

31 Days of Giving



Hello

This January, North London Hospice invites you to kickstart 2025 with purpose and positivity through our 31 Days of Giving Challenge. Over the month you'll take on small, fun daily actions—spreading kindness, raising awareness, or making a small donation—all designed to support hospice care while boosting your health and wellbeing.

By the end of the month, these tiny steps will add up to something truly impactful: £31 raised to help fund the vital care and services provided by North London Hospice.

Why £31?

With 31 days in January, even a donation of just £1 a day can make a big difference. Your gift of £31 could help fund meals, emotional support, or nursing care for patients and their families when they need it most.

The daily challenges are flexible—some involve donating, while others are about raising awareness or adopting positive habits. Whether you take part every day or pick the challenges that resonate most, every effort helps!

How To Take Part

1. **Follow the Calendar:** Each day, complete the suggested challenge. Participate as much as you can—every action counts!
2. **Track Your Progress:** Use our printable coin box or donate online as you go, referencing '31ForNLH'. You can also save up and make a single donation at the end of the month.
3. **Share Your Journey:** Spread the word on social media or with friends. Tag North London Hospice and use the hashtag #31ForNLH to inspire others to join in.

How to Submit Your Donations

You can submit your £31 (or any amount you've raised) through one of the following:

- **Online Donation:** Visit [Donate Now - North London Hospice](#) and include '31ForNLH' in the comments.
- **In Person:** Drop off your donation at North London Hospice, 47 Woodside Avenue, London, N12 8TT.
- **Over The Phone:** Call our fundraising team on 020 8446 2288 to donate.

Let's make 2025 a year to remember by forming healthy habits and supporting hospice care. Together, we can provide the best of life, at the end of life, for everyone



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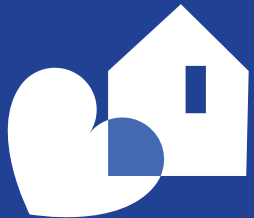
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1 New Year, New Cheer!

Share your New Year's goals and inspire others to join the challenge

2 Big Fun January!

Big Fun Walk early bird tickets - available all month Donate £2 if you've signed up or shared.

3 Shout it from the Rooftops!

Post a fun fact about North London Hospice on social media to raise awareness about our work.

4 Try Veganuary!

Go meat-free for the day! Try out a plant-based meal and donate £2 to celebrate your healthy start.

5 Sunday Reset!

Spend time journaling or planning your week ahead. Add £2 to your donation pot for being so organised.

6 Declutter and Donate!

Declutter and donate your pre-loved items to one of our shops. Tidy space, tidy mind - double win.

7 Spread the Word!

Share a photo or story about why you're supporting North London Hospice

8 Kindness Jackpot!

Do a random act of kindness today. Help someone with groceries, compliment or call a friend. Celebrate with a £2 donation.

9 Sign-Up Superstar!

Register for Winter Race The Neighbours (before 24 Jan deadline) or the Big Fun Walk. Share the links if you've signed up.

10 Step Up!

Take a winter walk and aim for 10,000 steps. Reward yourself with a £2 donation (or £1 per 5,000 steps if it's too chilly).

11 Why Saturday!

Share why North London Hospice is close to your heart. Feeling shy? Share one of the patient stories from our website instead.

12 Healthy Treat Sunday!

Skip processed snacks and make a healthy treat instead; think fruit, nuts or something homemade.

13 Lucky for Some!

Turn the 13th into a lucky day for hospice patients. Donate £2 (or more) and pat yourself on the back for being awesome.

14 Twosday!

Today is all about the number two. Donate £2 and invite two friends to do the same.

15 Midpoint Marvel!

You've hit the halfway mark. Celebrate with a £2 donation and treat yourself to a high five in the mirror.

Self-Care Superstar!

Take ten minutes to focus on yourself. Stretch, meditate or relax.

17 Dry Jan Hero!

Skip that pint or cocktail today. Donate £2 or the money you would have spent on a drink to the hospice instead-cheers to a great cause.

18 Winter Warrior!

Brave the January chill and go for a walk, run or ten-minute home workout. You're unstoppable.

19 Memory Magic!

Share a happy throwback photo or memory that makes you smile. Donate £2 to rewind the love before passing it forward.

20 Motivation Monday!

Sprinkle the week with gratitude. Write a thank-you note or post to someone amazing in your life.

21 Big Fun Reminder!

There's still time to sign up for Big Fun Craft or the Big Fun Walk early bird tickets. Post the link to encourage others.

22 Brave and Bold!

Do something new or brave today. Try a new recipe, reach out to a friend or say yes to a challenge. Donate £1 for your courage.

23 Countdown Time!

The Winter Race the Neighbours registration deadline is tomorrow. If you're not signed up yet, hurry.



24 Last Call!

It's the last day to register for Winter Race the Neighbours. Encourage your friends or sign up if you haven't already.

25 Sharing is Caring!

Post about North London Hospice's array of services and encourage your friends to support too.

26 Race Day!

It's Winter Race the Neighbours time. Run, cheer someone on or donate £3 to support the racers and the hospice.

27 Mindful Monday!

Take ten minutes to pause and practice mindfulness today. Donate £2 to help bring moments of peace to North London Hospice patients.

28 Double Up!

Match a friend's donation or double your own contribution today. You're on the home stretch.

29 Cozy Giving!

Light a candle, grab a blanket and enjoy a quiet moment. Donate £2 to help bring comfort to hospice patients.

30 Cheers to You!

Reflect on all you've achieved this month. Celebrate by donating £1 and treating yourself to something you love.

31 Grand Finale!

It's the final day. Share your success, tag North London Hospice and donate your final £2 (or more, you superstar).

Your donation of at least £31 could help provide:

- Home-made meals for a patient in our Inpatient Unit for four days.
- One hour of bereavement support, helping families cope with loss.
- One hour of personalised care from an Associate Community Nurse, supporting a patient at home.



Printable Coin box

