

# Hospice at Home

Carlisle and North Lakeland



**Wear the comfort of  
home and raise funds  
for Hospice at Home**



**Sign up**  
For your free pack  
at  
[hospiceathome.co.uk](http://hospiceathome.co.uk)

# Why it's time to party

Hospice at Home is a local charity which provides high quality, specialised care for patients with a life-limiting or life-threatening illness, whilst also supporting the patient's families and carers.



The Charities ultimate aim always has been – and always will be - **to provide a choice at the end of life and enable a peaceful and dignified death at home.**

Over 7,900 local people have been referred to Hospice at Home since it was established in 1997. This amount of support could not have been given without the kindness and generosity of the local community who raise funds and generate important awareness of the organisation.

All funds raised at your PJ party go directly to this vital, local Charity and enable us to provide **'More Care for More People'**.

*Thank you!*



# Your PJ day in 5 Simple steps



**1** Choose your date and invite your friends, family, colleagues or the community.

You can use our invitations and posters for ease. Save the trees and invite friends by email or on social media.

**2** Decorate your party room!

Use our resources or create your own. Go wild and build a pillow fort if you wish! See page 4 to see what's included in our packs.



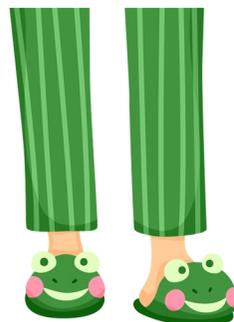
**3** Enjoy the party!

Help raise even more money by organising games or sweepstakes. Little or large, pennies really do make pounds!



**4** Take lots of photos, videos or boomerangs!

Share the photos by tagging us on social media and #PJparty.

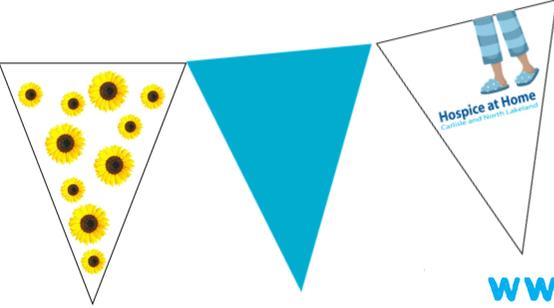


**5** Pay in your fantastic funds

Pennies really do make pounds and we really appreciate your support. For more information on how to pay in the funds please see page 8.



# Inside your pack



**Sign up**  
for your free pack at  
[www.hospiceathome.co.uk](http://www.hospiceathome.co.uk)

## All of the fantastic items below will be included in your pack!

- Top tips - to make your event a success
- A Poster - to inform everyone of your party
- Invitation - for you to send to your family and friends
- Bunting - to make your party look fantastic
- Stickers and balloons - to give to all your invites or to decorate the room
- Collection House - to collect all the pennies from your party
- Sponsorship form - for anyone who would like to donate and add Gift Aid
- Return envelope - to return sponsorship form or cheque with funds raised - please do not send cash in the post!

Download more templates at  
[www.hospiceathome.co.uk](http://www.hospiceathome.co.uk) or contact  
the Fundraising Team on  
01767 210719



# Fundraising ideas

## 1 Choose your favourite fundraising ideas

A small donation from everyone to wear their PJs can make a huge difference, however there is many other ways you can raise money on the day too to help us provide 'More Care for More People'. Create your own fundraiser or choose one of the below.

## 2 Cake sale

A cake sale always goes down a treat. Ask your friends and family to donate cakes for the sale– why not make it a competition and provide a prize for the best cake!

## 3 Lucky Squares

An easy fundraiser to complete, simply create a table with squares numbered 1-50 or 1-100 and ask people to buy a square for a set price. Once all squares are sold randomly generate the winner. The prize can be anything from bed socks, silly slippers or a teddy - in fact it could be just about anything!

## PJs at Work

### Match funding

Does your company/employer offer a matched funding scheme? If it is available it will considerably assist with raising additional funds.

### Corporate Social Responsibility

Getting your office to wear their PJs for the day offers your organisation to work towards corporate social responsibility objectives and show your employees, customers and other businesses that you care about your community by supporting a local Charity.

# Cost of care

£20

Would pay for a 1 hour treatment of complementary therapy for a patient, family member or carer.



£24

Pays for an hour of counselling for a Patient, Carer or Family member from one of our Family Support Team.



£28

£28 will provide an hour of Lymphoedema or Occupational Therapy Specialist support.



This fantastic figure would pay for 3 hours respite care for families or Carers to take a break.



£41

£123/£167

Enables a Health Care Assistant/ Registered Nurse to provide a night of support to a patient in their home for palliative and end of life care.



# Share your story

## What is your motivation to support Hospice at Home Carlisle and North Lakeland?

Why are you hosting a PJ Party?  
Is it in memory of a loved one?  
Is it in celebration of someone's life?  
Could you share your story and make a difference to someone else's life?

‘I had wonderful support from Hospice at Home in the later stages of my wife Wendy's Motor Neurone Disease. The overnight care helped us keep Wendy at home to the very end. I want to help others receive this support.’ Sir Chris Bonington

If you are happy to share your story please get in touch by emailing [fundraising@hospiceathome.co.uk](mailto:fundraising@hospiceathome.co.uk) or calling 01768 210719

‘Their compassion, understanding, patience and calmness helped me through what really were some of the most difficult days of my life. I don't think we could have managed without them.’ Penny Ritson

## Why stories are powerful



These touching and inspiring stories show the work Hospice at Home do, the level of support we offer Patients, their Families and Carers and the difference our nurses make to people's lives. Fundraising teams use stories to help people who have not been through similar experiences understand the importance of what we do.

# How to pay in your donations

## Online or over the phone..

Call 01768 210719 or visit our website to pay via credit or debit card.

## By post..

Send a cheque made payable to 'Hospice at Home Carlisle and North Lakeland' along with the sponsorship form to the address below or use the return envelope in your pack.



## Through Just Giving..

Set up an online fundraising page, start to share this with your friends, family and colleagues. Remember to add a photo and tell your story – the more personalisation you can give your page the better.

[www.justgiving.com/campaign/PJparty](http://www.justgiving.com/campaign/PJparty)

## In person..

We would love to meet you! Pop along to one of our shops in Penrith, Carlisle or Wigton with your cash or cheque. Alternatively you can visit our offices in Dalston, it would be great to say thank you in person!



## Keeping in touch

**Hospice at Home**  
Carlisle and North Lakeland

Hospice at Home  
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Barras Lane  
Dalston  
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CA5 7NY

Fundraising enquiries: 01768 210719  
Clinical enquiries: 01228 603208  
Email: [admin@hospiceathome.co.uk](mailto:admin@hospiceathome.co.uk)

Registered charity number: 1095708



Registered with  
**FUNDRAISING  
REGULATOR**