

Duchenne UK's

DuVet Days

dance, donate THEN DUvet DAY



HOORAY!
IT'S TIME FOR
a SPECIAL KIND
OF DUVET DAY

Your dreamy guide to planning your Dance, Donate then Duvet Day





YOU'RE STUDYING SO HARD

Get ready to switch off!

You're incredible! You've taken time out from beavering away at the books to sign up to Duvet Days. Here, we've included everything you need to know about how you can fundraise just by having fun with your mates.

Before you make a start, we want to say a **BIG THANK YOU** for raising money for Duchenne UK. The comfort your donations will provide to young people 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 DMD. They're the easiest and comfiest way to fundraise, especially after a great night out at the Student Union bar.

We suggest asking everyone who wants to take part for a donation of £5 per person, or whatever your mates can afford. Then sit back and enjoy the smugness of snugness!



GET COSY FOR DUCHENNE UK In 6 EASY STEPS

★ 1 Decide your date and tell everyone about your your Dance, Donate then Duvet Day.

Post it on your university's social channels, get a shoutout on your uni radio station and grab some headlines at your uni paper. You'll also need to put up posters in the library, dorms, student union... everywhere! You'll find our handy poster design available to download here: duchenneuk.org/duvet-days

★ 2 Sign up students taking part

Stick a sign-up form on notice boards alongside the posters so you can keep track of donations. Or ask students to donate via the **QR code** (if provided on the letter you received from the Family and Friends Fund rep) and it'll take you straight to the right JustGiving page. This way, the money you raise will go directly to the Family and Friends Fund local to your area.

If you haven't been contacted by a Family and Friends Fund, simply bookmark our general Duvet Days fundraising page: justgiving.com/campaign/duvet-days

Want to set up your own JustGiving page? See [page 21](#) for step-by-step instructions.

★ 3 Plan any extra activities

You could arrange a special student union club night the evening before the Duvet Day, or perhaps ask some keen student bakers to rustle up some treats for a bake sale, or maybe just play some games with your mates in-between the film breaks. You'll find some easy and fun ideas on the next page.

★ 4 Enjoy the smugness of snugness

All students deserve a duvet day (one that's about more than just a hangover). So stay in your PJs, grab your duvet and line up your favourite films. Then tell your friends. It's time to **#DuNothingForDuchenne**.

★ 5 Ask for donations from everyone taking part

Don't be shy! This day is all about doing good. We've created a collection box for anyone who prefers to give cash, which can be handy if you're organising a bake sale. Just ask your Family and Friends Fund contact to share this with you, or go online to request one by emailing: info@duchenneuk.org

★ 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 enjoy the chats, the films and the smugness of smugness.
- ★ **Du a little** – how about a film quiz? Or creating a Spotify playlist and asking for a donation in exchange for adding a song? Play games and enjoy the activities we've suggested on [page 15](#) for some wholesome fun with friends.
- ★ **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 mates from the comfort of your home or on campus.



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

#DuNOTHINGFORDUChenne

MUST-see MOVIES



NOT SURE WHICH FILMS TO WATCH?

Relax, here's our feel-good movie recommendations including lots of childhood classics, which give you options across popular streaming platforms*. So, grab your popcorn and press play.

Hook, U, Netflix, Now

My Neighbor Totoro, U, Netflix

Beethoven, U, Netflix

Hugo, U, Netflix

High School Musical, U, Disney+

Minions, U, Now

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

Descendants 1,2,3, PG, Disney+

Despicable Me, U, Netflix

Mamma Mia, PG, Now

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

Everyone's Talking About Jamie, 12, Amazon Prime

The Goonies, 12, Amazon Prime

The Pursuit of Happyness, 12, Netflix

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

SUPER SPEEDY SNACKS

Make some tasty movie snacks to munch on and raise more money by selling them to your mates. These recipes are easy and cheap to make, perfect for student life.

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 tbsp 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.
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 so tasty, you'll need to make sure you don't eat them all before your 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. The best method is to roll up the pastry, away from your body, 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!

TOP TIP!

