



Duchenne UK's

DuVet Days

THE BIG DUVET DAY



WHOOPEE! LET'S GET COSY



Your little guide to planning a Big Duvet Day



THE KIDS ARE GONNA LOVE YOU (and so are we)

You're amazing!

You've signed your school up for Duchenne UK's Big Duvet Day. This little guide will walk you through everything you need to know and do next to ...

#DuvetNOTHINGFORDUCHenne

But before you get stuck in, we want to say **THANK YOU SO MUCH**, for fundraising for Duchenne UK. The comfort your school's 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 for Duchenne UK and awareness of Duchenne muscular dystrophy (DMD).

Giving your kids the gift of a Duvet Day on the last day of term in return for a donation seemed like a great way to do this. Fun, friends and a day of no lessons! It's what dreams are made of.

We've made organising your Duvet Day as easy as possible. From easy activities to game suggestions, we've thought of everything – so you don't have to.



6 LITTLE STEPS TO YOUR BIG DUVET DAY



1 Decide the date and tell parents about your Big Duvet Day

Whether you send an email or mention the Big Duvet Day in your next newsletter (or both), a link to Duchenneuk.org will help parents and carers learn about our important cause. We've also created a helpful poster with a handy space to write your chosen date. Download it here: duchenneuk.org/duvet-days

2 Plan any extra activities

We've given you some easy and fun ideas on the next page – simple games you can play to make the children extra happy and raise extra funds.

3 Recruit some parents

Whether it's gathering supplies, baking cakes, making hot chocolate or being there to supervise on the day, ask parents to give you a hand. It will help make the day as enjoyable for you as it is for the kids!

4 As the day draws closer

Remind parents and carers to send their children in with their duvets or blankets and some loose change on the day for any additional activities they might want to take part in. You can also ask your Family and Friends Fund representative about our handy collection boxes.

5 When the big day arrives

Get cosy and enjoy yourselves! We hope it's the day of lesson-free fun the children have dreamed of. You'll find a list of games and decorations further on in this guide.

6 Get your donations to Duchenne UK

It couldn't be simpler to donate the money you raise – you can do this direct to your local Family and Friends Fund's JustGiving page, or to the Duvet Days campaign, or set up your own JustGiving page.

HOW MUCH DO YOU WANT TO DU?

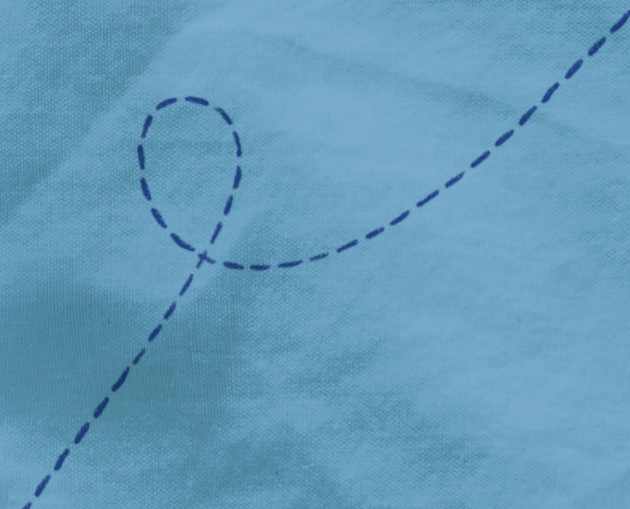
You can do as much or as little as you like to bring in extra donations:

- ★ **Du nothing** – just sit back and let your students enjoy the chats, easy activities like colouring in and crafting the decorations.
- ★ **Du a little** – we have suggested some fun games you can organise to get the kids cosy and competitive. Perhaps asking for a small donation could be a great way to raise that little bit more.
- ★ **Du a lot** – is it time for a bake sale? Or how about steaming mugs of hot chocolate topped with marshmallows? Turn treats into extra donations for Duchenne UK and while they're tucking in, they'll be helping children with DMD and so will you.





**GO KING-SIZED ON YOUR
BIG DUVET DAY**



GAMES TO MAKE YOU GIGGLE

If it's time for a break from the lessons, how about getting the kids busy with these fun games?

- ★ **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!
- ★ **Treasure hunt** – gather a selection of sweet treats and nominate an adult to hide them around the room for the kids to find.
- ★ **Play the alphabet game** – think of films beginning with A, then B and so on, moving around the group as quick as you can. Can you make it all the way to Z? If films proves a tricky category, why not try animals or objects?



