

Introduction

By joining the Dance 20 Minutes a Day for Bowelbabe Fund challenge, you're supporting the Bowelbabe Fund for Cancer Research UK. We fund cutting-edge research into early detection and personalised medicine, raise awareness of signs and symptoms and tackle the stigmas around cancer.

Known as Bowelbabe, Dame Deborah James was an inspiration to us all. Her story and incredible work to raise awareness of cancer has touched so many lives.

By raising money for the Fund, you're supporting causes and projects that Deborah really cared about, such as clinical trials and research.

Thank you for continuing Deborah's incredible legacy.



Deborah's story

Deborah was diagnosed with bowel cancer in 2016 at the age of 35. She was a tireless campaigner and fundraiser, sharing her cancer experience with unflinching honesty to raise awareness and smash taboos around talking about poo and the symptoms of bowel cancer.

In May 2022, Deborah announced that the time had come to stop treatment and receive palliative care at home with her family. However, defiant to the last, she was determined to still give one last big F*** YOU to cancer. That's why, together with her family, she set up the Bowelbabe Fund for Cancer Research UK. On June 28 2022, Deborah's family announced that she had died peacefully, surrounded by her loved ones.

Thanks to the continued generosity of the public and partners, the Fund has now raised over £19m. This incredible amount is helping give more people more time with the people they love by funding research into early detection and personalised medicine and raising awareness of the signs and symptoms of cancer, including working in partnership with organisations such as Bowel Cancer UK, the Royal Marsden Cancer Charity and the Institute of Cancer Research, London.

Deborah's commitment to campaigning, fundraising and raising awareness of cancer has moved so many of us and will continue for years to come.