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

Recipe adapted from the Sainsbury's YouTube channel

MAKE-IT-IN-YOUR-PJS POPCORN

Making your own popcorn is so easy. When those kernels heat up and pop to reveal their fluffy insides – who can resist?

Ingredients

25g popcorn kernels

To make the popcorn

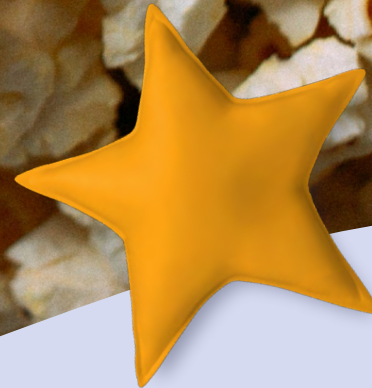
Put the popcorn kernels in a saucepan with a tight-fitting lid (or it might pop off!) for 4 mins.

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 your mates. If you're dairy-free you can swap the milk and cream for alternative options and switch the milk chocolate for dark.

Ingredients

(makes 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**

GAMES TO MAKE YOU GIGGLE

Enjoy quality time with friends with these fun, easy and partly edible games. Perfect for when you need a little break from your movie marathon.

- ★ **Build a marshmallow tower** – Grab some cocktail sticks and some marshmallows to compete to see who can make the most intricate marshmallow skyscraper. You might like to grab some different sized marshmallows to add some detail to your pillowy constructions.
- ★ **Hide and sweet** – Hide some sweet treats around the room and your mates have to find them. The hider should try to be as creative as possible to make the seeking more challenging. The person who finds the biggest share of the booty gets to choose the next movie.
- ★ **Spoons** – All you need is a deck of cards and some spoons (one less than the number of people playing). Place them in the middle of the table then deal out four cards to each player and place the deck of cards facedown with the spoons. The dealer takes the top card from the deck which should be placed on their right and discards a card from their hand to the player on their left. Play continues until a player has four of a kind. When this happens they must pick up a spoon then the other players must race to pick up a spoon. The player without a spoon is out!

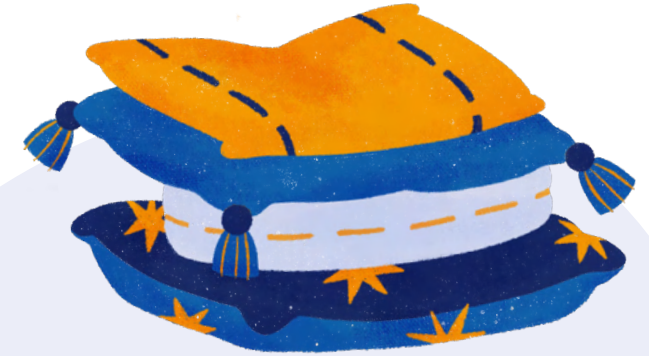


We'd love to see what you get up to on your Duvet Days so please share your photos and videos using the hashtag

#DuvetDays NOTHINGFORDUCHENNE



ACTIVITIES TO SUPPORT YOUR DANCE, DONATE THEN DUVET DAY



Here are some more resources to get you into the spirit of your Duvet Day.



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

READY TO DOWNLOAD

PERSONALISED POSTER

Tell everyone about your Duvet Day with our eye-catching poster. There's space for you to add all the important details to get everyone on campus involved in the fundraising.

