

Share the Sunshine!

It's our mission to share sunshine in towns and villages all over Ireland, a little kindness can go a long way, and can feel great for us too! We have put together some simple ideas on how we can all spread joy in our communities;



Draw or paint your own Sunflower

and display it in your window to show your support for Hospice frontline workers, and to simply brighten people's day!



Show someone you care!

Print or Colour in the sunflower card and write a kind note to someone you care about to let them know you're thinking of them.



Paint or decorate a stone

with a colourful sunflower for a cocooning neighbour to brighten their day!



Plant a sunflower seed

and watch it grow!



Have a little fun with some fancy dress!

Dress up in yellow, or dress up your pet and tag us at @TogetherHospice on twitter.



Say hello to your neighbours

with a wave or smile, this simple gesture could mean a lot to someone who may be living alone or having a tough time.

We love to see what you've been up to – 'Share the Sunshine' and tag us in your photos at @TogetherHospice #Togetherforhospice

Hospice Sunflower Days

Share the Sunshine!



**Please show your support
for hospice frontline workers
by cutting out the sunflower
and displaying it in your
window on**

5th & 6th June



Hospice Sunflower Days

Colour me in!

Please show your support for
hospice frontline workers by
colouring in the sunflower and
displaying it in your window on

5th & 6th June

We love to see your creations!
Tag us in your photo online

@TogetherHospice #togetherforhospice



TOGETHER
FOR **HOSPICE**
THE NATIONAL HOSPICE MOVEMENT

Share the sunshine and send the sunflower card to someone you care about

Hospice Sunflower Days



togetherforhospice.ie



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We love to see your creations, tag us in your photo on twitter @TogetherHospice #togetherforhospice

Cut out the card and send it to someone you care about.

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