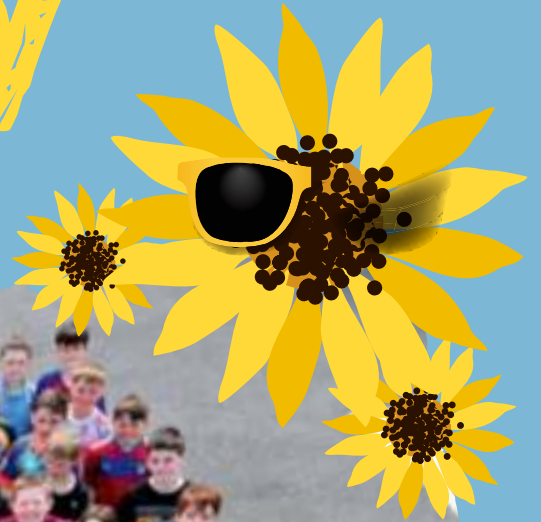


Hospice Sunflower Fun Day Pack



Thank you

for supporting your local hospice by signing up to host a **Hospice Sunflower Fun Day** in your school in June.





Hospices nationwide need to raise approximately €20 million each year and as our population ages, demand for specialist hospice and palliative homecare services continues to grow. Funds raised through **Hospice Sunflower Days** play a vital role in supporting hospices to continue caring for patients and their families nationwide.

Your schools participation in the event will have a huge impact on so many people's lives. **By supporting our Fun Day initiative**, you are bringing a little sunshine to those who need hospice care in your community.

We have included some handy tips and content here so you can all have as much fun as possible with your buds (get it!) on your chosen **Hospice Sunflower Fun Day**.



We have included;

-  A Letter to Parents / Guardians to inform them of the planned **Hospice Sunflower Fun Day** and more information on where the donations go.
-  A poster to hang in the school/classrooms if you wish.
-  Tips on planting your sunflower seeds.
-  Colouring pages for the pupils to use on your chosen **Hospice Sunflower Fun Day**.

Hospice Sunflower Days



every euro
raised locally
stays locally



In support of our local hospice
we are holding a Hospice
Sunflower Fun Day









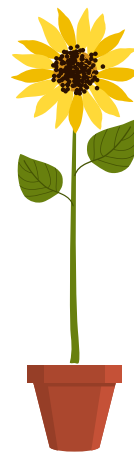
Tips on planting

Look on the bright side...like a Sunflower!




Planting indoors

You may want to plant your seeds indoors in the classroom, here are some helpful tips and suggestions:

-  Use individual pots with drainage holes at the base, fill the pots with compost, poke a small hole in the middle using your finger and pop a seed or two in. Cover over the seed with compost.
-  Place them on the windowsill in the classroom, keeping them well watered.
-  Once the seedlings have grown to approx. 15cm in height they can be planted outside.
-  Once planted, keep them well watered, they will grow very tall so stake them where necessary.



Planting outdoors

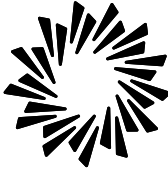
-  It is recommended to sow sunflower seeds into pots, but if sowing the seeds directly into the soil, ensure the area is free from weeds and grass.
-  Make 12mm deep holes, with 20cm between each seed. Place the seed in the hole and cover it with plenty of compost.
-  Water the seeds gently and keep watered until plants are fully established.



Hospice Sunflower Days



Hospice Sunflower Days



TOGETHER
FOR **HOSPICE**
THE NATIONAL HOSPICE MOVEMENT

