



Wiltshire & Dorset Children's Hospices



# YOUR JULIA'S HOUSE FUNDRAISING PACK

HELP US PROVIDE A LIFELINE OF  
CARE FOR LOCAL FAMILIES



In the heart of your community

# Welcome

## Welcome to the team – we couldn't do it without you!

Julia's House is a lifeline for local families. But it's only thanks to your support that we can be there for the growing number of seriously ill children and families who depend on our care.

At home and in the hospice, our specialist nurses and carers give exhausted parents a break from round-the-clock care for their life-limited child.

And when a child dies, our nurses and carers continue to be there side-by-side with families to help them navigate the grief and trauma of the unthinkable.

We rely entirely on your generosity and support to make this happen – thank you.

This is your guide, packed with top tips and information to help make your fundraising a big success. Take a look, get inspired and we hope you have lots of fun. It doesn't matter how much you fundraise for us. Every amount really does make a difference.

## Thank you and good luck!

P.S. We'd love to hear what you're up to – send your stories and photos to [wiltshire@juliashouse.org](mailto:wiltshire@juliashouse.org)



## How can you help

We don't receive any government funding in Wiltshire and rely entirely on supporters like you to help us fund our critical service throughout the county. However much you raise, you'll know that you're making a difference for the most seriously ill children and their families in your community.

Here are just a few examples of what your fabulous fundraising could help us to fund...

**£10** could provide baking or craft supplies for a creative and sensory play session for a child and their brothers and sisters



**£50** could provide one month's supply of vital medical equipment used by our nurses with the seriously ill children we support



**£250** could provide a three-hour respite care session in the family home to give exhausted parents a break



**£1000** could provide more than six months of emotional and practical support for a family, following the devastating loss of their child



# We're with you every step of the way

We really couldn't care for local families without you! That's why we'll be here to guide you on your fundraising journey.

No matter what you choose to do, we've got a range of kit to help make your fundraiser a success:

- T-shirts and/or running vests
- Posters and sponsorship forms
- Balloons
- Collecting cans or boxes
- Leaflets, newsletters and information sheets
- Stories about the children you're supporting

None of these items will cost you a penny, but please only order as many as you need.



If there's anything else you may need, just give our fundraising team a call on **01380 562525**.

## Ideas to get you started

Whether you're hiking up a mountain or hosting a puppy party, there are lots of ways to get people excited about your fundraising event.

### Keep it simple

The best fundraising ideas are often the most simple. Start planning your activity early and set yourself a target. Check whether your company offers matched funding – this could double your total amount raised and is tax efficient for the company.

### Your online fundraising page

It's really easy to set up an online fundraising page – take a look at JustGiving and Virgin Money Giving. They're a great way for everyone to keep track of your progress and make a quick, cashless donation. You'll find more tips on setting up your online fundraising page at our website.

### Spread the word

Tell your friends, family and colleagues about your event and why you're fundraising for Julia's House. Go old fashioned by chatting to them in person, or use social media to share your fundraising news and photos far and wide. Don't forget to tell the local media and let us know what you're planning too!

### Collection cans

Whether you work in a local shop, pub or office, collection cans are a great way for people to donate their spare change... which can quickly add up! Get in touch and we can arrange for one to be sent to you.



Head to our website for more info and inspiration [juliashouse.org/fun](http://juliashouse.org/fun)



## Meet a Julia's House family

When Isla-Rae and her twin sister Esmae were born at 27 weeks, doctors didn't think that they would both make it home. They were so tiny that Mum Lucy remembers cradling their head and body in just one of her hands.

"After a week of the girls being born, they told us Isla had severe brain damage," says Mum Lucy. "That night they let me hold her for the first time because they really thought it was the last chance. I held her for hours – I didn't want to let her go."

Against all odds, Isla turned a corner soon after. But just as she was starting to improve, the family got the devastating news that Esmae had brain damage as well. They were told she wouldn't be as acutely disabled as her sister, but it was unlikely she'd ever be able to walk or talk.

The family have had a tough two years since the girls were born, with the worry and strain of hospital visits and round the clock care, while also looking after their four-year-old daughter Alarna. But Mum Lucy and Dad Nik are taking every day as it comes, with Julia's House by their side.

"I get anxious about leaving Isla, but when the Julia's House nurses and carers come I know she's in safe hands and I can relax. I'm up all night, every night with Isla, and I end up feeling quite down because I'm so exhausted. So for me, having that time to take a break and lie down, or do something fun with Alarna – it's life changing."

# The legal bit

Here's some points to help you stay safe and within the law when you're fundraising:

## Collections

You'll need a licence or permit from your local council if you're planning to do a collection in a public place. You'll also need a letter of permission from us to hand in with your council application.

## Raffles and lotteries

You can use the standard books of raffle tickets if your raffle is held within a 24-hour period, in one single venue and is part of an event. If your raffle exceeds this time period then you need to use alternative tickets and different rules apply. The laws surrounding raffles and lotteries are quite complex – it's best to get in touch with us before you start planning to make sure you're complying with the law.

## Food hygiene

If you're planning to prepare and sell food at a large, catered event, you should make sure that the event venue has adequate facilities that match the specific requirements of food handling and health and safety. Everyone involved must have had the correct training and must be supervised. Visit [food.gov.uk](http://food.gov.uk) for more information.

## Alcohol and entertainment

If you're serving alcohol or hosting live performers, and if members of the public are attending, then you'll need a premises licence (unless your event is on private premises such as at a pub, someone's home or restaurant). Your local authority will be able to give you more information and guide you through the necessary procedures.

## Events

You'll need Public Liability insurance if your event involves the public. Please check with the venue first as they may already have insurance that covers your event. Do you think that your event will need a specific license or any special permission? If you're unsure, get in touch with your local council. If you are doing a challenge event that isn't part of a registered or established event then you'll need to carry out a risk assessment to make sure that you're all going to be safe. Go online at [hse.gov.uk](http://hse.gov.uk) for more information.

## Your health

Make sure you're in good health to be able to undertake the fundraising activity you've chosen. If you're in any doubt, check with your doctor.

## Julia's House

The Wiltshire and Dorset Children's Hospices

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[juliashouse.org](http://juliashouse.org)



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