



Children's Hospices Across Scotland



Photo: Courtesy The Daily Record

Fundraise for CHAS at Christmas

and keep the joy alive





Thank you!

At CHAS, we're delighted to have your support and want to help you gain as much as possible from this journey. To make sure you're prepared ahead of your Christmas fundraising activities, we've pulled together a handy guide; jam-packed full of tips and ideas to help you reach your fundraising target. Whether you're paying it forward, running a raffle, getting your Festive Funday on, or taking part in your very own Christmas forfeit!

We're so excited and grateful to have you on the team, and we're really looking forward to getting to know you and helping you achieve your goal. We always love hearing from our supporters, so please don't hesitate in contacting us should you have any questions regarding your fundraising. We're more than happy to help.

Together we can help families make special memories at what may be their last together, or support those who might be facing their first Christmas without their child.

Good luck and thank you!



Our “little warrior” Georgia

Georgia Couper was born on 28 April 2021 at 25 weeks and 6 days. Mum Gemma and partner Andrew Couper were supported by CHAS Diana Children's Nurse, Evelyn Rodger, and Neonatal Support Senior Staff Nurse, Emma McAuley, throughout Georgia's journey in the Neonatal Intensive Care Unit in Edinburgh.

After receiving the devastating news that Georgia wouldn't survive E.coli Meningitis, the family moved to Rachel House children's hospice to make precious memories and receive end of life care.

We felt like a family

“When we got to Rachel House, we finally got Georgia all to ourselves; we felt like a family, able to cradle Georgia and sing to her. Simple things parents take for granted but to us it was all we ever hoped for with Georgia, we just wanted to take her home and have our family life that we waited so long for but we had to make the most of our final hours together.

parents to go back to somewhere Georgia had been, it brought some peace and made that day a little easier.

We are forever grateful

“We are so grateful to all the staff at the Neonatal Unit for taking care of Georgia during her hard journey and also to Rachel House for making us feel so welcome.

“Rachel House went above and beyond to make sure Georgia's final hours were peaceful as can be for both her and us as parents.

“They have been amazing, showing so much love and support to us as a family and we will be forever grateful to CHAS.”



“Georgia spent her final hours at Rachel House, free of the hospital environment, free from all her tubes and constant buzzing medical equipment. Georgia was given the chance to be cradled like a baby, have the fresh air upon her face and taken on a walk around the garden listening to the sounds of the birds chirping on the quiet Monday evening.

Georgia's final hours were peaceful

“Georgia peacefully passed away in our arms on Monday 7 June 2021 at 9:15pm.

“We went through the worst time in our life but it was made a little easier having the right support around us, we can't thank CHAS enough for their ongoing support.

“We visited Rachel House on Georgia's due date and walked around the gardens, had a cuppa and saw some of the staff. It was nice for us as Georgia's



Over 16,700 children live with a life-shortening condition in Scotland, and that number is rising. Families like Georgia's need our help.

We're there when needed most – in really tough days, at end of life, and after a child dies. But we can't do it without your support. By showing your love and care to CHAS this Christmas, you'll help to make sure families don't have to face the death of their child alone.



Your love and care will give families a special Christmas

Thousands of families across Scotland are living with the terrifying heartbreak that their child might die young, and that number is rising.

Children's Hospices Across Scotland – better known as CHAS – is determined that no-one should face the death of their child alone.

We're the single specialist provider of hospice services for babies, children and young people (0-21) and their families across Scotland. With love and compassion, we offer highly personalised care in hospice, hospital and in the home.

But this is a challenging journey. It relies on the trust, courage and love of the families with whom we work; the dedication, compassion and expertise of our team; and the professionalism of our partners across health and care services.

We make things possible so that children have the freedom to be themselves, to play outside, to laugh and to have treasured moments of joy.



Photo: Courtesy The Daily Record

Pay it forward

This year we can't accept gifts or presents at our hospices, as we have done in the past. So instead, why not donate the value of a present by paying it forward?

You can make Christmas a special time of year for CHAS families.

£1,000 could pay for gardeners and volunteers to care for the magnificent gardens in both hospices over Christmas, making sure they are ready for the arrival of Santa Claus and his reindeer!

We're dedicated to helping families celebrate the lives of their children whilst they are together – and to honour their memory after they have died. We're there when needed most – in really tough days, at end of life, and after a child dies.

