



Our work for babies born premature or sick is only possible thanks to the support of generous fundraisers like you!



We also provide information for families and have a dedicated network of volunteers providing practical and emotional support during what can be an incredibly stressful time.

We do this by working hand in hand with healthcare professionals, providing training to improve care in units and funding neonatal research.

**Bliss is there for all of these babies. We exist to ensure they have the best chance of survival and quality of life.**

For these babies, the first few hours, days and weeks are the most critical that they will ever face. For their families, whether their baby is in hospital for a few days or many months, or sadly does not survive to come home, the journey they face is difficult and full of challenges.

**Every year, over 90,000 babies are born premature or sick in the UK and in need of specialist hospital care.**

## Why Bliss needs you

Bliss Little Lights Walks are lantern-lit sponsored walks. Whether you are walking alone, with friends and family or as part of a bigger walk, you'll light up the night whilst raising vital funds for premature and sick babies. We hope you will bring out your lanterns, fairy lights and candles and shine bright!

## What is a Bliss Little Lights Walk?

# Bliss Little Lights Walk

Light up the night  
for premature and sick babies



[bliss.org.uk/littlelights](http://bliss.org.uk/littlelights)

Sponsorship form **Bliss**  
for babies born premature or sick

Once you have set up your page you can:

- ★ Join or create a team of Bliss Little Lights Walk fundraisers.
- ★ Share your page on social media to reach more potential sponsors.
- ★ Share your story on your page and keep it updated.

All money raised via JustGiving comes to Bliss automatically.

**Top tip!** If you are nearing your target, increase it to encourage people to keep donating to your page.

As well as using this paper form, setting up a JustGiving page is a great way to increase your fundraising. Just search **Bliss Little Lights** on JustGiving.

**Setting up a JustGiving page**

## After your walk

We can't thank you enough for taking part in a Bliss Little Lights Walk and raising money for Bliss. This will help us to support the 90,000 babies born needing neonatal care every year.

### Paying in your fundraising

If you have set up a **JustGiving** page for Bliss then the money you raise online will come to us automatically.

You can also pay in your fundraising in two other ways:

- Online:** visit [bliss.org.uk/donate](http://bliss.org.uk/donate) to pay by credit/debit card or Paypal.
- By post:** cheques should be made payable to Bliss and returned to us with your sponsorship form to the address below.

Please tick which method you will use and remember to return your sponsorship form to Bliss. You can do this by email too.

## Contact us

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