

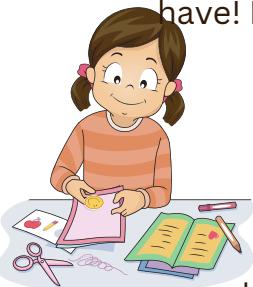


# Card Making Guidelines



## 01. Gather your supplies

- You can use any craft material you like when making your card! For example, card stock, scissors, glue, stickers, tape, paint, colouring pencils and pens— anything you have! Please note: we do not accept cards with loose glitter. Glitter glue is allowed.



## Decorate and write in your card

## 02.



The front of your card should be colourful, creative, a work of art!

Inside your card, we ask for positive, uplifting messages to brighten up a patients' day in hospital. We don't accept 'Get Well Soon' or religious messages. Please also refrain from using messages such as "Have a great day".

Examples include: 'Be strong!', 'Keep fighting', "You are Awesome!" 'You're one in a minion!', 'You're turtley awesome!', 'You're roaresome!'

We also accept birthday and Christmas cards where these messages could be replaced with ones, such as 'Jingle all the way' and 'On your special day'!

## 03. Signing your card



When signing, please sign with 'Love, Cards for Bravery'

Refrain from signing using your personal information, e.g. email, address, telephone number, etc.

You may write your name and age (e.g. Izzie, age 15) on the back to give a personalised touch to remind the young person that an individual is thinking of them

## Mailing the card

## 04.

After you have created your cards, the most important part is to ensure they get to us safely to help us make a difference!

If you would get confirmation on whether or not your cards have been received, please place a note on top of your pile of cards with your name and email address. As we are a small team, please keep in mind it may take up to 8 weeks for confirmation.

Please send all your cards to this address:

Cards for Bravery  
PO BOX 13,716  
Braintree  
CM7 0RD



For more information or questions, please contact our Admin Volunteer at [contact@cardsforbravery.com](mailto:contact@cardsforbravery.com)