

Duchenne UK's

Duvet Days

at HOME



YIPPEE!

LET'S GET COSY

Your snoozy fundraising guide



GET READY TO GET UNDER THE COVERS

Let's face it, we all deserve a Duvet Day right now.

So, get your PJs on, grab your duvet and line up your favourite films. Then tell your family, friends and neighbours! It's time to...

#Duv **NOTHINGFORDUCHENNE**

It couldn't be easier to arrange a Duvet Day. In here, you'll find lots of ideas, tips and activities to help make it happen. But first, we want to say a huge **THANK YOU** for fundraising for Duchenne UK. The comfort your donations will bring to families living with Duchenne muscular dystrophy (DMD) is immense.

Stay dreamy.

Emily Reuben
Director of Duvets



WHY DUVET DAYS?

Duvet Days (just like yours) are helping us to raise money and awareness of Duchenne muscular dystrophy (DMD). Bringing family and friends together to spend quality time being cosy seemed like a great way to do this. And it's so easy that anyone can arrange a Duvet Day.



HOW MUCH DO YOU WANT TO DU?

You can do as much or as little as you like to bring in extra donations:

- ★ **Du nothing** – just sit back and enjoy the chats, the films and the smugness of snuggles.
- ★ **Du a little** – play the games and enjoy the activities here in your fundraising kit. This is good old-fashioned family time.
- ★ **Du a lot** – is it time for a bake sale? Or how about steaming mugs of hot chocolate topped with marshmallows? Turn your treats into fundraising for Duchenne UK by selling them to your friends and neighbours from the comfort of your home.

GET COSY FOR DUCHENNE In 6 easy steps



1 Decide the date and tell your family

Block out a day in the diary for quality family time, snuggling on the sofa while raising funds for Duchenne UK. Then pop your poster on the fridge to let everyone know and build excitement.

2 Get your Duvet Day essentials ready

You'll need comfy PJs for everyone, duvets, blankets and pillows, of course! Remember to stock up on popcorn, snacks and hot chocolate – the perfect movie munch. And grab ingredients if you're trying any of our recipes ([page 9](#)).

3 Plan any extra activities

Line up a sponsored movie marathon – how about watching the Harry Potter films back-to-back? Try a film quiz on a family favourite. Or take on one of our Duvet Day challenges ([page 14](#))!

4 Decorate

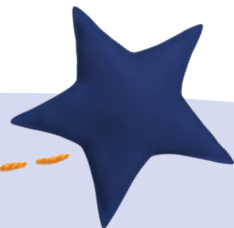
Hang up some fairy lights, pile up the pillows and download our fun Duvet Day assets from duchenneuk.org/duvet-days. Tell your neighbours about your Duvet Day with your exciting window sticker. And don't forget to make your own Duvet Days bunting.

5 Enjoy your Duvet Day

It's time to press 'snooze' and take it easy, there's no plans today other than enjoying quality time together as a family, watching films, catching up and playing games.

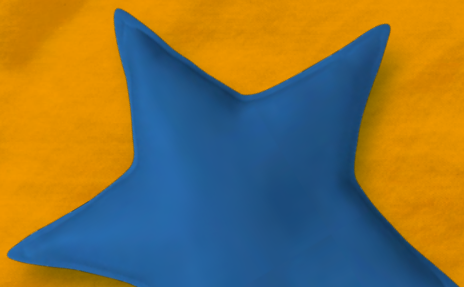
6 Donate

You can send your donations to the Family and Friends Fund contact through their JustGiving page, or to justgiving.com/campaign/duvet-days. Thank you so much for getting cosy under the covers!





MUST-see MOVIES



NOT SURE WHICH FILMS TO WATCH?

Relax, we've done the hard work for you. Check out our feel-good movie recommendations suitable for each age group. So, just press play and get ready to enjoy the smugness of snugness.

Aged three and below

The Gruffalo, U, BBC iPlayer
Room on the Broom, U, BBC iPlayer
Superworm, U, BBC iPlayer
Here We Are. Notes for living on planet Earth, Apple TV
Thomas & Friends: Journey Beyond Sodor, U, Amazon Prime

Aged four and above

Hook, U, Netflix, Now
My Neighbor Totoro, U, Netflix
Beethoven, U, Netflix
Hugo, U, Netflix
High School Musical, U, Disney+

Aged eight and above

The Greatest Showman, PG, Disney+
Paddington and Paddington 2, PG, Netflix
School of Rock, PG, Netflix, Now
How to Train Your Dragon, PG, Netflix
The Lorax, PG, Now

Aged 12 and above

Jumanji: Welcome to the Jungle, 12, Netflix
The Martian, 12, Disney+
Enola Holmes, 12, Netflix
Mrs Doubtfire, 12, Disney+
Eurovision, The Story of Fire Saga, 12, Netflix



The films available on streaming platforms are subject to change. All above information is accurate at the time of writing.