Imagine this is your last Christmas with your child and you aren't able to make all the wonderful memories you would so love to do. Your kindness and support will bring joy and laughter, and help us make this Christmas a very special time for the families we care for.

Your kindness will also help families like Georgia's family, who will experience their first Christmas without their child, to receive support so they don't feel alone.

£45 could pay for a virtual money advice session. You'll be helping alleviate some of the additional stress and worries placed on families caring for vulnerable children that often comes at Christmas time.



Here's lots of fun and festive fundraising ideas

Elf yourself e-Christmas cards

Why not send an e-card to clients, colleagues, friends and family, and donate the cost of what you would have spent on cards whilst helping the environment.

Online shopping

Buy your Christmas presents online through [Amazon Smile](#) or [EasyFundraising](#) (shop at hundreds of top high street retailers). Every time you shop, these platforms donate to CHAS at no extra cost to you, a percentage of what you spend.

Round it up

Do you work in a restaurant or café or know someone who does? Why not ask customers to round up the bill in December or donate £1 from every Christmas special sold in December. You'll be amazed at how quickly it adds up.

Christmas fines

How often have you heard Michael Bublé this week? Donate £1 for every time you hear it or why not donate whenever you watch a Christmas movie, you choose.

Donate Christmas

Why not donate the cost of a Christmas meal, present, or party night. You could do a whip-round with your friends or colleagues and donate to CHAS. Make Christmas a memory to treasure for CHAS families.



£15

could pay for a festive activity pack filled with silly games, cool winter crafts and fun activities, to magically transport children to Santa's Workshop in the North Pole for a few hours.

Raffle a Christmas hamper or product

A great way to promote your business locally or why not make your own hamper full of local products to raffle to friends and family. It could be perfect for your friends, family or customers to get their hands on some lovely local products, all while supporting CHAS.

Festive Funday

Have fun with your friends or colleagues and get into the festive spirit on Festive Funday!

Reindeer Run

Do you have kids in primary school or know someone who works there? Our Reindeer Run is perfect for nursery and primary age children.

Dress it up

Get dressed up for your night out (or virtual night in) and donate to CHAS. Get your sparkles out!

Take on your own challenge

You could run a mile, do some squats or bake a cookie, every time someone donates £1 to CHAS.

Christmas forfeit challenge

One of the best ways to fundraise is to do something fun! Something that makes you smile and brings people together.

All you have to do is choose your forfeit and put all your names in a hat or online generator. Every time you reach £20, £50 or even £100 in your fundraising efforts, it's time to pull a name out. If your name is picked, it's time to carry out your forfeit and share it with your supporters and us on social media @supportCHAS. We can't wait to see what forfeits you choose!



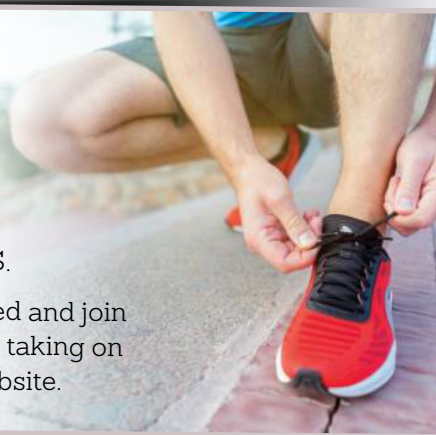


12 Days of 5k's

Calling all runners or walkers! Take part in our Christmas challenge – run or walk 5k a day for 12 days in December.

We'll send you a free CHAS Santa hat when you sign up, to wear with pride and have fun while raising funds for CHAS.

This event is virtual, so take it on from wherever you are based and join our Facebook group filled with other like-minded individuals taking on the challenge! For more information check out the CHAS website.



£150

could pay for five telephone consultations with a nurse, doctor or pharmacist, for five families across Scotland. Your gift will provide support and reassurance to families caring for a child with complex needs.



Reindeer Run

Support CHAS by taking on a Reindeer Run this Christmas, at your school, nursery or youth club.

Our Christmas fundraiser will benefit your school or club as well, as we're suggesting that you split your fundraising with us. So let's raise money together! You can download materials to use on the day at www.chas.org.uk/reindeer-run

We can help ensure that CHAS can provide moments of joy for children all over Scotland during the most challenging times.

