

Light up December for Helen & Douglas House

Light up your
window for every
day of Advent
and bring some
festive fun to your
community this
Christmas



'Tis the season to be jolly! Decorate your own festive window and 'Light up December' for each day of Advent. You can take part on your own, ask a few friends to join in too or even invite your whole community to create a socially distanced Advent calendar for everyone to enjoy and raise vital funds to help local terminally ill children.

For festive Advent inspiration and ideas visit our website at bit.ly/HDHLightUpDecember email community@helenanddouglas.org.uk or call 01865 799150



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www.hdh.org.uk



Registered charity no 1085951


Helen & Douglas House
your local children's hospice

How to Light up December.



Light up your window for every day of Advent and bring some festive fun to your community this Christmas

'Tis the season to be jolly! Decorate your own festive window and 'Light up December' for each day of Advent. You can take part on your own, ask a few friends to join in or even invite your whole community to create a socially distanced Advent calendar for everyone to enjoy and raise vital funds to help local terminally ill children.



Step one

If you're doing your Advent window on your own, plan your display and source your materials.

To create a group Advent calendar, ask your friends, neighbours and local groups to get involved and allocate a date to everyone.

Tip: Use our template (see link below) or create a trail map to let everyone know when and where each new Advent window will be 'opened'.



Step two

Decide how to fundraise, e.g. create a Just Giving page, set up a Facebook fundraiser or have a collection tin.

Tell people about your 'Light up December' on your local noticeboard and community Facebook page.

Tip: Add our downloadable poster (see link below) to your window display with details of how to donate.



Step three

From the 1st December, post a photo of each new window on your community social media pages, Just Giving page or Facebook fundraiser and remind people how to donate.

Tip: Use #HDHAdvent* in your social media posts and tag us so we can enjoy your festive windows too!

*when sharing on Facebook set your privacy to 'public' so we can see your festive windows.



We can't wait to see your festive window designs throughout the 24 days of Advent!



Please go to bit.ly/HDHLightUpDecember for more suggestions and downloadable materials. If you have any questions please email us on community@helenanddouglas.org.uk.

Other tips

- Use battery powered lights – the more the better!
- Stick coloured tissue paper to the inside of the window so the light shines through.
- Choose a theme, e.g. festive teddy bears, Christmas carols, Christmas films, Christmas celebrities or even festive food.


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Photos courtesy of South Avenue Abingdon's 2019 Advent windows Helen & Douglas House fundraiser

You can help us care for children like Roman



Roman on Christmas day 2019

Helen & Douglas House hospice provides a unique lifeline of critical care for local terminally ill children and their families. We provide one-to-one supportive stays and end-of-life care at our hospice, at home and in hospital.

It is thanks to supporters like you that we can continue to provide this care for free.



Help fund our emergency lifeline of care this Christmas

Our services haven't stopped during COVID-19 pandemic, but we have had to adapt by offering more support for children and families at home. Over Christmas this lifeline of support will be needed more than ever.

Your fundraising will be helping families like Roman's. In March 2019, when he was only a few days old, twin Roman was given just weeks to live. We cared for Roman at the hospice for a few weeks until he was able to go home with his family for the first time. Our community nurses visited regularly and the family were able to spend Christmas together at home.

In January 2020 Roman died peacefully at home surrounded by his family, which is when our bereavement support team provided his family with a lifeline of support. Please help us make a difference this Christmas so we can continue to support our children and families when, and where, they need us.

'It felt like a miracle as we got everything we wanted for Christmas. Roman and his twin, Harley celebrated together and opened presents. Roman even sat in his highchair for Christmas dinner, the only time he did as he was usually too weak to hold himself up. We had the perfect Christmas day.' Roman's Mum, Ellie.

£10

could help pay towards the PPE equipment needed for one of our nurses to care for a child at the hospice.

£25

could help pay for a one hour visit at home for a child in need of emergency lifeline of care from our specialist nurse.

£250

could help pay for around five emergency consultations at the hospice with our paediatric palliative care doctor

Your Light up December Advent windows donation will help us continue to be there for terminally ill children and their families.

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