**SNUGGLE
& SNACK.**

SUPER SPEEDY SNACKS

Spend time together making tasty movie snacks to munch on. Our easy recipes shouldn't take you too much time or effort but they all require adult supervision.

NO-SNORE S'MORES DIP

A nod to the American campfire classic, this S'mores dip tickles those comfort food taste buds.

Ingredients

200g milk chocolate
2 tbs full-fat milk
350g mini marshmallows

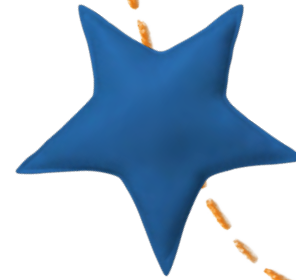
To serve

100g digestive biscuits
A bowl of strawberries

Method

1. First, put the strawberries and digestive biscuits on a plate, ready for dunking.
2. Break up the chocolate and melt it in a glass bowl over a boiling saucepan. Adults it's best for you to take charge of this one!
3. Take an oven-proof frying pan and over a low heat add the chocolate, milk and 200g of the marshmallows and get mixing.
4. Once melted, remove from the heat and top with the leftover marshmallows.
5. Grill on high for just one or two minutes until the marshmallows are toasted and dig in!

Recipe adapted from the BBC Good Food website



CHEESE DREAMS

These savoury twists are super fun to make with the kids. They're so tasty, you'll need to make sure you don't eat them all before your family's favourite flick starts.

Ingredients

- 1 pack of ready rolled puff pastry
- 1 beaten egg
- 100g mature Cheddar cheese or Parmesan cheese, grated

Method

1. Preheat oven to 220°C, 200°C for fan ovens or gas mark 7. Put a sheet of grease proof baking paper in a large baking tray.
2. Unroll the puff pastry sheet, brush with the beaten egg and sprinkle over the grated cheese.
3. Use a pizza wheel to cut strips. Then put it in the fridge for 30 minutes.
4. Once it's lovely and chilled, it's time for the **really** fun part – the twist! Take the ends of one strip and curl one end away from you and the other towards you, and keep rolling in those directions with the palms of your hands, while pushing the pastry out to make the straw longer.
5. Once you have a long, twisted stick, cut it in half and place it on the baking tray. Do the same to all the pastry strips then put them in the oven.
6. Bake for 10 minutes and the twists should puff up quickly, then reduce the temperature to 200°C, 180°C for fan ovens or gas mark 6 for another 5 or 10 minutes until golden to ensure they're fully cooked.
7. Cool on a wire rack and chomp away!

Recipe adapted from the Sainsbury's YouTube channel

TOP TIP!

For an extra glaze, brush the cheese straws with egg and scatter with a touch more cheese before baking.



MAKE-IT-IN-YOUR-PJS POPCORN

Kids love the novelty of making their own popcorn. When those kernels heat up and pop to reveal their fluffy insides – who can resist?

Ingredients

25g popcorn kernels

To make the popcorn

Put the popcorn kernels in a saucepan with a tight-fitting lid (or it might pop off!) for 4 mins.

Cinnamon sugar topping

Lightly coat the popcorn with some cooking oil. Then mix 1 tsp of cinnamon and 2 tbsp of brown sugar together, sprinkle over the popcorn and give it a good shake.

Peanut butter topping

Put two big tablespoons of peanut butter in a microwave safe bowl and heat until melted, usually around 30-40 seconds. Drizzle over the popcorn and get hands-on to give it good coating.



CUDDLE IN a CUPPA

This is an indulgent hot chocolate – a treat for such a special day with the family. If you're dairy-free you can swap the milk and cream for alternative options and switch the milk chocolate for dark.

Ingredients

(makes three child-sized servings, or two adult servings)

375ml full fat milk

50g milk chocolate

15g unsweetened cocoa

1 tsp vanilla

125ml cream

Toppings

Whipped cream

Marshmallows

And any other topping treats

Method

1. Heat the milk and cocoa in a saucepan on a low heat, ensuring the cocoa dissolves.
2. Break the chocolate into pieces (try to resist eating it!) and add it to the pan with the vanilla.
3. Once the chocolate has fully melted, take it off the heat, stir in the cream and top with whipped cream and marshmallows for a decadent Duvet Day treat.

