

SHARING THE CHRISTMAS KINDNESS



£10

Pays for a child's meal for the day at Russell House

£20

Funds a bereavement session for a parent or brother or sister, to help them live with their loss

£30

Buys a memory box to help a family facing loss capture precious moments

£50

Pays for a rainbow support group for six parents who are expecting or have had a baby, after losing a baby in the past

£75

Buys music therapy sessions for a child or sibling, enabling them get creative, build self-esteem, express their fears, frustration or anxiety

£100

Funds a day out, full of fun and games for a child and their sibling to spend precious time playing together

£5

Answers a call to someone seeking support for their mental health

£10

Provides support for someone living with a mental health condition to be an active member of their community

£20

Gives 30 minutes of coaching to someone who is experiencing poor mental health, helping them to overcome barriers

£50

Delivers a Happier Lancashire workshop in a local school, teaching children about the five ways to wellbeing

£75

Pays the expenses of an empowerment volunteer to attend social groups to assist in improving confidence and skills and reduce feelings of isolation

£100

Will pay for Bounce Forward booklets for one class of 35 pupils