






A handy guide to planning your party

Useful things to download




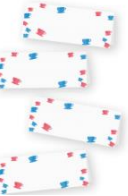
A4 Poster

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Bunting

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Cake Cards

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Digital Banner


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The NHS has touched us all and the NHS Big 7Tea is a chance to celebrate and say thank you.


Across the UK people are organising tea parties and many are choosing to support their local NHS charity.





Five simple steps

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1. Let us know you have decided to fundraising for us
Email us on dgft.communications@nhs.net.
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2. Download a Big 7Tea pack
With printable bunting, cards, posters and more our pack will give you everything you need to host the perfect party.
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3. Spread the word
Pick a date, a time and a place and tell your friends, family and colleagues about your Big 7Tea using the posters and digital assets in the pack.
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4. Enjoy the party
Celebrate 70 years and raise money in any way you like such as donations, a raffle or a quiz – it's entirely up to you – the more fun the better.
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5. Donate the money you raise
After your party, you could [donate online](#) on the DGNHS Charity Big 7Tea JustGiving page. There are also other ways you can [make your donation](#).