



Top tips for a successful Buttercup Breaktime

The money you raise at your Buttercup Breaktime will allow us to keep funding the pioneering care, treatment and research at RNOH that makes the impossible possible for people every day. Follow our tips to ensure your Buttercup Breaktime is a hit!

Hints and tips

- Let everyone know ahead of time by planning where and when you'll host your Buttercup Breaktime by using our posters/invitations.
- Put the 'Buttercup' in 'Buttercup Breaktime' and bring a pop of yellow to your Breaktime, by downloading and printing our bunting.
- Box up any leftovers in exchange for final donations.
- Are you hosting your Buttercup Breaktime for a particular reason, or with someone in mind? Bringing a personal element to your Breaktime will engage more people to the cause.
- Post your Buttercup Breaktime using **#ButtercupBreaktime**, and let everyone know your fundraising target.
- Use our snazzy poster to spruce up your Buttercup Breaktime area!

Getting the word out

- Be sure to promote your Buttercup Breaktime on social media – don't forget to tell your family and friends to reshare too!
- Contact your local neighbourhood groups or newsletters to get the word out.
- Hosting at work? Let your colleagues know, and pass the word around. Perhaps consider fundraising challenges with other participating departments.

Staff tip! If you use emails a lot, include details of your Buttercup Breaktime in your email signature.