Email schools@chas.org.uk for more information.



Festive Funday

Encourage your colleagues or friends to have a dress down day for Festive Funday.

Make a donation to CHAS and get dressed in your favourite Christmas jumper or Christmas socks – or anything that is festive and fun.

You can take part on any day that suits you, so don't miss out on the fun – get a date in the diary for your own Festive Funday!

Can't take part but want to help? Text Festive to 70450 to give £2. Texts cost £2 plus standard network rate.



£5

could pay for a handwritten letter from Santa Claus for a child with a life-shortening condition, or their sibling, providing that Christmas-time magic to fill the whole family with joy.



How to fundraise

You know you want to fundraise this Christmas; you know why you want to fundraise, but how are you going to get started?

Set yourself a target

Setting a target is a great way to stay motivated and raise more. In this pack, there are examples of the impact your fundraising can have across our services.

Make some noise

Tell everyone you're doing something amazing; you're helping keep the joy alive for families across Scotland this Christmas. Facebook, Twitter and Instagram are brilliant ways to keep everyone up to date on your progress, to invite people to take part and ask for a helping hand. Don't forget to tag us in your posts – you'll find us @supportCHAS.

Create an online fundraising page

By setting up a sponsorship page online you can get the support of friends and family all over the world by the power of sharing your personal link via email and social media. Setting up a page and collecting sponsorship online is quick and easy.

It's personal and fun and allows people to donate securely, quickly and easily with a debit/credit card and the money is transferred directly into our bank account. We can claim Gift Aid (25p in every £1 sponsored) from the government on all sponsorship made to your page by UK taxpayers, at no extra cost to you.

To set up your online fundraising page, just search for Children's Hospices Across Scotland on your chosen online giving platform and follow the instructions to set up your account. Don't worry if you've never set up a page before, we'll be on hand to help you through it, so get in touch!

Donate your fundraising to CHAS

If you're not raising money through an online platform, you can donate your fundraising at www.chas.org.uk, by cheque or debit/credit card over the phone or via bank transfer. Just get in touch with us using the contact details on the last page and we can provide all the details you need.

£2,000

could pay for our CHAS at Home Team to support a family in a remote area of Scotland to receive end of life care at home over three days, a sad reality for some families over the festive period. For many families, the reality of coming to one of our hospices is just not possible so we have a dedicated team that can provide the same level of care, in the comfort of their own home, surrounded by family and friends.

Online fundraising hints and tips

- You can raise up to ten times more if you upload a profile picture of yourself or your workplace to your page. Make sure it's creative!
- If you can add a personal story to your fundraising page, you can raise up to 74% more. Why not tell everyone about your Christmas fundraising; how you feel and why you have chosen CHAS.
- If you make the first donation to your fundraising page, you can often raise up to 120% more than those who don't.
- Regularly posting images and updates to your online fundraising page (and sharing to your social media accounts) can help raise 46% more than those without updates.
- Don't forget to thank individuals when they donate to your page. Other people may be inclined to give when they see this and sometimes can lead to a second donation from the individual.
- It's important to communicate the impact of the donations you receive. All your friends and followers are keen to hear how their very kind gift will help keep the joy alive for families who have a difficult time ahead of them, and for some who may be celebrating their last Christmas together or first Christmas without their child. You can find lots of information and stories at www.chas.org.uk or on our social media.





Get in touch

Thank you again for supporting us this Christmas. If you have any questions, please get in touch with your local fundraiser or contact us on the telephone number or email address below.

support@chas.org.uk

0141 779 6180

Materials

Whether organising an event of your own or as part of a group, we'll provide all the materials you need – like collecting cans, buckets, posters, banners and CHAS t-shirts. Just get in touch and we'll help you to make it happen! We'd be delighted to come and talk to your group about CHAS – and how your fundraising can help. To find out more, get in touch by emailing support@chas.org.uk or call us on 0141 779 6180.

Tell us all about it

Whatever fundraising you take part in, we'd love to hear all about it. So, do tell us what you've been doing to raise money. If you use social media, don't forget to tag us in your posts – you'll find us @supportCHAS.



Keep the joy alive

www.chas.org.uk

     **supportCHAS**