

**No one should have to face baby loss
alone at Christmas.**



**At Petals, we provide free,
specialist counselling to parents
who have experienced the loss of
a pregnancy or baby.**

Together, we can make a real difference this Christmas.

Last year, our counsellors supported over 1,500 bereaved families.



We currently deliver ~600 counselling sessions every month. This number is increasing all the time.

Together, we can make a real difference this Christmas.

Unfortunately, due to funding, we currently turn away, on average, 20 requests for counselling every week.



At Christmas, this number increases by 129%.

Last year, we were forced to turn away 3 in 4 requests for counselling at this time of year.



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In the last 6 months:



93% of our clients felt Petals counselling had enabled them to find a healthy way of living with their loss.

93% felt they were able to process any trauma they had suffered.

83% reported improved mental health.

Together, we can make a real difference this Christmas.

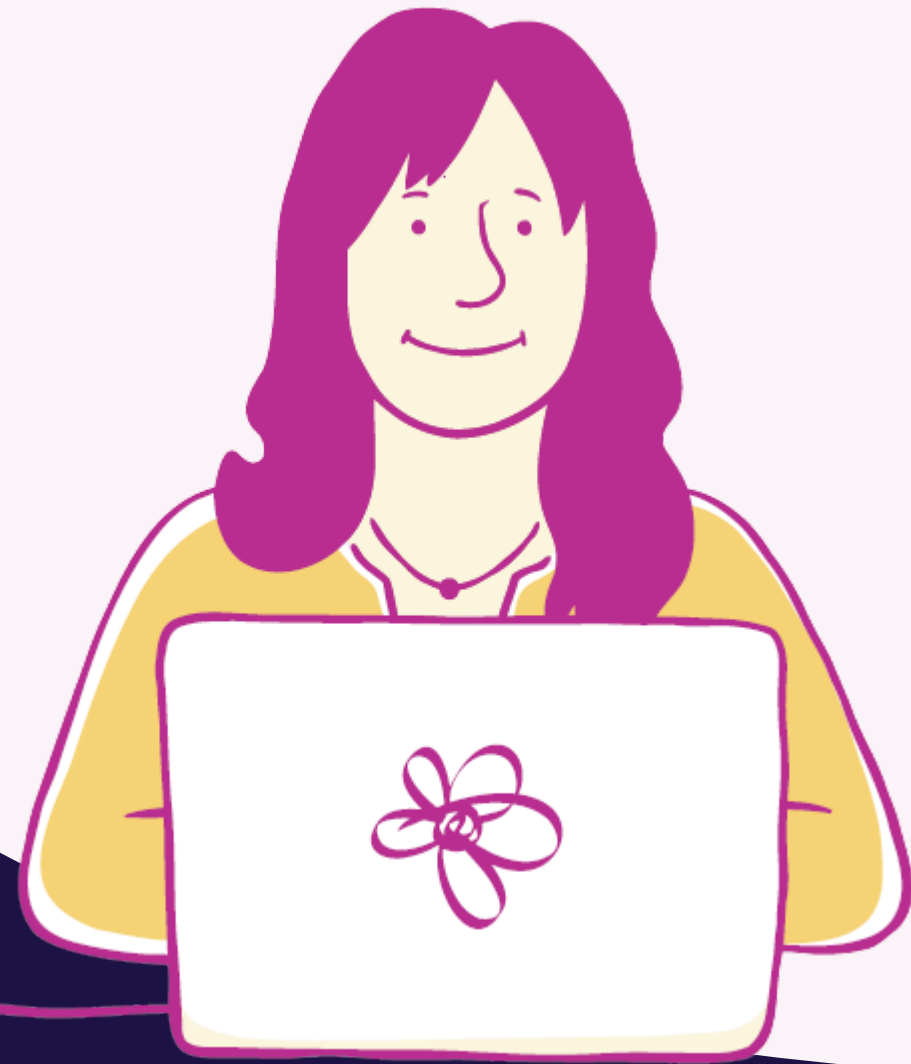
Kym and Mark's son, Alfie, died 36 hours after being born on 20th December.

