

Duchenne UK's

Duvet Days

at WORK



yay!
**IT'S TIME FOR
YOUR DUVET
DAY AT WORK**

Your lazy fundraising guide

IT'S TIRING BEING AS KIND AS YOU

You deserve a Duvet Day!

You've got your boss to agree to a Duvet Day at Work. You've downloaded this fundraising guide. Now just a few steps stand between you and your cosiest day at work ever. It's time to ...

#Duvet NOTHINGFORDUCHenne

It couldn't be easier to arrange your Duvet Day at Work. In here, you'll find handy tips and suggestions to help make it happen. But before you get started, we wanted to say a **BIG 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 for Duchenne UK and awareness of DMD. They're the easiest, most comfortable way to fundraise, so we're sure your colleagues will jump at the chance to get cosy.

We suggest asking everyone who wants to take part for a donation of £5 per person, or whatever you think is suitable for your colleagues. Who can say 'no' to a day of comfort?



GET COSY FOR DUCHENNE UK IN 6 EASY STEPS

★ 1 Decide your date and tell everyone about your Duvet Day at Work

Emails, messages and shoutouts in company meetings should do the trick. We've also created a helpful poster with a handy space to write your chosen date. Download it here:

duchenneuk.org/duvet-days

★ 2 Save and share the JustGiving page

Go online and enter the URL or scan the QR code provided by your local Family and Friends Fund and it'll take you straight to their JustGiving page. Then bookmark that page and share it with all your colleagues. This way, the money you raise will go directly to your local Family and Friends Fund.

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 13](#) for step-by-step instructions.

★ 3 Plan any extra activities

We've given you some easy and fun ideas on the next page – simple things you can do to raise extra funds.

★ 4 Enjoy the smugness of snugness

Now it's time for your Duvet Day at Work. If your duvet is too big or bothersome to take on public transport, a nice soft blanket will do. Don't forget your PJs!

★ 5 Ask for donations from everyone taking part

Don't be shy! Nag anyone who hasn't yet donated. We've also created a collection box for people who prefer to give cash – just ask your Family and Friends Fund contact to share this with you, or 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?

- ★ **Du nothing** – for once, you can stay in your PJs and wrap yourself up in a blanket (or duvet) on a workday. Bliss!
- ★ **Du a little** – there's no working through your lunchbreak today! Catch-up with your colleagues, join in a group meditation, or get creative with a mindfulness colouring session. If you plan to watch a film, your workplace will need a licence. Find out more at: [gov.uk/showing-films-in-public](https://www.gov.uk/showing-films-in-public)
- ★ **Du a lot** – who doesn't love a bake sale? Why not sell some cake, hot chocolate or popcorn to raise extra funds for Duchenne UK? Don't forget to give all your avid office bakers the heads-up! Or you might like to kick off your day with a sponsored yoga session to raise some additional funds. There are loads you can do for free online.



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

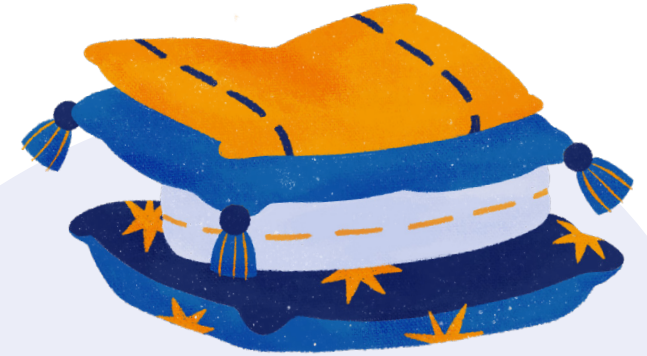
#DuNOTHINGFORDUChenne



GO KING-SIZED
WITH YOUR DUVET
DAY at WORK



HERE'S EVERYTHING YOU NEED



READY TO DOWNLOAD

PERSONALISED POSTER

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

DECORATE YOUR DAY

Adorn your Duvet Day at Work 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

