



CLAIRE HOUSE HERO AWARD



Claire House
CHILDREN'S HOSPICE

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INTRODUCTION

Why complete the award?

By completing the Claire House Hero Award, you will be helping Claire House in so many different ways. As a charity, we rely on amazing people like you to fundraise and spread the word about what we do. Not only this, but by completing the award, you will be helping the staff and supporters at Claire House to smile!

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. Just remember to log your completed tasks in the volunteer log at the back of this booklet.

What do I do once I have finished the tasks?

Once you have completed the tasks, let us know and send us a copy of your volunteer log. You can send us anything that you have created. After we get 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 they are sad 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 may be by making sure they have as much fun as possible, giving them a voice in decision making, or helping them 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, 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 IN YOUR COMMUNITY

Spreading the word about what Claire House does is so important! Telling people about what we do means people 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 people in your community about Claire House. They could be your neighbours, people at a local group or an influential person in your community.

You could:

- Create a poster or leaflet about Claire House and hand it out to your neighbours.**
- Do a talk about Claire House at a local group. This could be a group you are a part of, such a sports club, or even a group one of your family members is a part of.**
- Write a letter to someone in your local community telling them about Claire House.**





TASK 2: FUNDRAISE



Fundraising is really important for Claire House. We don't get much money from the government, so over 90% of the money we need comes from amazing fundraisers in our community – amazing people like you!

This task involves you raising money in any way you choose!

You could:

- **Get sponsored to do something challenging.**
- **Plan something fun– like a movie night you can sell tickets for!**
- **Have a sale – this could be a cake sale, craft sale or selling things you no longer want or need.**



These are just a few ideas to get you started, but you could come up with your own ideas too!



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



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TASK 3: TAKE PART IN AN EVENT

We have lots of different events at Claire House that you can choose to take part in and help raise vital funds for the Hospice.

Keep an eye on our website for an up-to-date list of events:

www.clairehouse.org.uk

Here are just some of the events you can take part in each year ...



**WALK, RUN, CYCLE OR RAMBLE
100KS**

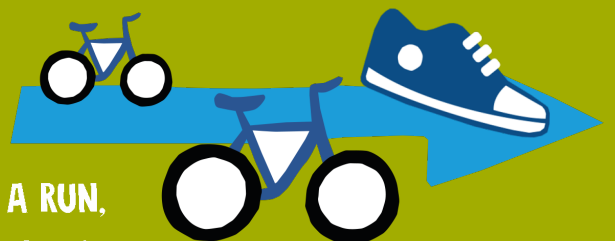


**GYM-UARY – EXERCISE
EVERY DAY IN JANUARY**

**HOLD A BUTTERFLY BAKE
SALE IN MARCH**



**TAKE PART IN A RUN,
CYCLE OR WALKING
EVENT**



**CHRISTMAS HAT DAY –
GET SPONSORED TO
WEAR A SILLY CHRIST-
MAS HAT FOR A DAY**

**We can send you sponsor forms or ask
an adults help to set up a Just Giving
page to help raise money.**



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TASK 4: CREATE AN ACTIVITY

Could you design an activity to help younger children understand what Claire House does?

For this task, we would love you to create and share an activity that we could use to teach younger children all about Claire House.

This will really help our staff when they go into schools to talk about Claire House.

The activity could include something like:

- A game
- A video or slide show
- A story

Or anything else you can think of!

(We can't think of anymore ideas – this is why we need your help!)

You can create the activity yourself and send it to us, or just send us a detailed description of your idea – it is up to you!



TASK 5: HELP OUR GREEN TEAM

Looking after the environment is so important to us at Claire House – that's why we have a green team! The team includes different people from different teams across Claire House, who come together to decide how we can be a better friend to the environment.

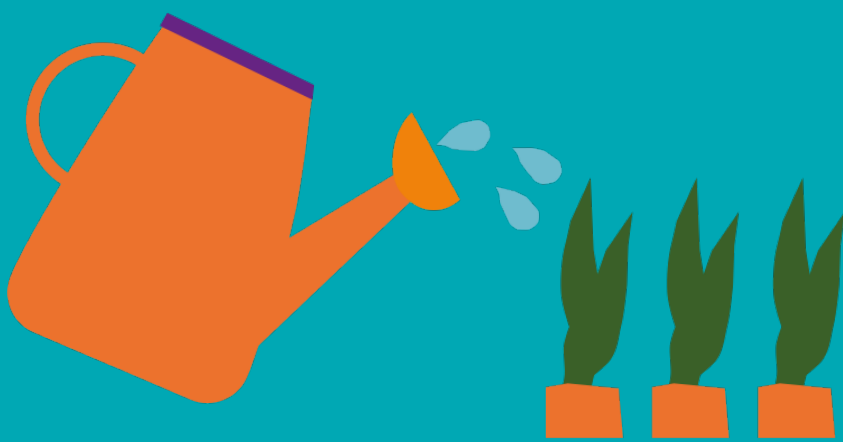
For this task, we are hoping you can help our green team come up with some ideas on how we can be more green.

We have already made lots of changes – making sure we turn the lights off when we aren't in the room, not using too much electricity, making sure we recycle – but we would love to do more!

If you have any ideas for changes we can make, you can write a letter about them to our green team. They will read your letter in their meetings and decide if they can put any of your ideas into action.

We would also love some posters to remind our staff to help the environment – these could be linked to a certain task, like turning the lights off, or be a general reminder.

You can email us your letters and posters or post them to us – it's up to you!



TASK 6: VOLUNTEER WITH YOUR FAMILY



At Claire House we have lots of volunteering opportunities that you can do with your family. If you are under 14 years old, you must be accompanied by an adult when volunteering for us, but please don't let that put you off – volunteering at one of our events can be so much fun!

Here are some of the ways you could take part:

- **Giving out medals at the finish line of a Claire House race.**
 - **Giving out water during a Claire House race.**
- **Collecting bucket donations at Mowgli Dog Show or another event.**
- **Helping to sell Claire House merchandise on a stall at an event.**

If you would like to join us at one of our events, please get in touch.



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VOLUNTEER LOG



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

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WHAT NEXT?

Thank you so much for completing the Claire House Hero 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 Champion award when you are 14–15 years old!

Can't wait until then? Why not keep an eye out for any events that you can take part in or continue to plan your own fundraisers and spread the word? You know what to do – you're a true Claire House Hero!