DECORATE YOUR DAY

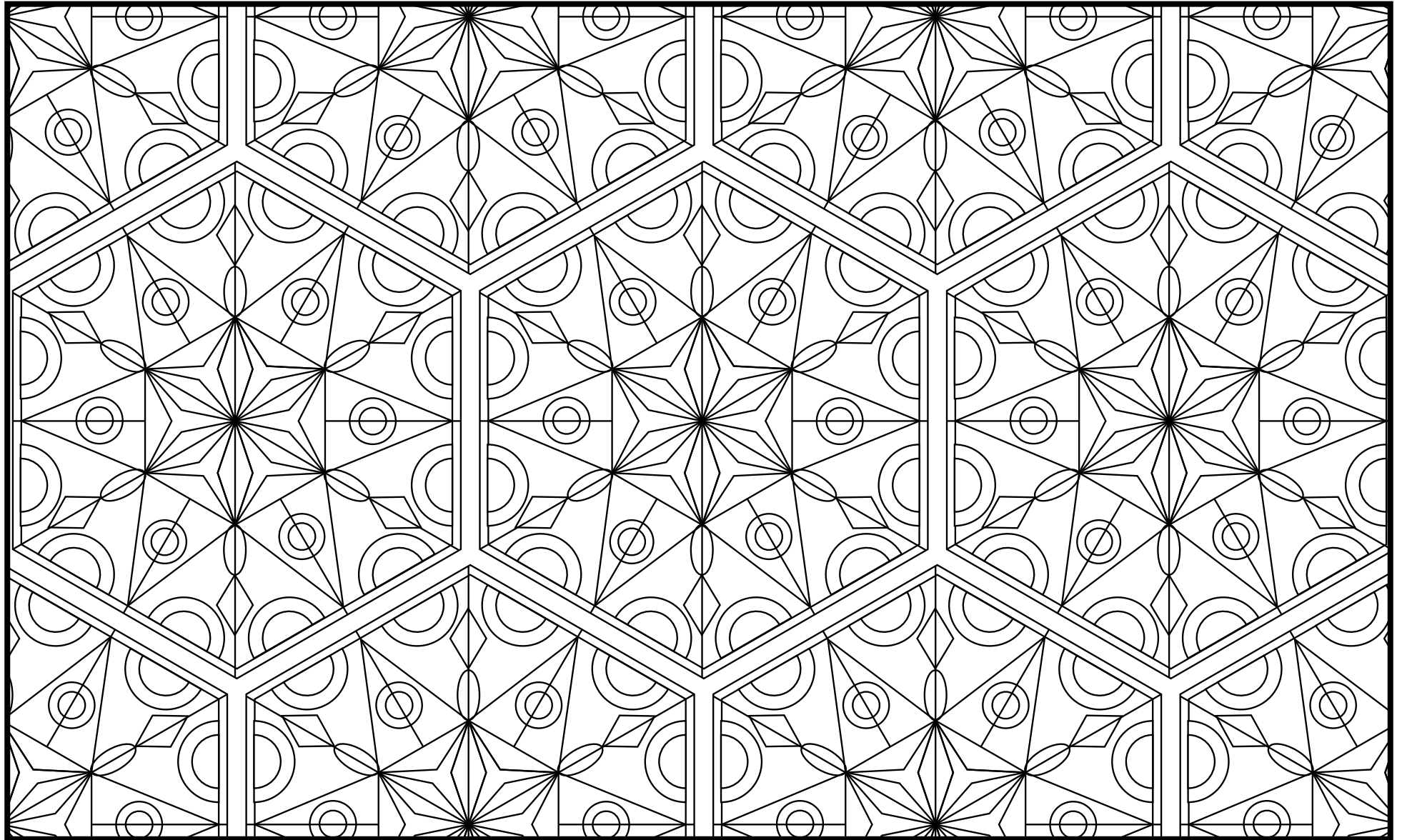
Adorn your Duvet Day with a range of colourful decorations. From DIY bunting, to window stickers, we've created printable pieces that will let everyone know who you're doing this for.

Download everything here:
duchenneuk.org/duvet-days



COLOURING IN, RELAXING

If the last time you coloured in a picture was at school then it's time to crack open the crayons and get scribbling into mindfulness bliss.



A child is shown in the background, smiling and eating popcorn. The scene is decorated with stars and a dashed orange line. The text is presented in a white circular area.

DU'ING NOTHING never FELT SO GOOD

You should feel great about your Dance, Donate then Duvet Day because everything you raise will help 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

Casestudy

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.

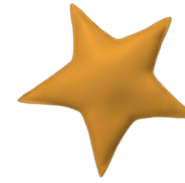
Every day is challenging, but we are not prepared to sit around and wait for a cure, we want to make a difference to Jacobi's life and to all other little boys affected by DMD.

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 or friends, 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 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 for the university.

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 mates, 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 ACED YOUR DANCE,
DONATE AND 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 share your day on social
media with our hashtag**



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