



Once a year we all stop to celebrate our fantastic mums and want to spoil them rotten. Gifts don't always have to mean indulging in chocolates or alcohol! Here are some of SCPN's alternative suggestions for that thoughtful present!



## **BUTTERFLY FRIENDLY SEEDS**

For the whole family to enjoy.



# "BESTEST MUM" WATER BOTTLE

Personalised bottle so no one can pinch it.



## **CINEMA TICKETS**

Escape tactics for busy mums.



# **FUN SHOWER CAP**

E.g. 'Queen of the shower'. To remind us mums need pampering too.



### PORTABLE CHARGER

We always want to talk to mum.



### HEAD MASSAGER

To help mum relax when she needs it the most.



The Scottish Cancer Prevention network is focussed on moving evidence on cancer risk reduction into everyday life, practice and policy.

We are supported by the Scottish Cancer Foundation (SC028300).

Want to get involved? Visit our website for more information at www.cancerpreventionscatland.org.uk and sign up for our newsletter!

You can also find SCPN on Twitter and Instagram (@thescpn).