We'd love to see what you get up to on your Big Duvet Day so please ask parents to share photos and videos of their kids having fun using the hashtag

#DuvetNOTHINGFORDUChenne

HERE'S EVERYTHING YOU NEED



READY TO DOWNLOAD

PERSONALISED POSTER

Make sure everyone knows about your Big Duvet Day with our eye-catching poster. We've left space for you to add all the important details.

DECORATE YOUR DAY

Build excitement for your Big Duvet Day with our colourful activities. From DIY bunting to window stickers, we've created printable pieces to brighten the halls and remind the kids who you're doing this for.

Download everything here:
duchenneuk.org/duvet-days

COLLECTION BOXES FOR CASH

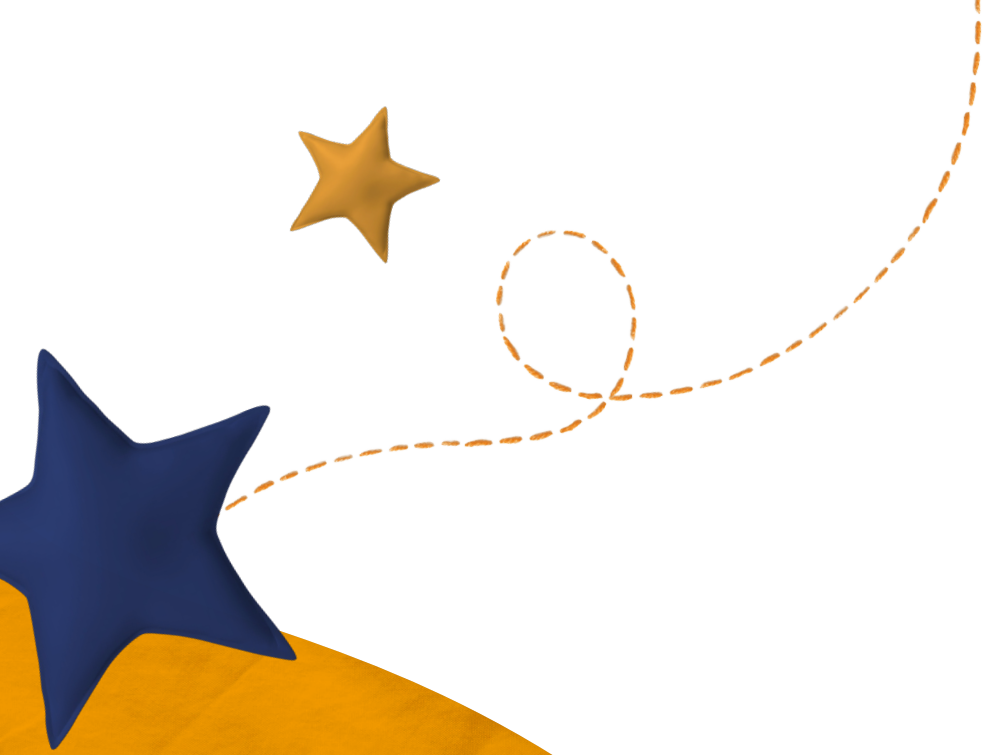
We've created handy collection boxes for any cash donations. These are perfect for bake sales and any extra activities on the day. Ask your Family and Friends Fund contact for one, or email:

info@duchenneuk.org

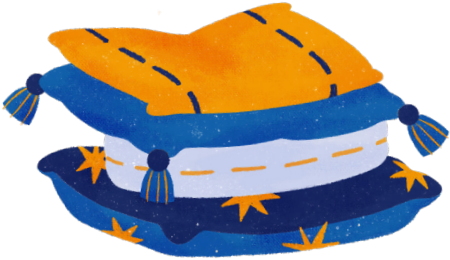
COLOURING CLOUDS

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 out as many copies as you need.





DU'ING NOTHING NEVER FELT SO GOOD



You should feel great about your Big Duvet Day because everything you raise will support us 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 generous donations your school has raised?

There are a few ways you can do it ...

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.



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, here's a step-by-step guide to make it as easy as possible.

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 out, so everyone knows 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 ACED YOUR
BIG DUVET DAY**

any questions?

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

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

**Whatever you do, don't forget to
ask parents to share their pictures
from your Big Duvet Day on social
media with our hashtag**



Duchenne UK, Unit G20, Shepherd's Building, Charecroft Way, Hammersmith, W14 0EE
duchenneuk.org | Registered Charity No. 1147094

