



CLAIRE HOUSE LEGEND AWARD

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INTRODUCTION

Why complete the award?

By completing the Claire House Legend Award, you will be helping Claire House in so many different ways. As a charity, we rely on amazing people like you to fundraise, volunteer and spread the word about what we do. What's more, by completing the award, you will gain valuable experience to put on your CV and personal statement for college or university.

How do I complete the award?

There are 6 different tasks you can do to complete the award, which are explained in more detail in this booklet. Each task is worth 1 point, but the retail task is worth 2. To complete the award, you need to earn 3 points.

Some of these tasks will depend on what we have going on at Claire House, so do be aware that not all of them will be achievable in a short space of time. Make sure to get in touch early to talk to us about which tasks you are interested in. There is no time limit on the award, however, so take as long as you need to complete it.

Just remember to log your completed tasks in the volunteer log at the back of this booklet.

What do I do once I have completed my tasks?

Once you have completed your tasks, let us know and send us a copy of your volunteer log. After receiving it, we will send you your award certificate and a huge "thank you!"



SAY **HELLO** TO LOU,

ONE OF OUR PALLIATIVE CARE
NURSE SPECIALISTS...



Hi, I'm Lou, a Palliative Care Nurse Specialist, which basically means I care for children and young adults who have an illness or condition which they might not get better from. We always hope for the best, but also help young people and their families prepare for the worst.

I love working at Claire House because every day is different. I can be planning a fun party for someone one day and supporting a bereaved family the next. But for me, the most important thing is making a difference. Sadly, we can't make the children better, but at least I know I have helped. This can be by making sure they are comfortable at the end of their life, helping them to have as much fun as possible in their final days, giving them a voice in decision making, or helping to tick things off their bucket list.

The best part of my job is working with my team and our patients. My team are amazing because we are always there for each other and pick each other up when needed. My patients are amazing because I look after teenagers and young adults who are sadly at the end of their short lives, and they never cease to amaze me with their courage or inspire me with their attitudes. It's truly a pleasure to be a small part of their lives.

Claire House would be nothing without our amazing care team. £20.18 can help fund a nurse like Lou for one hour, in which time she can help make a difference during the most difficult time in a family's life.

TASK 1: BE A CLAIRE HOUSE SPEAKER

Spreading the word about what Claire House does is so important! Telling people about what we do means people might decide to fundraise or volunteer for us, or might simply know what we do if they need us one day.

As a speaker, you will organise a talk in your local community to tell the people who live there all about Claire House.

This could be at a club you attend, at your school or college, at a place of worship or even at a group attended by one of your family members – the choice is yours.

We can help you out with leaflets to take to your talk and advice on what to talk about, should you need it.

It would be great for us to know who you speak to, so remember to include this when you add this task to your volunteer log.



TASK 2: ORGANISE YOUR OWN FUNDRAISER

Fundraising is really important for Claire House. We don't get much money from the government, so over 90% of the money we need comes from amazing fundraisers in our community – amazing people like you!

This task involves you organising your own fundraiser. You could do anything – let your imagination run wild! Could you get sponsored to do something you have never done before?

Could you hold an event with all your friends and family?

Whatever you choose to do, we can give you advice and resources to help get you started!

Don't forget to write about this task in the log book at the end of this booklet.



**Up for a challenge?
£693.17 could help
pay for a week of
support in our
Butterfly Suite.**



TASK 3: HELP OUR RETAIL TEAM

At Claire House, we have 17 retail shops across our catchment area. We would love your regular support in helping with a range of tasks in your local shop.

Tasks could include:

Hanging stock

Sorting donations ready for the shop floor

Serving customers at the till



Our shops are a great place to build transferable skills, meet new people and support sustainability.

If this task interests you, have a look on our website to see if we have a shop near you, then get in touch as soon as possible so we can get you started!

We will also need consent from your parent or guardian.

Don't forget to write about this task in the log book at the end of this booklet.



Claire House
CHILDREN'S HOSPICE

TASK 4: HELP OUR EVENTS TEAM



At Claire House, we have lots of events that you can volunteer at.

If you are 16–17 years old, you can help at our events with your parents' permission.

Here are just some of the ways you can get involved:

- **Giving out medals, t-shirts or goodie bags at the finish line of a Claire House race.**
 - **Giving out water during a Claire House race.**
- **Collecting bucket donations at Mowgli Dog Show or another event.**

If you would like to join us at one of our events, please get in touch with us!

Don't forget to write about this task in the log book at the end of this booklet.



TASK 5: TAKE PART IN A CHALLENGE EVENT

**Could you take on a skydive, zip wire or abseil for Claire House?
Or maybe being a Tough Mudder is more your style?**



Whatever you choose, you could help to raise money and awareness for Claire House by doing something extraordinary!

Take a look at the events and challenges page on our website and sign up if you are interested.

Don't forget to write about this task in the log book at the end of this booklet.



TASK 6: BE A RESEARCHER

At Claire House, we are constantly adapting and changing what we do so that we can be the best we can be.

Part of this involves researching up and coming events, resources and ideas.

Could you take on a research task for us?

This could include things like:

- Researching events other charities are doing.**
- Looking at other charities' websites and how they are similar/different to ours.**
- Looking into how other charities are promoting equality and diversity.**
- Looking into how we can be more eco-friendly as a charity.**

There are so many different options!

If you are interested in doing some research for Claire House, get in touch.

Don't forget to write about this task in the log book at the end of this booklet.



Claire House
CHILDREN'S HOSPICE



VOLUNTEER LOG



Use this page to log any tasks you complete and send it back to us when you are finished. You can also use this to help demonstrate skills for your CV and personal statement.

Task	Skills, experience and attributes developed	Evidence – how you did this task and demonstrated these skills
Be a Claire House speaker	Public speaking Presentation Motivating others Planning and organising Confidence Verbal communication Interpersonal skills Networking	
Organise your own fundraiser	Planning and organising Using self-initiative Working independently Marketing Creativity and design Motivating others Confidence Problem solving Communication Financial planning Event planning Interpersonal skills Time management	
Help our retail team	Retail and sales Stock handling Customer service Communication Confidence Creative and design Visual merchandising Teamwork Interpersonal skills Fashion Till operation Problem solving	

Each task will help you to develop valuable skills and experience. These may help to make your CV stand out to employers, make your university application more eye-catching or to achieve your personal and professional aims in the future.

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Task	Skills, experience and attributes developed	Evidence – how you did this task and demonstrated these skills
Help our events team	Communication Confidence Event management Planning and organising Time management Teamwork Fundraising Money handling Problem solving Positive attitude Motivating others Interpersonal	
Take part in a challenge	Physical Confidence Self-motivation Taking on new challenges Adaptable Adventurous Using self-initiative Fundraising Influencing others Positive attitude	
Be a researcher	Administration Written communication Creative and design Using self-initiative Working independently Understanding and following a brief Self-management Time management Reviewing and evaluation Research Completing a project Presentation Planning and organising Office IT (Word, Excel) Literacy and copywriting Critical thinking	

WHAT NEXT?

Thank you so much for completing the Claire House Legend Award. Now, send us your volunteer log, and once we have received it, we will send you your certificate.

This is the last award in the Claire House award series, as when you are 18, there will be a wider variety of volunteering opportunities for you at Claire House. In the meantime, keep an eye on our website for any opportunities or events.

You are a Claire House Legend now, so wear your badge with pride! Thank you.

