



WELCOME TO OUR FREQUENTLY ASKED QUESTIONS PAGE!

WHAT IS MOVEMBER?

Movember (the month formerly known as November) is a moustache growing charity event held during November each year that raises funds and awareness for prostate cancer and testicular cancer. At the start of Movember guys register with a clean shaven face. The Movember participants, known as Mo Bros, have the remainder of the month to grow and groom their Mo, raising money along the way to benefit men's health.

WHAT ASPECTS OF MEN'S HEALTH DOES IT FOCUS ON?

This year Movember is focusing on 2 distinct themes - prostate cancer and men's mental health. They are hoping to help fund research projects which connect experts from all over the world in the hope of reducing, if not eradicating, these conditions.



WHY DOES THIS LINK TO HINCHINGBROOKE?

At Hinchingsbrooke we are launching a large scale teacher, student and parent campaign this year. This matches with the theme of 'Movember and Sons' focusing on the passing of knowledge from one generation to the next, a fitting theme for a school! We would very much like anyone and everyone to take part and here's how.

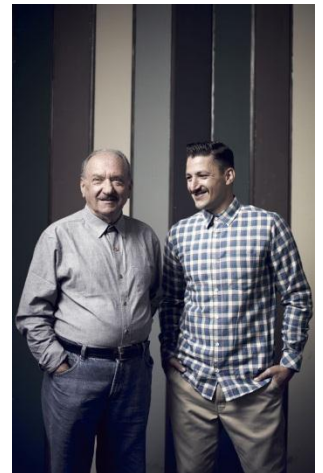
WHAT CAN I DO?

Mo Bros - It would be fantastic to see as many parents taking part as possible. The year 10s to 13s are already exceptionally excited, as are the staff! It would be great to see so many of you out there supporting men's health this year by growing a moustache.

Mo Sistas – Whilst girls can't grow facial hair they can still get involved leading activities. In fact they are welcomed with open arms! MoSistas were some of the leading campaigners last year when it came to raising money. There are some key details in the attached documents, if you are unsure whether you want to take part.

WHAT ARE NETWORKS AND TEAMS?

A **network** is a useful way for a community to come together in support of Movember. You can be a part of several Networks which is fantastic for the competitions we will be running. If you become a MoBro or MoSista we would love you to join our HBK Mos network and our HBK Staff network – this can be easily done by logging into your MoSpace and clicking on the network option on the left hand side of the screen. More details on the competitions to follow!



A **team** is where you and a group of friends or colleagues can get together and raise money for Movember. Working together can make things much better – strength in numbers! However, on the 30th Movember, you and your team will look glorious! You can only join one team – so choose carefully! Remember – every good team has a team captain. Why not start your own team today!

DO I HAVE TO REGISTER? WHAT IF I DON'T WANT TO?

This is not compulsory but your support would be very much appreciated for when we run form activities etc. It would be fantastic if you could encourage the students to participate in some form or other.

WHAT NEXT?

Having read this, if you've decided to participate - then please look at the attached for more information on how to register and next steps. If you would like further information, please do not hesitate to contact us on this address!

Many thanks,
HBK Mos

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