



CLAIRE HOUSE LEGEND AWARD



Claire House
CHILDREN'S HOSPICE

CONTENTS

Introduction

Say hello to Lou

Be a Claire House speaker

Organise your own fundraiser

Help our retail team

Help our events team

Take part in a challenge event

Be a researcher

Volunteer log

What next?



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INTRODUCTION

Why complete the award?

By completing the Claire House Legend Award, you will be helping Claire House in so many different ways. As a charity, we rely on amazing people like you to fundraise, volunteer and spread the word about what we do. What's more, by completing the award, you will gain valuable experience to put on your CV and personal statement for college, university or a job.

How do I complete the award?

There are 6 different tasks you can do to complete the award, which are explained in more detail in this booklet. Each task is worth 1 point, but the retail task is worth 2. To complete the award, you need to earn 3 points.

Some of these tasks will depend on what we have going on at Claire House, so do be aware that not all of them will be achievable in a short space of time. Make sure to get in touch early to talk to us about which tasks you are interested in. There is no strict time limit on the award, however we recommend completing within 6 months.

Just remember to log your completed tasks in the volunteer log at the back of this booklet.

What do I do once I have completed my tasks?

Once you have completed your tasks, let us know and send us a copy of your volunteer log. After receiving it, we will send you your award certificate and a huge "thank you!"



***Please note we are able to cover out of pocket expenses for volunteering.**

SAY HELLO TO LOU,

ONE OF OUR PALLIATIVE CARE
NURSE SPECIALISTS...



Hi, I'm Lou, a Palliative Care Nurse Specialist, which basically means I care for children and young adults who have an illness or condition which they might not get better from. We always hope for the best, but also help young people and their families prepare for the worst.

I love working at Claire House because every day is different. I can be planning a fun party for someone one day and supporting a bereaved family the next. But for me, the most important thing is making a difference. Sadly, we can't make the children better, but at least I know I have helped. This can be by making sure they are comfortable at the end of their life, helping them to have as much fun as possible in their final days, giving them a voice in decision making, or helping to tick things off their bucket list.

The best part of my job is working with my team and our patients. My team are amazing because we are always there for each other and pick each other up when needed. My patients are amazing because I look after teenagers and young adults who are sadly at the end of their short lives, and they never cease to amaze me with their courage or inspire me with their attitudes. It's truly a pleasure to be a small part of their lives.

Claire House would be nothing without our amazing care team. £20.18 can help fund a nurse like Lou for one hour, in which time she can help make a difference during the most difficult time in a family's life.

TASK I: BE A CLAIRE HOUSE SPEAKER

Spreading the word about what Claire House does is so important! Telling people about what we do means people might decide to fundraise or volunteer for us, or might simply know what we do if they need us one day.

As a speaker, you will organise a talk in your local community to tell the people who live there all about Claire House.

This could be at a club you attend, at your school or college, at a place of worship or even at a group attended by one of your family members – the choice is yours.

We can help you out with leaflets to take to your talk and advice on what to talk about, should you need it.

We will need to know who you speak to, so when you sign up for this task, we will send you a form to complete to tell us who you speak to and what you speak about.



TIME COMMITMENT:

1 talk- planning and presenting.

Estimated 1 hour



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TASK 2: ORGANISE YOUR



OWN FUNDRAISER



Fundraising is really important for Claire House. We don't get much money from the government, so over 90% of the money we need comes from amazing fundraisers in our community – amazing people like you!

This task involves you organising your own fundraiser. You could do anything – let your imagination run wild and make sure to have fun!

You could:

- **Hold a cake sale**
- **Sell tickets for a movie night**
- **Hold a sponsored game-a-thon where you plan non stop games for a period of time.**
- **Hold a sporting match and charge for entry or gain sponsorship**
- **Hold a pizza night, food tasting night, summer BBQ where you charge for entry or ask for donations for food.**

Whatever you choose to do, we can give you advice and resources to help get you started!



**£20.18 could help
fund an hour of
nursing**



TIME COMMITMENT:

1 event– planning and execution.

Varies– estimated 2-4 hours



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TASK 3: HELP OUR RETAIL TEAM

At Claire House, we have retail shops all across our catchment area. These help us to raise funds to keep the hospice open. We would love your support in helping with a range of tasks in your local shop.

Tasks could include:

Hanging stock

Sorting donations

Serving customers at the till

Visual merchandising



DID YOU KNOW SHOP VOLUNTEERS GET 20% OFF ALL PURCHASES WHILST VOLUNTEERING?