We had plans to take our teeny newborn to see Father Christmas, we'd bought his gifts, planned his Christmas day outfit. The day I called Petals there were still presents wrapped for him under the tree. You don't know how to survive it or how you're going to get through the next hour, let alone 24. We genuinely don't know if we'd be here if it wasn't for Petals answering that phone on that day. Our counsellor gave us space to offload; we'd walk out lighter. It's not something you know how to navigate and they have a wealth of knowledge. It's critical.

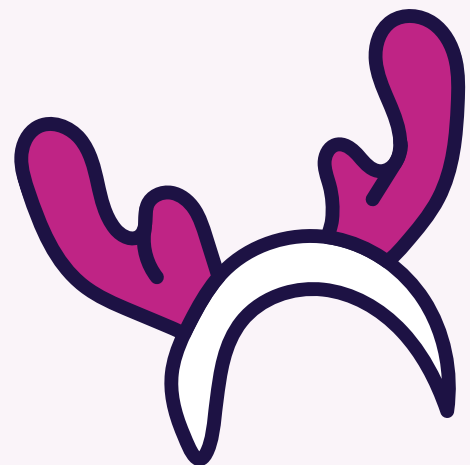
Together, we can make a real difference this Christmas.

Fundraising for Petals this Christmas could directly impact bereaved parents at this difficult time.

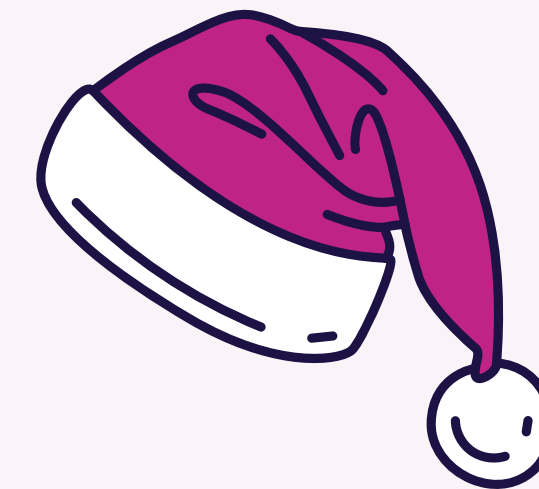
Every £80 raised by colleagues would fund one specialist counselling session. Raising £500 would fund a full programme of Petals Counselling for an individual or couple.



Together, we can make a real difference this Christmas.



Fundraise in fancy dress & double your donations



with BigGive this December!



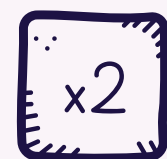
Thursday 4th December



Donate £5 per person



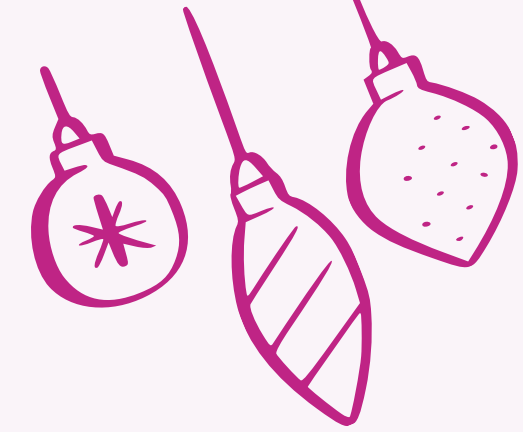
Wear something festive



Your donation gets doubled!

Get the whole office involved & help make a big difference to bereaved parents this Christmas.
**Donations must be paid in by midday on Tues 9th Dec to be eligible for being doubled.*

Together, we can make a real difference this Christmas.



Swap Christmas cards for a team donation & **double** your donation with BigGive this December!

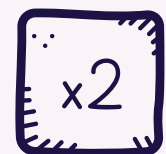
*Donations must be paid in by midday on Tues 9th Dec to be eligible for being doubled.



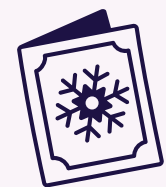
Tues 2nd - Tues 9th December



Donate to Petals in lieu of sending Christmas cards



Your donation gets doubled!



We'll send a digital card with your fundraising total to share with your team

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