1 3JY
0203 911 4164
Open Monday – Saturday 9:00 – 4:00

171 Bramley Road
London, N14 4XA
0203 911 4165
Open Monday – Saturday 9:30-4:30

71 High Street
Waltham Cross, EN8 7AE
0203 911 4166
Open Monday – Saturday 9:30 – 4:30

<https://www.ebay.co.uk/str/nightingalecancersupport>

Fashion Week Events

Here are some of the events we're holding throughout the week. We'd love to see you there. Feel free to send this to your members and audiences to let them know what's going on.

13th Oct

Colour and Wellbeing

Colours can have a huge impact on how we look, how we feel and how others perceive us. When we get it right, it transforms our look and mindset. Suzanne Harwood from Style Spa will talk about how the colours you wear affect your wellbeing and share her tips and knowledge

14th Oct

2 For 1 on ALL clothes

In all three of our charity shops, all clothes will be 2 for 1 all day. Across men's, women's and children's clothes you'll be able to pick up two for the price of one with the cheapest item absolutely free!

15th Oct

Fashion Show

An afternoon where 10 Nightingale clients walk the catwalk in three different outfits; casualwear, workwear and eveningwear with clothes and accessories all sourced from our charity shops.

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For any more information on Nightingale Fashion Week email
lucy@nightingalesupport.org.uk