Recipe adapted from the blog, My Kids Lick The Bowl





**TAKE ON OUR
DUVET DAY
CHALLENGES**

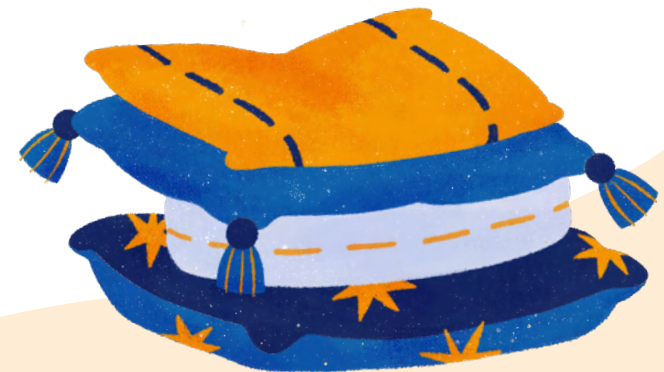
GREAT FOR TRYING TOGETHER

These fun tasks will keep you smiling between all the snuggles.

- ★ **Popcorn races** – take 20 pieces of popcorn and see if you can beat the clock and move each piece from one plate to the other in under a minute.
- ★ **Musical duvets** – when the music is playing it's time to two-step, cha-cha and jive with your duvet dance partner. When it stops, it's sleepy time – wrap your duvet around yourself and pretend to sleep. Last person caught moving is out! .
- ★ **Starlit sofa stories** – the first person starts the story with, “Last night, I dreamt...” and then each person in the room takes their turn to repeat the sentence starter, and add three words. In the end you'll have created your very own Duvet Day story.
- ★ **Teddy bear hunt** – gather the soft toys and nominate an adult to hide them around the room for the kids to find. The winner gets to choose the next film.
- ★ **Play the alphabet game** – think of films beginning with A, then B and so on, moving around the group as quick as you can. Or watch a film and name characters and things on screen for all the letters in the alphabet.

We'd love to see what you get up to on your Duvet Days so please share your photos and videos using the hashtag

#DuvetNOTHINGFORDUCHenne





GET COSY
and CREATIVE



HERE'S EVERYTHING YOU NEED

Enjoy adorning your Duvet Day hideaway with these added extras.



COLLECTION BOXES FOR CASH

We've created handy collection boxes for any cash donations. These are for neighbourhood bake sales and any extra activities on the day. Ask your Family and Friends Fund contact for one, or email: info@duchenneuk.org

READY TO DOWNLOAD

PRINT YOUR OWN WINDOW STICKER

Show the world you care with our wonderful window sticker. Simply print, cut out then pop it in your window to tell everyone you're getting cosy to end Duchenne! Little ones will need to ask an adult for help with scissors.

PERSONALISED POSTER

Tell everyone about your Duvet Day with our eye-catching poster. There's space for you to add all the important details and make it your own.

MAKE YOUR OWN BUNTING

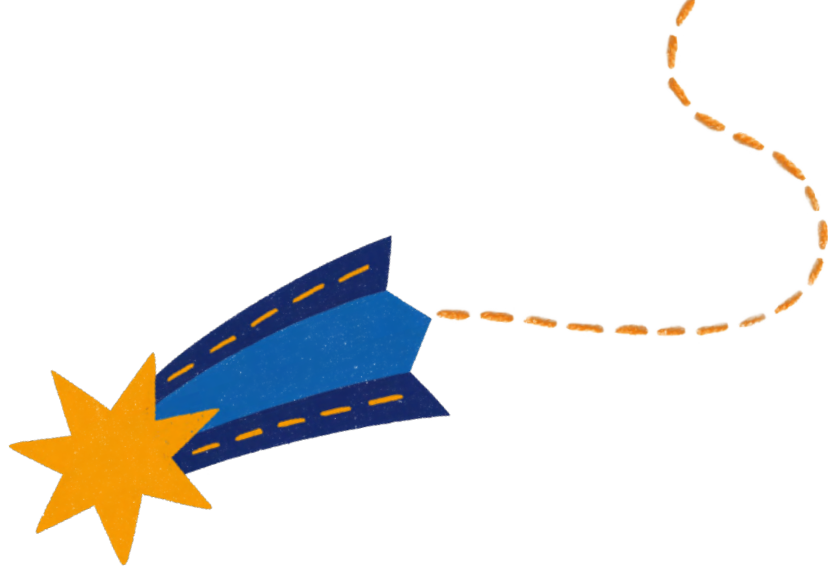
Decorate your Duvet Day with our DIY bunting. Simply print the designs, cut out the shapes and attach them together with string to bring some Duvet Days cosy colour to your surroundings. This one requires adult supervision when cutting with scissors too.

