

Bliss Little Lights and Bliss PrematuriTEA party FAQs for Units

Bliss Little Lights



When should I host my walk?

A Bliss Little Lights walk is the perfect fundraiser to accompany World Prematurity Day. Many supporters like to host them in weekends before and after WPD – whenever suits you is the perfect time but do give yourself enough time to assemble your team of fundraisers.

Where can I host my walk?

We suggest you keep things easy for yourself so why not start and finish at the unit entrance? If you have a park or gardens on your grounds this could be perfect to include in your route. The walk only needs to be a short distance to allow everyone to join in.

What do I need to do?

It's easy:

- Pick a date, time and route for your walk
- Make sure you have told us these details!
- Ask your colleagues to volunteer their time and help
- Use our posters to promote the walk to families, old and new, from your unit

- Create a **JustGiving page** and team for your walk
- Ask your walkers to set up their own **JustGiving page** and join the team (we will then post them a sponsorship form and a I'm walking for postcard)
- Remind people about the walk – and ask everyone to bring something bright
- On the day of the walk welcome everyone and after the walk hand out the certificates
- Send Bliss any photos you take and tell us how the walk went

Do I need insurance to host a walk?

There is no law to say you need insurance to host a voluntary or community event and it is good planning that stops things from going wrong. If you are hosting an event on someone else's land or in a park you may be asked to provide public liability insurance. Bliss do have this and can provide a copy if required. You can find more useful information about organising a voluntary event in this [government guide](#).

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

The money you raise will support our ambition to reach every baby needing neonatal care by 2019. We provide families with emotional and practical support as well as working with health professionals to ensure neo-natal care is of the highest standard. We also campaign for change to ensure high quality care is available and support £10.1million of research to help improve the care and treatment of premature or sick babies. Your donation will help us continue with this vital work.

[Find out more about our work](#)

Can I split the funds raised with another charity?

We are aiming to raise £100,000 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.

I need more materials, can you help?

Your materials pack should have everything you need for your walk. You can download more copies of the mask and posters **online**. If there is anything missing in your pack please get in touch.

We also have some fantastic social media images available to download – please tell your fundraisers about these.

Can you help promote my walk?

Yes, we can list it as an event on our **Facebook page** if you want to invite other Bliss supporters along. You can also use our **Fundraising press pack** to get your story promoted locally.

How do my walkers raise funds?

You should ask all of your walkers to set up a **Just Giving page** to kick start their fundraising.

It is important that they set up their own page as they are more likely to fundraise and can then qualify for one of our thank you gifts.

To encourage them to set up a page we recommend that you create your own and then create a little lights team. They can then join the team after creating their own page.

You can find out more about setting up [JustGiving teams here](#).

There are lots of other ways that everyone can top up their totals raised including matched funding from employers and bake sales.

Can my walkers get a Bliss t-shirt?

Yes, we would love to send your fundraisers a Bliss t-shirt to wear at your walk and once they have raised £50 on their JustGiving page they can request a t-shirt by emailing events@bliss.org.uk

How will my walkers be thanked?

This year, we have introduced some exciting new materials. We will provide you, the host, with certificates to hand out at the end of your walk.

As well as this we have some special thank you gifts to send to your fundraisers when they have completed and paid in all funds to Bliss.

- **£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 them in this way if you they have fundraised via their **own** JustGiving page or paid in funds under their name.

If they pay in money to someone else JustGiving page then we will be unable to send them a special gift.

What do I do after the walk?

Firstly tell us how it went! We'd also love to see photos, please email these to events@bliss.org.uk and let us know if we can share them on our social media channels.

If you have funds to send to us use the details on the back of the sponsorship form to do so.

We will thank you and your walkers about a month after your walk.

Any other questions?

Please get in touch with any questions – we are here to make your fundraiser a success! Please email events@bliss.org.uk or phone **0207 378 1122**

Bliss PrematuriTEA party



PrematuriTEA party

When should I host my PrematuriTEA party?

What do I need to do?

It's easy:

- Pick a date, time and location for your tea party – after a Little Lights walk is perfect or you could do it as a standalone event
- Make sure you have told us these details!
- We will send you our Bake for Bliss pack which has everything you need
- Ask your colleagues to volunteer their time and help
- Put requests out for bakers to bake sweet and savoury treats
- Use our posters to promote the party to families, old and new, from your unit
- At the party welcome everyone and ask for donations in exchange for tea, coffee and cakes
- Send Bliss photos of the party!

Do I need insurance to host a bake sale/Tea party?

There is no law to say you need insurance to host a voluntary or community event and it is good planning that stops things from going wrong. You can find more useful information about organising a voluntary event in this [government guide](#).

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[Find out more about our work](#)

Can I split the funds raised with another charity?

We are aiming to raise £100,000 at our walks and PrematuriTEA party therefore we ask that all money raised 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 add my PrematuriTEA party funds to my Little Lights total?

Yes, absolutely. It's a great way to boost a Little Lights total.

I need more materials, can you help?

Your materials pack should have everything you need for your walk. You can download more copies of the materials and social media images [online](#). If there is anything missing in your pack please get in touch.

Can I have more t-shirts?

We can send out one t-shirt per tea party. As there is a cost to Bliss to buy and post the t-shirts we cannot send any extra but these can be bought via our [online shop](#).

What do I do after the PrematuriTEA party?

Firstly tell us how it went! We'd also love to see photos, please email these to events@bliss.org.uk and let us know if we can share them on our social media channels.

If you have funds to send to us use the details on the back of the sponsorship form to do so.

We will thank you when all funds have come in.

Any other questions?

Please get in touch with any questions – we are here to make your fundraiser a success! Please email events@bliss.org.uk or phone **0207 378 1122**