

# PrematuriTEA party

Put the kettle on, Bake for Bliss and serve up a celebration tea party this World Prematurity Day.

On and around 17 November, host a special PrematuriTEA party on your unit and raise vital funds to support Bliss' work for premature and sick babies.

You could host a Bliss PrematuriTEA party at the end of your Little Lights walk or as a standalone event.



## What does it involve?

It's easy, ask your colleagues to help you bake and sell your tasty treats along with tea and coffee. Invite families (past and present) to come along and celebrate.



## How will Bliss support us?

We have a fantastic fundraising pack to send you which includes cake toppers and a free t-shirt for the main host. We are also on hand to support you and make your PrematuriTEA party the best it can be.

## What's the next step?

Visit [bliss.org.uk/WPDunits](https://bliss.org.uk/WPDunits) to request your free fundraising pack.

 [events@bliss.org.uk](mailto:events@bliss.org.uk)

Whether you walk with Bliss Little Lights or host a PrematuriTEA party we hope you will join us in celebrating and remembering the lives of premature and sick babies this World Prematurity Day.

# Bliss Little Lights

Take part in a magical lantern-lit fundraising walk to mark World Prematurity Day.



On and around 17 November, unit staff and families across the country will be walking with Bliss Little Lights. These special walks help us fund research, champion family-centred care and provide essential information and support to families with a baby in neonatal care.

Join us and light up the night for babies born premature or sick and celebrate the hope and strength of their families.

## What does it involve?

It's simple! Invite all your staff and families (past and present) to join you on a special walk around your hospital grounds or local area. Ask everyone to pay a donation to walk or, to raise more money, you could ask walkers to set up an online sponsorship page.

## How will Bliss support us?

We have a fantastic fundraising pack for Bliss Little Lights which contains all you need. We are here to answer any questions about your walk.

## What's the next step?

Visit [bliss.org.uk/WPDunits](https://bliss.org.uk/WPDunits) to request your free fundraising pack.

"We are a small neonatal unit, we decided to join in with Little Lights to raise money for Bliss! We had old and new families join us to make World Prematurity Day extra special. It was lovely to see so many recent and older babies. We raised £355 for Bliss"

- Karen, Neonatal Midwife at St Helens

**Bliss**  
for babies born  
premature or sick

