



# **CLAIRE HOUSE MINI HERO AWARD**



Claire House  
CHILDREN'S HOSPICE

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# INTRODUCTION

## Why complete the award?

**By completing the Mini Hero Award, you will be helping Claire House in so many different ways. As a charity, we rely on amazing people like you to fundraise and spread the word about what we do. Not only this, but by completing this award, you will be helping the staff and supporters at Claire House to smile!**

## How to complete the award

**There are 5 different tasks you can do to complete the award, which are explained in more detail in this booklet. To earn your award, you need to complete 3 of the 5 tasks. If you can't choose only 3 tasks, you can do all 5 – it's up to you! 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. You can send anything to us that you have created. After we get it, we will send you your award certificate and a huge "thank you!"**

# 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 family when they are sad 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 may be by making sure they have as much fun as possible, giving them a voice in decision making, or helping them 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, and they never fail 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 1: SPREAD THE WORD

**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!**

**This task involves you telling someone you know about Claire House. They could be a member of your family, your friends, your class, or even your headteacher?**

**You could:**

- Write a letter.**
- Do a talk or presentation for your class or family.**
- Record a video of yourself talking about Claire House and share it with people you know.**
- Create a poster to put up in school or in your window at home.**

**Or you could come up with your own way to spread the word!**



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# TASK 2: FUNDRAISE



**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 raising money for Claire House in any way you choose.**

## **You could:**

- **Get sponsored to do a challenge (e.g., run a 5k, give up something you love for a week or learn a new skill).**
- **Plan your own event where your friends can pay for tickets (e.g., a movie night).**
- **Hold a cake sale or sell toys you don't use anymore.**



**£20.18 could help pay for an hour of one-to-one nursing at Claire House!**



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# TASK 3: CREATE A THANK YOU CARD

**Here at Claire House, we think it is really important to be kind and say thank you when people do kind things.**

**We love sending our supporters thank you cards so they know how much their support means to us and the families that we care for.**

**Therefore, this task involves you making a thank you card, left blank inside so that we can write a message and send it to one of our amazing supporters.**

**The main things you will need to do are:**

- You can do any design you like, but make sure it is on card and not black card, so we can write in it with a black pen.***
- Write your name and age on the back of the card, so we know who made it!***

**Once you have created your card, you can pop in to Liverpool or Wirral site and give it to us or post it to:  
Claire House Children's Hospice, Clatterbridge Road,  
Bebington, Wirral, CH63 4JD**



# TASK 4: HELP OUR WELLBEING TEAM

**Because well-being is really important at Claire House, we have a team dedicated to it. They organise wellbeing activities and send out advice to staff to make sure everyone is okay.**

**It can be a sad job working at Claire House at times, so sometimes our staff need an extra boost to make them smile. This is where you can help!**

**Can you write a card or letter to someone in our care team to tell them how amazing they are? We have lots of nurses, counsellors, play specialists, physiotherapists and many more people who work with our children and families every day. Your letter could make them smile when they need it the most.**

**In your letter you could include:**

- Why you think they are amazing**
- Why you think what they do is amazing**
- Why you think they deserve this letter or card**

**We will keep this letter or card safe until we know someone who really needs it, and then we will pass it on.**

**You can create your letter on the computer and email it to us, or you can handwrite it and post it to us – it is up to you!**





# TASK 5: GET CREATIVE

**This task involves getting creative, and the choices are endless!**

**Could you create a song, rap or poem about Claire House?**

**Could you write a story about Claire Bear?**

**Could you draw or paint a scene from Claire House?**

**Could you build something from Claire House out of Lego?**

**Could you bake something that represents Claire House?**

**Could you use any other creative skills to make something that represents Claire House?**

**We would love to share your creations on our social media, so make sure to email us photographs of what you create! This will help us to spread the word about Claire House in a different and exciting way!**



# VOLUNTEER LOG



**Use this page to log any tasks you complete and send it back to us when you are finished.**

<b>TASK COMPLETED</b>	<b>WHAT DID YOU DO?</b>

# WHAT NEXT?

**Thank you so much for completing the Claire House Mini Hero Award! Now, send us your volunteer log and any resources you have created, and we will send you your official award certificate!**

**If you have enjoyed taking part, the next award to complete is the Claire House Hero award when you are 12–13 years old!**

**Can't wait until then? Why not keep an eye out for any events that you can take part in or continue to plan your own fundraisers and spread the word? You know what to do – you're a true Claire House Mini Hero!**



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