



MARMALADE TRUST'S CHRISTMAS CHEER FUNDRAISING PACK

**MAKE A POSITIVE DIFFERENCE TO
SOMEBODY'S LIFE THIS CHRISTMAS AND
BRING JOY AND COMPANIONSHIP TO PEOPLE
WHO WOULD OTHERWISE BE ALONE**

"I had 12 years on my own on Christmas day after my wife passed away, such a tough day to be alone, it was so lovely to be invited out to a meal, I put a Christmas tree up for the first time in years".

Marmalade Trust service user



Marmalade
TRUST



Who:



Marmalade Trust is a leading loneliness charity based in Bristol. We support people experiencing loneliness in making friendships.

Aim:

To raise money to support people experiencing loneliness over the Christmas period. Money raised can go towards phone calls to those who have no-one else, festive meals at events on Christmas Day and Christmas gifts to help people feel cared for and connected.



Where: Bristol, North Somerset and South Gloucestershire



When: As soon as you can



Loneliness can be so tough on Christmas Day. We have supported 100's of people over the years to have a day to look forward to with the company of others and a chance to make new friends. Its not just a meal, its the calls to build the confidence with the volunteers, its the Christmas Card, the 'putting a tree up' for the first time in years and the friendships made. Christmas Day is where this all begins. A life with more friends, connections and happy memories. Amy Perrin, CEO





How you can help:



£5

could help fund a social visit before Christmas to help someone experiencing loneliness feel more connected



£10

could help fund a Christmas Day gift for someone experiencing loneliness, to help them feel cared for and valued, as this may be the only gift they receive



£15

could help us provide specialist transport for a guest with access needs so they can join us on Christmas Day



£20

could pay for Christmas Day lunch with others at a restaurant for someone experiencing loneliness



£50

could go towards someone experiencing loneliness receiving calls, a card, pre-Christmas visit, and, receive a meal and gift at a Christmas event on Christmas Day



What can you do?

We've got loads of festive ideas...

Get in the festive spirit and host an event:

- Mulled wine and mince pie evenings (yum!)
- Fun Christmas jumper days with colleagues & friends
- Get your bake on with competitive Christmas baking
- Have a clothes swap party

You could suggest a donation to join/attend and raise some £££!



Get kids involved:

- Make and sell cards or Christmas decorations
- Have a bake sale at home or school
- Have a Christmas fancy dress party (who is the best Rudolph?)




Get your active wear or Santa suit on...

- Do a Santa (or Prancer) dash - it doesn't have to be far - a few laps round the park would do ... get people to sponsor you!
- Or how about setting up a mindful festive walk, run a local 5k or 10k?

And finally... think outside of your Santa hat...

Instead of buying Christmas cards this year, why not donate the money instead? You could also put those wrapping skills to the test and provide a Christmas wrapping service in return for a donation!!



Give the gift of joy and companionship this Christmas!

1. Decide on your event
2. Let us know what you're doing and when
3. Contact us if you need support - we can provide donation tins & leaflets
4. Share your event on social media tagging @MarmaladeTrust and #MarmaladeChristmas

If you organise a fundraising event and have money to donate you can pay by:

- BACS (we'll send our bank details)
- Cheque (pay to Marmalade Trust)
- JustGiving:
www.justgiving.com/marmaladetrust

Visit: www.marmaladetrust.org | Call: 07566 244 788

Email: info@marmaladetrust.org

THANK YOU!