



The festive season can be a challenging time for many. With Covid-19, poverty and loneliness will be on the rise. To ensure everyone's safety, our charity will go on the road to bring some festive cheer directly to people's homes.

## You can help Big Hearts deliver Christmas!



### Our Christmas pledge:

Enable older people to stay connected to the world and have someone to chat to regularly.

Secure food essentials and a free Christmas Day dinner for those living in poverty.

Ensure the most vulnerable will find a gift chosen for them under the Christmas tree.



# Volunteer with Hearts' charity to make a difference this Christmas!

## • Gift Back Volunteers

Contribute directly to someone's happiness on Christmas Day by donating small presents tailored to the interests and needs of a vulnerable adult or child.



## • Christmas Buddies

Engage with an older person who is facing loneliness at Christmas, by making regular check-in phone calls from the safety of your home.



## • Big Hearts' Little Helpers

Volunteer at Tynecastle Park to add the finishing touches to gift parcels that will be distributed to older people and children in need.



**Want to volunteer?**

**Visit our website  
& apply in a  
simple click!**



**[www.bighearts.org.uk](http://www.bighearts.org.uk)  
0131 603 4928 (Mon-Fri)  
[christmas@bighearts.org.uk](mailto:christmas@bighearts.org.uk)**



Big Hearts Community Trust, Charity no 037311

**Do you know someone  
who will need some support  
at Christmas time?**



**Big Hearts Community Trust would like to hear from organisations and individuals who could refer older/young people facing loneliness, poor mental health or poverty over the festive holidays.**



**Referrals open until  
16th November 2020**



**WWW.BIGHEARTS.ORG.UK**

**FREE & SAFE SUPPORT**

**HOME DELIVERY OF FOOD &  
PRE-COOKED FESTIVE MEALS**



**BESPOKE CHRISTMAS PRESENTS  
VIA OUR GIFT BACK APPEAL**

**PHONE CALLS TO OVER 65'S  
IN DECEMBER & ON BANK HOLIDAYS**

**EDINBURGH & THE LOTHIAN**

**For further info, contact the Big Hearts' team:**

**Email [christmas@bighearts.org.uk](mailto:christmas@bighearts.org.uk)**

**Call 0131 603 4928 (Mon-Fri)**