Our shops are a great place to build transferable skills, meet new people and support sustainability.

If this task interests you, look on our website to see if there is a shop near you. Let us know when you sign up and we can arrange a taster session.

We will need consent from your parent or guardian.

TIME COMMITMENT:

Minimum of 16 hours but flexible. E.g. you can do 4 hours a week for 4 weeks, or 8 hours a week for 2 weeks.



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TASK 4: HELP OUR EVENTS TEAM



At Claire House, we have lots of events that you can volunteer at.

If you are 16–17 years old, you can help at our events with your parents' permission.

Here are just some of the ways you can get involved:

- **Giving out medals, t-shirts or goodie bags at the finish line of a Claire House race.**
 - **Giving out water during a Claire House race.**
- **Collecting bucket donations at Mowgli Dog Show or another event.**

If you would like to join us at one of our events, let us know when you sign up and we will send you monthly emails with our upcoming events that you can sign up for.



TIME COMMITMENT:

**1 event– average 3
hours**



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TASK 5: TAKE PART IN A CHALLENGE EVENT

Could you take on a skydive, zip wire or abseil for Claire House?
Or maybe Tough Mudder is more your style?



Whatever you choose, you could help to raise money and awareness for Claire House by doing something extraordinary!

We can send you sponsor forms or you can set up a Just Giving page.

Take a look at the events and challenges page on our website and sign up to what you are interested in.

***Please note some events will have a minimum fundraising target, this information can be found on our website when signing up.**

TIME COMMITMENT:

1 event– varies on event type.

**£26.36 COULD HELP
PAY FOR A PLAY
SESSION WITH ONE OF
OUR PLAY SPECIALISTS!**



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TASK 6: BE A RESEARCHER

At Claire House, we are constantly adapting and changing what we do so that we can be the best we can be.

Part of this involves researching up and coming events, resources and ideas.

Could you take on a research task for us?

This could include things like:

- **Researching events other charities are doing.**
- **Looking at other charities' websites and how they are similar/different to ours.**
- **Looking into how other charities are promoting equality and diversity.**
- **Looking into how we can be more eco-friendly as a charity.**

By taking on a research project, you will be helping Claire House grow and develop and provide vital support for our staff.

We will send you a list of research projects for you to choose from. Please complete within 4 weeks of accepting a project.

TIME COMMITMENT:

**1 project–
minimum 2 hours.**



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VOLUNTEER LOG



Use this page to log any tasks you complete and send it back to us when you are finished. You can also use this to help demonstrate skills for your CV and personal statement.

Task	Skills, experience and attributes developed	Evidence – how you did this task and demonstrated these skills
Be a Claire House speaker	Public speaking Presentation Motivating others Planning and organising Confidence Verbal communication Interpersonal skills Networking	
Organise your own fundraiser	Planning and organising Using self-initiative Working independently Marketing Creativity and design Motivating others Confidence Problem solving Communication Financial planning Event planning Interpersonal skills Time management	
Help our retail team	Retail and sales Stock handling Customer service Communication Confidence Creative and design Visual merchandising Teamwork Interpersonal skills Fashion Till operation Problem solving	

Each task will help you to develop valuable skills and experience. These may help to make your CV stand out to employers, make your university application more eye-catching or to achieve your personal and professional aims in the future.

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Task	Skills, experience and attributes developed	Evidence – how you did this task and demonstrated these skills
Help our events team	Communication Confidence Event management Planning and organising Time management Teamwork Fundraising Money handling Problem solving Positive attitude Motivating others Interpersonal	
Take part in a challenge	Physical Confidence Self-motivation Taking on new challenges Adaptable Adventurous Using self-initiative Fundraising Influencing others Positive attitude	
Be a researcher	Administration Written communication Creative and design Using self-initiative Working independently Understanding and following a brief Self-management Time management Reviewing and evaluation Research Completing a project Presentation Planning and organising Office IT (Word, Excel) Literacy and copywriting Critical thinking	

WHAT NEXT?

Thank you so much for completing the Claire House Legend Award. Now, send us your volunteer log, and once we have received it, we will send you your certificate.

This is the last award in the Claire House award series, as when you are 18, there will be a wider variety of volunteering opportunities for you at Claire House. In the meantime, keep an eye on our website for any opportunities or events.

You are a Claire House Legend now, so wear your badge with pride! Thank you.

