

How you can support Decembeard

Decembeard is Bowel Cancer UK's annual fundraising campaign, which asks men to grow a beard throughout the month of December and raise money to help stop deaths from bowel cancer.

More than 23,000 men are diagnosed with bowel cancer in the UK every year, making it the third most common cancer in men. Show your support by signing up to Decembeard.

Dads, brothers, sons, nephews, granddads, uncles – you can help the charity this December.

All you need to do is clean shave on 30 November and let your facial fuzz grow throughout December. Already bearded? No problem. Dye, ditch or decorate your beard and join the campaign.

Bowel cancer is the UK's second biggest cancer killer.

However it shouldn't be as it's treatable and curable, especially if diagnosed early.

Join in this December, get growing a beard and raise as much as you can to support Bowel Cancer UK's vital services and lifesaving research.

Save lives.

[Grow a beard!](#)