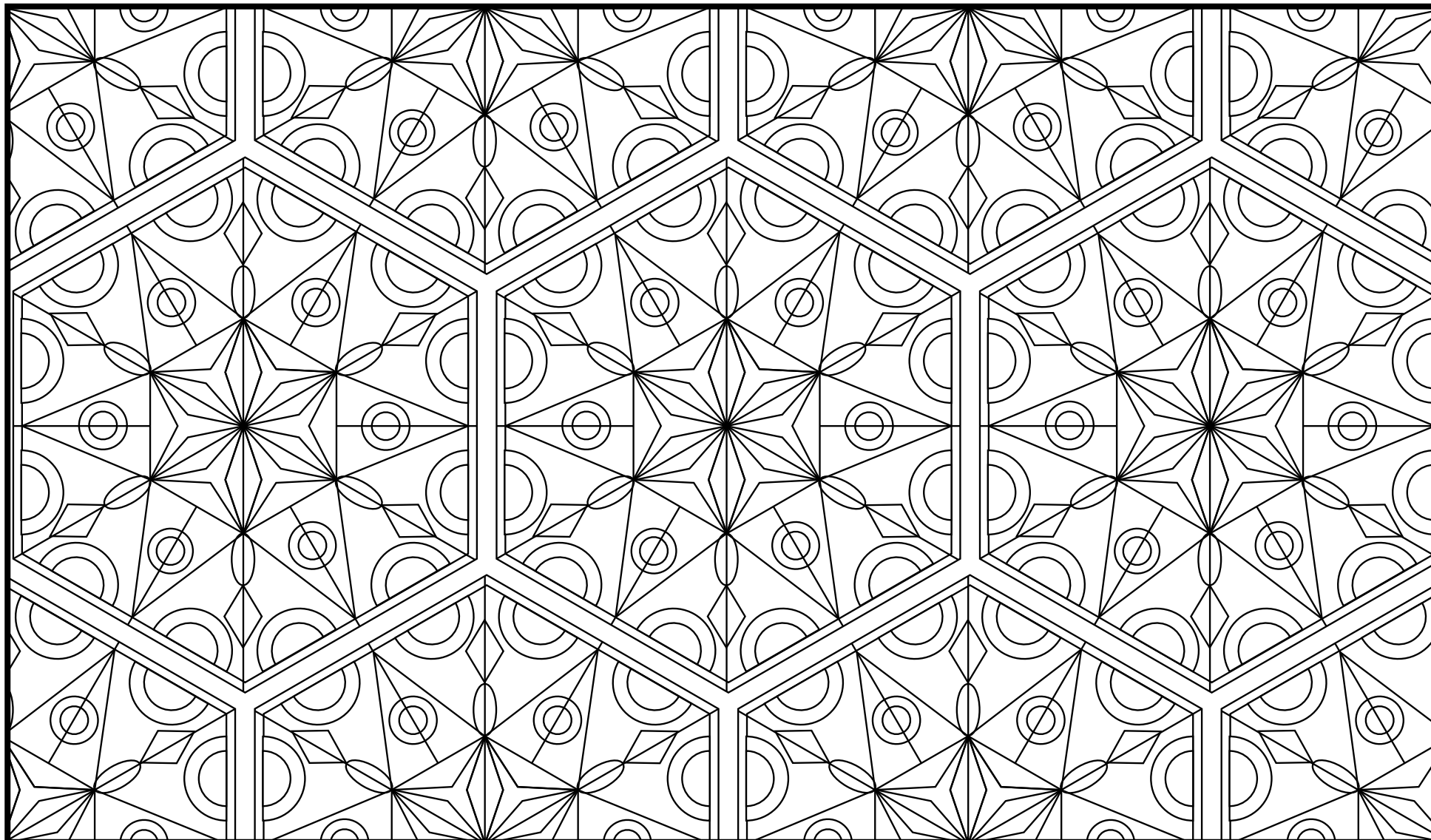
COLLECTION BOXES FOR CASH

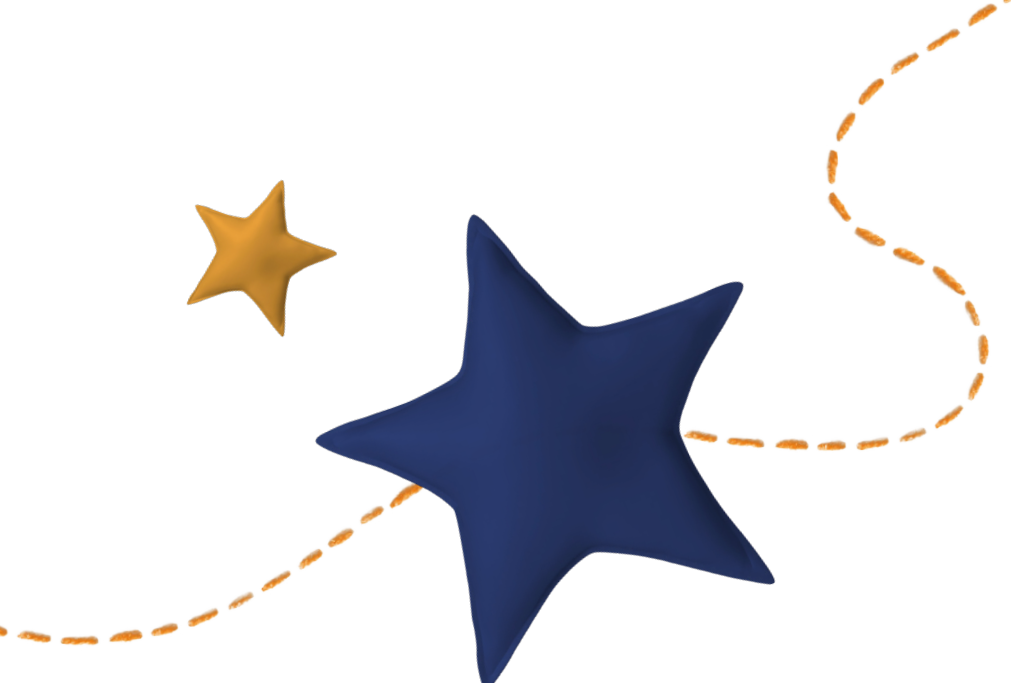
We've created handy collection boxes for any cash donations. These are perfect for office bake sales and any extra activities on the day. Ask your Family and Friends Fund contact for one, or email: info@duchenneuk.org

COLOUR YOUR OWN DUVET DAYS DESIGN

Get creative and make the colours pop in this duvet-inspired pattern.

Just pick up some colouring pencils and let your mind unwind. Simply print as many as you need.





DU'ING NOTHING NEVER FELT SO GOOD

You should feel great about your Duvet Day at Work 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

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, 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 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, 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 colleagues, 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 WORK**

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
duchenneuk.org | Registered Charity No. 1147094

