

Duke of Edinburgh Help Sheet

We would love you to consider supporting Shooting Star Children's Hospices whilst working towards your D of E awards. And we can help you in meeting your D of E requirements.

You need to spend, on average, an hour a week over three, six, 12, or 18 months on your volunteer section, depending on which award you are working towards and whether you choose volunteering as your longer section.

If you are not sure how long you need to work on your volunteer section for have a look at the D of E website to check- dofe.org/en/content/cms/doing-your-dofe/activitiessections/volunteering/volunteering-require

Meeting the volunteer section requirements doesn't just mean that you have to volunteer; you can also use your time to fundraise.

You could organise a mini fundraiser for Shooting Star Children's Hospices each month. Spend an hour a week over three weeks planning a fundraising activity, then one hour carrying out the fundraising.

Try our 5p challenge and get your friends and family donating their spare 5pence pieces to help fund a senior Hospice at Home nurse. Find out more at shootingstar.org.uk/5pchallenge

Or spend an hour a week, over three months, planning toward one larger fundraising event such as a bake off, talents show or charity dinner with family and friends. Or maybe even tackle one of our super challenge events shootingstar.org.uk/get-involved/events

If you are over the age of 16 years, you can volunteer in one of our amazing charity shops or in our hospices if you are over 18 years and committing to a minimum of 12 months volunteering.

We would simply love to have you on board, so please get in touch for more ideas and information on how we can help you!

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All about Shooting Star Children's Hospices

Shooting Star Children's Hospices is a leading children's hospice charity caring for babies, children and young people with life-limiting conditions, and their families.

Whether lives are measured in days, weeks, months or years, we are here to make every moment count. We support families from diagnosis to end of life and throughout bereavement with a range of nursing, practical, emotional and medical care.

Our bespoke support is free of charge to families and available 365 days a year. Our care service includes short breaks at our two hospices (Shooting Star House in Hampton and Christopher's in Guildford), Hospice at Home, day care, symptom management, end-of-life care, bereavement care and a comprehensive range of therapies and support groups for the whole family.

It costs £9.5 million a year just to maintain our current level of care and, with around 10% of our income coming from government funding, we rely on our supporters' generosity to keep the service running. What's more, we know there are many more families desperate for our vital support, so it's crucial we raise more funds to provide more care.

In the words of a family member supported by Shooting Star Children's Hospices, this is how your support helps us to make a difference to their lives:

"As a family we were taken on a white knuckle ride from the moment our daughter was born, but when she was six months old we were thrown a lifeline in the form of Shooting Star Children's Hospices. They have been with us every step of our journey."

Please don't hesitate to contact us and let us know what fabulous fundraising you are doing. We would love to support you with your fundraising and can provide you with any help and advice you need as well as collection cans, leaflets and stickers too!

For more ideas and information check out our website– shootingstar.org.uk