



NEUROBLASTOMA UK
FIGHTING CHILDHOOD CANCER



Have a *virtual* Little Sleepover!

Wear your PJs for a day and
help save young lives



neuroblastoma.org.uk/little-sleepover

Text CCAM5 to 70470*
and donate £5 to help
fight childhood cancer in
your pyjamas!

Welcome to our *virtual* Little Sleepover!

September is Childhood Cancer Awareness Month.

We might not be able to stay with family or friends right now, so have a virtual sleepover instead! It's simple - wear your PJs all day and raise money for vital neuroblastoma research.

Simply text CCAM5 to 70470* and donate £5 to help fight childhood cancer in your pyjamas!

But if you'd like to raise more vital funds, hold your own virtual Little Sleepover at home, work or school! Whether you're in an online meeting with colleagues, on the sofa with your family or video-calling your friends, wear your PJs and help save young lives.

Your Fundraising Guide is full of ideas to support your PJ day or virtual sleepover. You can also download fun activities at **neuroblastoma.org.uk/little-sleepover**

Thank you for holding a virtual Little Sleepover. We're fighting childhood cancer, together.

If you need any help, please email us at **fundraising@neuroblastoma.org.uk** or call us on **020 3096 7890**.

P.S. Remember to share your #PJPose photo on social media!

Join us on World Cancer Research Day on Thursday 24 September for a virtual Little Sleepover with family, friends or colleagues!



Little donations make a big difference

For many families, the first time they hear the word 'neuroblastoma' is when their child is diagnosed. Most children diagnosed with neuroblastoma are under the age of five.

Children with neuroblastoma will experience more procedures during their young lives than many adults. This intense treatment can last for months or even years.

This treatment sadly often means that they'll need regular 'sleepovers' in hospital, away from their siblings, parents and loved ones.

With your help, we can fund vital research to develop kinder, more effective treatments for children with neuroblastoma.

Thank you

Evie's story

Evie and her twin sister Ella were born three months premature in May 2016. Shortly before their first birthday, Evie was diagnosed with stage four high risk neuroblastoma.

After months of intensive chemotherapy and surgery, Evie was given the all-clear. She starts school in September and is a confident, happy little girl.

Your donations can help fund vital research to save more young lives like Evie's. Thank you.



Planning your *virtual* Little Sleepover

If you'd like to wear your PJs with family, friends or colleagues, here are some helpful tips for a virtual sleepover!



Set a date

Hold your PJ day anytime during in September, or **organise a virtual sleepover on Thursday 24 September** on World Cancer Research Day!



Set up a JustGiving online fundraising page

or a Facebook Fundraiser and share with family and friends. The money you raise will help fund vital research into neuroblastoma.



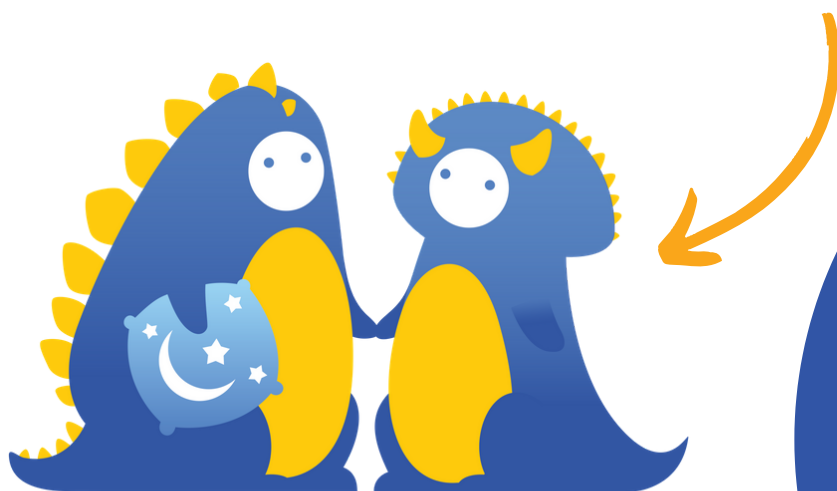
Invite your family, friends or colleagues

to donate £5 and wear their PJs for a day. Download our social media frames and tell everyone you're taking part.



Get set for a virtual little sleepover

Print off our resources and get ready for some crafting! Design your own PJs, decorate some bunting or colour in our Sleepy-sauruses!



Download your resources at
**[neuroblastoma.org.uk/
little-sleepover-resources](https://neuroblastoma.org.uk/little-sleepover-resources)**

Create your *virtual* sleepover!

Being socially distanced doesn't mean an end to the excitement of sleepovers. Cosy up with family, have a virtual get-together with friends or make an online work call in your PJs - it's up to you!

Beds are boring!

Build a den in the front room or put up a tent in the garden, grab the sleeping bags and sleep under fairy lights or stars for a magical night.

Set up your sleepover station.

Gather up blankets, pillows, cosy PJs, plenty of snacks - and your family or friends on a video call!

Have a cosy corner.

Read stories to bring everyone together and have a little quiet time before bed.

Go to the movies!

No sleepover is complete without a good film. Get the kids to choose their favourite movie and settle down with a bowl of popcorn.

Design your own PJs

Print out our PJ template and design your perfect PJs. Let the kids loose with felt tip pens, glitter or stickers and have some fun!

Hold a little quiz

Use our quiz sheet or make up your own!

Visit [facebook.com/neuroblastomaUK](https://www.facebook.com/neuroblastomaUK) and play our Big Pub Quiz with Alan Carr to really put your knowledge to the test.



Fundraising Tips

A little means a lot.

Ask everyone to donate £5 to wear their pyjamas to school or work. Or if you're at home, you can make a family donation of £10.

A baking boost!

Hold a cookie decorating or cake baking competition to raise more dough! Charge 50p to enter then video call the grandparents (or ask the boss) to choose the winner.

Set up a sleepover spa

If you can invite people to your home, give your friends a mini manicure or pedicure. 50p for a little treatment can make a big difference to your fundraising.

Got some gamers?

Computer games are perfect for a virtual sleepover - set up a gaming tournament and ask for a donation to enter.

Make it work

Invite colleagues to donate £5 and wear their PJs to an online meeting or in the workplace!

Text CCAM5 to 70470*
and donate £5

to help fight childhood
cancer in your pyjamas!



How to pay in your donations

Yippee - you did it! Congratulations on a successful Little Sleepover.

Please send in your donations as soon as you can and we'll send you a certificate to say a BIG thank you!

By text:

Text to donate is a quick and easy way to support our work. Simply text CCAM followed by the amount you want to donate to 70470*

Text CCAM5 to donate £5, CCAM10 to donate £10 or CCAM20 to donate £20.

*Texts cost one standard rate message, plus your donation amount. Your details are safe with us. Please take a look at our Privacy Policy on our website for more information.

By post:

Please make cheques payable to 'Neuroblastoma UK' and send to **Neuroblastoma UK, 7-14 Great Dover Street, London SE1 4YR.**

Remember to include your name, address and write 'Little Sleepover' on the reverse of your cheque.

By bank transfer:

You can pay directly into our bank account using the reference 'SLEEPOVER'. Our bank account details are:

Barclays Bank, Sort code: 20-60-38 Account number: 13962989

If you choose to pay your money in this way, please email hello@neuroblastoma.org.uk to tell us how much you've paid in, along with your name and address.



www.neuroblastoma.org.uk/little-sleepover

Registered charity number: 326385

Registered office: Neuroblastoma UK,
7-14 Great Dover Street, London SE1 4YR

