



Your guide to **Fundraising** For Advocates and Angels



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**FUNDRAISING
REGULATOR**
RHEOLEIDDIWR
CODI ARIAN

www.advocatesandangels.com

Registered Charity in England and Wales 1195239



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Who we are

Advocates and Angels is a charity and resource centre supporting parent carers and bereaved families across Wales and the Southwest of England.

We provide tangible, practical, and emotional support to families at the most critical moments. From diagnosis and hospital stays to bereavement after the loss of a child.

We stand beside families so they don't feel alone, helping them navigate the overwhelming challenges of hospital stays, complex medical needs, and grief, with resources designed to empower, celebrate, and support every step of the way.

We're on a mission to reach every children's ward in the UK. Supporting every family, everywhere. With care packages, courage-building resources, and comfort on the toughest days. It may be ambitious, but with your support, it's achievable.

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Why choose us

Because we've been there. Founded in memory of Lydia Germon, Advocates and Angels is built on lived experience, so every programme, pack, and resource comes from real understanding of what families truly need.

We reach families where they are. Through hospitals, hospices, and community partnerships, we ensure support goes straight to those who need it most, without duplication or unnecessary bureaucracy.

We maximise every pound. Your donations directly fund resources, programmes, and experiences that make a tangible difference. Helping parents advocate for their child, celebrate inchstones, or find comfort after loss.

By working alongside small charities, healthcare teams, and families themselves, we create unique, trusted solutions that no one else provides, and with more funding, we can do even more.

Choose Advocates and Angels, and help create a legacy of support, courage, and hope for families who need it most.

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How we make a difference

At Advocates and Angels our support is designed to lift spirits, provide practical help, and remind families they are not alone.

Through our initiatives and bespoke resources, we offer tangible tools and meaningful experiences that:

- Give families a moment of relief and encouragement during difficult times.
- Help parents feel equipped and confident to navigate hospital stays, treatments, or ongoing care.
- Provide children with recognition, joy, and connection even amidst long-term treatments.
- Foster a sense of community and shared understanding, reducing isolation and offering hope.

Every interaction, package, and resource is a small but significant way to support families emotionally and practically, helping them keep going when the days are toughest and reminding them that no one has to face this journey alone.

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How YOU make a difference

Every pound you raise fuels care packages in hospital wards, sparks moments of courage for children with complex medical needs, and offers comfort to families navigating the heartbreak of loss.

Whether you're planning a coffee morning, braving a marathon, or launching an online fundraiser, know this: your efforts reach further than you can imagine. They ripple out into hospital corridors, family homes, and grieving hearts.

100% of our fundraising goes to support families.

Reminding parents that they are not alone, and that their children's stories are seen and honoured.

Thank you for standing beside us, for carrying Lydia's legacy forward, and for daring to believe in a world where compassion leads the way. Together, we're not just fundraising, we're building a legacy of courage, connection, and love.

We'd love to hear all about your plans!

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How you can get involved

Every bit of support helps families feel seen, equipped, and less alone. There are many ways you can join our mission.

Fundraising Ideas

- Host an event: Coffee mornings, bake sales, or community quiz nights.
- Take on a challenge: Marathons, walks, cycling events, or personal fitness goals.
- Online fundraising: Create a Tiltify page or social media challenge to rally friends and family.
- Celebrate with purpose: Birthday or anniversary fundraisers where donations replace gifts.
- School & workplace initiatives: Dress-down days, collections, or awareness campaigns.
- Creative campaigns: Art sales, craft fairs, or Courage Club-themed activities.

Spread the Word

Share our story on social media.

Encourage others to get involved and help us reach more families..

**To start your own fundraising
page scan here**



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Every donation makes a **DIFFERENCE**

£10

Funds a hygiene pack

£50

Funds a bereavement box

£100

Funds a hospital certificates

£250

Funds a memorial cast

£500

Funds a bereavement break

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What we can do for you

Before You Start please let us know! We aren't always automatically aware when someone is fundraising on our behalf. To help us support you online, please tag us in your posts. This ensures we can like, share, and cheer you on!

What We Can Offer

Depending on availability, we can provide:

- Buckets, collection tins, or donation shakers for cash collections
- Posters, flyers, or signposting materials to help spread the word
- Branded t-shirts so you can fundraise in style
- Social media engagement and shout-outs (when tagged correctly!)
- A certificate (digital or printed) to celebrate your fundraising total
- An official Thank You from the charity,
- In some cases, a member of our team may be able to attend your event in person

We want your fundraising to feel supported, fun, and connected to our mission.



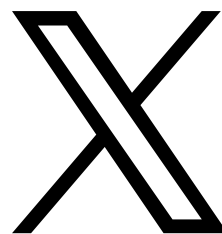
@advocatesandangels



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Advocates and Angels

WAYS TO PAY!

You've finished your fundraising event and you need other ways to pay



AT THE BANK

To make a donation by cash or cheque in person at the bank – email us. We'll be able to send you a paying in slip to use at any branch of NatWest and take your details so that we can send you a thank you letter.



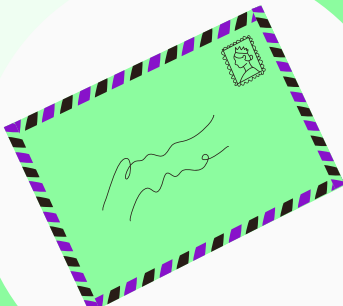
ONLINE

For PayPal you can send monies via paypal.me/advocatesandangels

NAME: Advocates and Angels

SORT CODE: 53-50-30

ACC NO: 52338754



VIA POST

Cheques can be sent by post. Please include a covering letter with your company name and address and any additional details regarding the donation.



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You're ready to go!

We've given you all the essentials - now it's over to you.

Be creative, be bold, and most importantly, have fun with your fundraising.

If you need a hand, we're only ever an email away:

courage@advocatesandangels.com

Advocates and Angels

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Swansea, SA2 0FN

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Follow us and share the journey:



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