LET'S CELEBRATE CHRISTMAS !

2020 has been a challenging year for many of us. Everyone at Cardiff & Vale Health Charity is so grateful for your support throughout this period and we hope that our Christmas activities and events will add a little extra sparkle to your festivities.

We've got lots going on in the run up to Christmas, such as bingo nights, virtual pet shows and a window competition to get you in the festive spirit.

Supporting your local NHS Cardiff & Vale Health Charity this Christmas will make such a difference to our patients, staff and communities, helping to provide those little extras at a time when they're needed the most.

Join our fabulous host Opal Fruits for an online Christmas Bingo Night on Friday 11th December from 7pm. Two games of bingo for just £10 - will you be a winner?

» **Find out more here**

Christmas Window Competition 2020

Is your Christmas window the best of the bunch? Decorate your windows in a festive fashion, snap a photo and get involved. The event is open to homes and small businesses too - let's help spread some extra sparkle in our communities this Christmas!

» **Enter here**

LET'S CELEBRATE CHRISTMAS!

Support the Health Charity when you shop with Amazon Smile

If you've already got an Amazon account, all you need to do to get started is to visit smile.amazon.co.uk the Health Charity will receive a donation each time you make a purchase!

» Find out more here

Use Easy Fundraising when making a purchase and donate to the Health Charity

You can also raise money each time you make a purchase via easyfundraising.org website. Search for a retailer. Click "Shop now" and shop as you normally would. It doesn't cost any extra.

» Find out more here

Fun Christmas Pet Show

Do you love dressing up your pet for Christmas? Then why not enter them into our Fun Christmas Pet Show competition and they could be winners in one of our eight categories.

» Enter here

Help save the planet and send an e-card this Christmas

For the second year running, we're encouraging everyone to send an e-card rather than an actual card this Christmas.

» Send a card here

Christmas Bauble Colouring Competition

Download one of our templates and colour in a bauble! Entries cost £1 each. Get colouring – there's some amazing prizes up for grabs!

» Register here

www.healthcharity.wales

LET'S CELEBRATE CHRISTMAS!

Support Cardiff & Vale Health Charity
Friday 11th December 2020
and make a difference this Christmas by wearing your

CHRISTMAS SWEATER

Your donation could make a difference to:
Children's Services across Cardiff and the Vale

Donate just £2 to your chosen fund
and when you are ready to pay in the funds,
please contact the Charity Office on 029 2183 604,
email Fundraising.cav@wales.nhs.uk or scan the QR code

Wear your Christmas Sweater and donate £2 to help make things better for our patients and staff!

Join us on Friday 11th December in your festive finery - we don't mind if you wear your antlers, Christmas jumpers or dress up as an elf, as long as it's extra Christmassy it works for us!

» Donate £2 here

Sponsor a bauble on our virtual Christmas Tree to send a special message to a loved one this Christmas

» Find out more here

Christmas Raffle
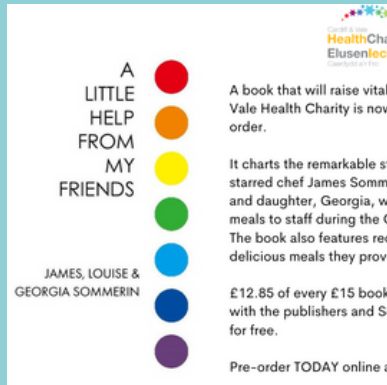Friday 18th December

» Find out more here

We'd love you to support the Health Charity during the Christmas period in any way that you can.

To make a donation please scan the snowman or visit www.healthcharity.wales/donate

www.healthcharity.wales

James Sommerin recipe book. A great gift for budding chefs! £15

» [Purchase here]

Health Charity Diolch NHS face masks made from smart anitbacterial fabric. £5

» [Purchase here]

Health Charity buff, perfect for all your outdoor activities. £5

» [Purchase here]

Bee seed bombs for the garden. £8

» [Purchase here]

Our Orchard bee scarf. £10

» [Purchase here]

E-Book, Only Time Will Tell - Len Nokes. £7.95

» [Purchase here]

UPCOMING EVENTS IN 2021

You can take part in a number of events next year to help raise money for us email fundraising.cav@wales.nhs.uk to find out more....

Cardiff Bay Run

» [Pre-register]

Barry 10k

» [Pre-register]

Run Cardiff Half for us!

» [Pre-register]

Pink Tie Ball 2021

» **Email us for info**

Blue Tie Ball 2021

» [Book your ticket]

G&Tea Afternoon Tea

» **Email us for info**