

## Bliss Little Lights FAQs for solo missions



### What is a solo mission?

It's a way that you can be part of Bliss Little Lights at a time that suits you. Choose a walk distance or route that means something special to you – previous walkers have related the distance to the time their little ones spent on the unit, or the distance they travelled to and from the unit. You don't have to do the walking all in one go. Perhaps you'd like to walk a certain distance over a period of time?

### How do I fundraise?

We recommend you set up a **JustGiving page** to get your fundraising off to the best start. Then just ask friends, family and colleagues for sponsorship.

### How will the money I raise support Bliss's work?

Bliss' vision is that every baby born premature or sick in the UK has the best chance of survival and quality of life. And the money you raise will help us achieve this by:

- **Funding and supporting research**

Research has the potential to save babies' lives and improve their quality of life now and in future. Your fundraising will make a tangible difference for babies needing neonatal care.

- **Improving care on neonatal units across the UK**

With your support we can raise awareness of the issues affecting premature and sick babies and campaign for essential change within government and the NHS. The money you raise also enables us to deliver training for health professionals and helps us improve the standard of care on neonatal units through the Bliss Baby Charter.

- **Empowering families**

Your donation will help us provide practical information to help parents feel more confident and involved in caring for their baby on the neonatal unit. It also supports our volunteers who provide a listening ear to support parents during this difficult time.

### **Find out more about our work**

## **Can I split the funds raised with another charity?**

We are aiming to raise £70,000 at our walks therefore we ask that all money raised at a Bliss Little Lights walk should be for Bliss only to help us continue our essential work. As this is a Bliss event we invest time and resources so we can help our supporters raise as much money as possible, which in return, helps us reach more premature and sick babies across the UK.

## **Can I request a Bliss t-shirt?**

Yes, we would love to send you a Bliss t-shirt to wear at your walk. We can send one once you have set up your JustGiving page and raised £50.00. If you'd prefer you can buy one online at [bliss.org.uk/shop](http://bliss.org.uk/shop)

## **Do you have materials to support my fundraising?**

As soon as you have set up your page we will send out your sponsorship form. You can also download posters and bunting online. We also have social media images you can use to support your fundraising.

## **How do I qualify for a thank you gift?**

Once we have received your fundraising we will send you a special Little Lights gift to say thank you for your hard work.

- **£75** or more and receive a thank you certificate, keyring and Bliss pin badge.
- **£300** or more and receive the above and My first Bliss bear.
- **£1,000** or more and receive the above and a special glass trophy.

Please note that we will only be able to thank you in this way if you have fundraised via your own JustGiving page or donated in your name.

## **What do I do after the walk?**

If you have funds to send to us use the details in the sponsorship form to do so. We would also love to see your photos – please email these to [events@bliss.org.uk](mailto:events@bliss.org.uk) and let us know if we can share them on our social media channels.

## **Any other questions?**

Please get in touch with any questions – we are here to make your fundraising a success! Please email [events@bliss.org.uk](mailto:events@bliss.org.uk) or phone **0207 378 4775**