

## Dan and Mel's Slimming World Members Raise Over £7,500 for Cancer Research UK Through the Big Slimming World Clothes Throw

Every year, Dan and Mel's Slimming World groups proudly take part in the Big Slimming World Clothes Throw, a nationwide fundraising event that turns members' slimming success into life-changing support for Cancer Research UK. This year, thanks to the incredible generosity and enthusiasm of members across the Potters Bar groups, an amazing total of over £7,500 has been raised.

The idea behind the Clothes Throw is simple but powerful. Members donate bags of clothes they've slimmed out of, with each bag worth £30 or more to Cancer Research UK. For many, filling a bag represents far more than clearing space in a wardrobe. It's a celebration of personal achievement, confidence gained and the positive lifestyle changes they've embraced on their Slimming World journey.

What makes this event so special is the community spirit that surrounds it. Members cheer each other on, share stories behind the clothes they're parting with and take pride in knowing their success is directly helping to fund vital research. It's a reminder that Slimming World isn't just about weight loss, it's about belonging, support and making a meaningful difference together.

Dan and Mel are immensely proud of the dedication shown by their members year after year. Their groups continue to champion Cancer Research UK, weaving charitable giving into the heart of their weekly sessions. Whether through the Clothes Throw, awareness activities or ongoing fundraising, the commitment to supporting the charity remains strong.

Together, the members of Dan and Mel's Slimming World groups have once again shown the extraordinary impact a caring community can create, and this year's achievement of over £7,500 raised is something everyone can celebrate.