Download everything here:
duchenneuk.org/duvet-days

COLOURING CLOUDS

There's nothing quite as dreamy as fluffy clouds – and little ones will love colouring in these cloud-shaped animals. From hippos to horses, there's plenty to keep them busy. Simply print as many as you need.





DU'ING NOTHING never FELT SO GOOD



You should feel great about your Duvet Day because everything you raise will support Duchenne UK in our mission to end Duchenne. Here are just some of the ways your money will help:

- ★ **£10** could go towards providing a newly diagnosed family with a vital DMD Family Information Pack to support them in the dizzying first days, weeks and months after their child's diagnosis
- ★ **£25** could help Duchenne UK pay for a family living with DMD to attend a Duchenne UK Information Day
- ★ **£50** could go towards scientists conducting life-changing DMD research
- ★ **£100** could help pay for a clinical trial, bringing hope that one day, there will be new effective treatments for DMD



DU IT FOR JACOBI

In September 2017 we found out that Jacobi, our four-year old son, had Duchenne muscular dystrophy (DMD).

We knew nothing about this cruel disease at the time. We were devastated to learn that DMD results in boys being wheelchair-bound by their teens and that life expectancy is significantly reduced.

Every day is challenging, but we are not prepared to sit around and wait for a cure, we want to make a difference to Jacobi's life and to all other little boys affected by DMD.

Jacobi is growing up fast. He has adapted well to cope with DMD and there aren't many things that will stop him from achieving his goals! Jacobi's passion is playing golf and his Great Grandad Jim's golf buggy helps him to get around the course.

'Duvet Days' is so important because by raising money to find a cure for DMD, we will help Jacobi continue doing what he loves.

Our family will be snuggling up on the sofa to enjoy a Duvet Day. Please join in by hosting your own Duvet Day with family, friends, colleagues or speak to your children's school about hosting one to help boys, like our Jacobi.

Faye + Nathan Whyte, Jacobi's loving parents



WHAT TO DU WITH YOUR DONATIONS

Wondering how to pay in your generous donations?
There are a few ways you can do this...

online

JustGiving.com is a great place for all your donations. Use the URL or QR code provided by your local Family and Friends Fund rep to donate direct to their page.



You can also donate to the general Duchenne UK fund at: duchenneuk.org/donate or the general Duvet Days JustGiving page: justgiving.com/campaign/duvet-days which you can access by scanning this QR code.

Do you want to set up your own JustGiving page?

You'll find details on how to create a page that's linked to the Duvet Days campaign on the next page.

AT THE BANK

For any cash donations, email info@duchenneuk.org for details on how to transfer the donations to us directly.

YOUR FFFABULOUS DUCHENNE UK REP

If you're fundraising for a specific Duchenne UK Family and Friends Fund, or FFF for short, your contact can help you with any queries. If you're setting up your own Duvet Days JustGiving page, remember to include the name of the family you're fundraising for on your page so we can ensure everything you raise goes towards helping them.

HOW TO SET UP YOUR OWN DUVET DAYS JUSTGIVING PAGE



You may want to set up your own page, particularly if your employer can boost your charity fundraising efforts.

1. Go to the URL or scan the QR code sent by your Family and Friends Fund contact and click **'start fundraising'**. If you haven't been contacted by a Family and Friends Fund, go to: [justgiving.com/campaign/duvet-days](https://www.justgiving.com/campaign/duvet-days) and click **'start fundraising'**.
2. Fill in the details to create your page.
3. Click **'edit page'** to include the name of the family you're fundraising for. You should be able to easily find this information on their JustGiving page.
4. Once created, you can share your page via the links at the bottom of the screen. You can also add the URL to your poster and any emails and social posts you're sending to your friends and neighbours, so they know where to send their donations.
5. You may wish to generate a QR code. You can do this by going to your JustGiving page and adding **/qrcode** to the end of the URL. It's a good idea to add this to all of your communications to provide another easy way for people to donate.



Wahey!

**YOU'VE ROCKED YOUR
DUVET DAY AT HOME**

any questions?

Our Cosiness Coordinator
is only an email away
info@duchenneuk.org

#Duv **NOTHINGFOR** **DUChenne**

**'Whatever you do, don't forget
to share your day on social
media with our hashtag'**



Duchenne UK, Unit G20, Shepherd's Building, Charecroft Way, Hammersmith, W14 0EE
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