



CLAIRE HOUSE CHAMPION AWARD



Claire House
CHILDREN'S HOSPICE

CONTENTS

Introduction

Say hello to Lou

Spread the word wide

Fundraise

Volunteer at an event

Be a researcher

Help our retail team & the environment

Volunteer in your community

Volunteer log

What next?

INTRODUCTION

Why complete the award?

By completing the Claire House Champion Award, you will be helping Claire House in so many different ways.

As a charity, we rely on amazing people like you to fundraise, volunteer and spread the word about what we do. Not only this, but by completing the award, you will gain valuable experience to put on your CV or personal statement for college, university or a job.

How do I complete the award?

There are 6 different tasks you can do to complete the award, which are explained in more detail in this booklet. To earn your award, you need to complete 3 of the 6 tasks. Some of these tasks depend on what we have going on at Claire House, so please do be aware not all of them will be achievable in a short space of time. Make sure to get in touch early to talk to us about which tasks you are interested in. There is no strict time limit on the award, however we recommend completing within 6 months. Remember to log your completed tasks in the volunteer log at the back of this booklet.

What do I do once I have completed my tasks?

Once you have completed your tasks, let us know and send us a copy of your volunteer log. After receiving it, we will send you your award certificate and a huge "thank you!"



SAY **HELLO** TO LOU,

ONE OF OUR PALLIATIVE CARE NURSE SPECIALISTS...



Hi, I'm Lou, a Palliative Care Nurse Specialist, which basically means I care for children and young adults who have an illness or condition which they might not get better from. We always hope for the best, but also help young people and their families prepare for the worst .

I love working at Claire House because every day is different. I can be planning a fun party for someone one day, and supporting a family when their child passes away the next. But for me, the most important thing is making a difference. Sadly, we can't make the children better, but at least I know I have helped. This can be by making sure they are comfortable at the end of their life, helping them to have as much fun as possible in their final days, giving them a voice in decision making, or helping to tick things off their bucket list.

The best part of my job is working with my team and our patients. My team are amazing because we are always there for each other and pick each other up when needed. My patients are amazing because I look after teenagers and young adults who are sadly at the end of their short lives, and they never fail to amaze me with their courage or inspire me with their attitudes. It's truly a pleasure to be a small part of their lives.

Claire House would be nothing without our amazing care team. £20.18 can help fund a nurse like Lou for one hour, in which time she can help make a difference during the most difficult time in a family's life.

TASK 1: SPREAD THE WORD

WIDE

Spreading the word about what Claire House does is so important! Telling people about what we do means they might decide to fundraise or volunteer for us, or might simply know what we do if they need us one day.

This task involves you telling as many people as possible about Claire House.

You could:

- **Use social media to tell your followers about us in an interesting way. If you do this, make sure to tag @Clairehouse!**
- **Organise a talk in your local community.**
- **Write a blog or article for your school or local news pages/websites.**
- **Create posters to put up in your community to tell people about Claire House or an event we are running.**



TIME COMMITMENT:

**Estimated 1-2
hours**



TASK 2: FUNDRAISE

Fundraising is really important for Claire House. We don't get much money from the government, so over 80% of the money we need comes from amazing supporters in our community – amazing people like you!

This task involves you organising your own fundraiser!

This could involve:

- **Getting your friends, family and peers involved in a challenge (e.g. an organised race or dance-a-thon).**
- **Organising an event at home or somewhere in your local community (e.g. a film night, live music event or BBQ). You could ask people to buy tickets to attend.**
- **Organising a sale, such as a cake sale, craft sale or selling things you no longer want or need.**

If organising your own fundraiser isn't your thing, don't worry – you could always take part in a fitness challenge or a Claire House event for this task instead! Just take a look on our website for events we have coming up.

TIME COMMITMENT:

1 event– planning and execution.

Varies– estimated 2-4 hours



£20.18 could help pay for an hour of one-to-one nursing at Claire House!



TASK 4: VOLUNTEER AT AN EVENT



At Claire House, we have lots of events that you can volunteer at. These events take place across our local area, including in Liverpool, Wirral and Chester.

Here are some of the ways you could get involved:

- **Handing out medals, t-shirts or goodie bags at the finish line of a Claire House race.**
- **Giving out water during a Claire House race.**
- **Cheering on supporters during a challenge.**
- **Collecting bucket donations at Mowgli Dog Show or another event.**

If you are under 16 years old, your parents will need to come to the event with you, but they do not have to volunteer with you.

If you would like to join us at one of our events, let us know when you sign up and we will send you monthly emails with our upcoming events that you can sign up for.



TIME COMMITMENT:

**1 event– average 3
hours**



TASK 6: BE A RESEARCHER

At Claire House, we are constantly adapting and changing what we do so that we can be the best we can be.

Part of this involves researching up and coming events, resources and ideas.

Could you take on a research task for us?

This could include things like:

- **Researching events other charities are doing.**
- **Looking at other charities' websites and how they are similar/different to ours.**
- **Looking into how other charities are promoting equality and diversity.**
- **Looking into how we can be more eco-friendly as a charity.**

By taking on a research project, you will be helping Claire House grow and develop and provide vital support for our staff.

We will send you a list of research projects for you to choose from. Please complete within 4 weeks of accepting a project.

TIME COMMITMENT:

**1 project–
minimum 2 hours.**



TASK 7: HELP OUR RETAIL TEAM AND THE ENVIRONMENT

Buying second hand is something that can make a huge difference to the environment.

In one year, we have saved 99197kg of clothing from going to landfill by selling it to rag companies. This is in addition to selling preloved clothes in our shops and the books and scrap metal we recycle too!

This task involves promoting the buying of secondhand items from our charity shops.

You could:

- Visit one of our shops and show off some of the gems you find to your friends and family.**
- Share some stats and photos of items on social media. You could even visit a Claire House shop to take some photos to share.**
- Donate some of your old clothes to a Claire House shop to save them from going to landfill. We can even rag your old socks and holey t-shirts – just write “rag” on the bag when you donate it.**



TIME COMMITMENT:

Estimated 1-2 hours

TASK 8: VOLUNTEER IN YOUR COMMUNITY



Volunteering in your community is a fun way to help Claire House by making us visible to lots more people. We can provide you with Claire House t-shirts to wear and branded buckets if needed.

You could:

- **Gather your family and friends and do a bag pack with collection buckets at your local supermarket.**
- **Do a bucket collection at your local supermarket, school, group or somewhere else in your local community. (You will need permission for this, so get in touch with us for more information.)**
- **Collect items from friends and family that can be donated to a Claire House shop.**
- **Hand out leaflets in your local area – get in touch to see if we have any that need distributing.**

When you are out and about in your community, make sure to take some photos so we can share them on social media!

TIME COMMITMENT: average 2-4 hours



VOLUNTEER LOG



Use this page to log any tasks you complete and send it back to us when you are finished.

[illegible]

WHAT NEXT?

Thank you so much for completing the Claire House Champion Award. Now, send us your volunteer log and any resources you have created, and we will send you your official award certificate!

If you have enjoyed taking part, the next award to complete is the Claire House Legend award when you are 16–18 years old!

In the meantime, keep an eye on our website for any opportunities or events.

You are a Claire House Champion now, so wear your badge with pride!

Thank you!

