

# Get Mellow Go Yellow



Thank you for choosing to **Get Mellow Go Yellow**

We hope you find everything you need in this pack to make your day successful, but we are always on hand if you need any more ideas, advice or would like someone from the Trust to come along and help.

All we are asking is for your staff to pay a suggested €3 donation to wear yellow and brighten the day.

**Alternatively our Mellow Yellow Fun List below includes lots of ideas that could make your day even more mellow:**

A yellow themed lunchtime quiz

Yellow/lemon themed lunch – everyone brings a dish and pays €3 to eat!

Bake some yellow cakes to sell

Wear Yellow Tee-shirts, yellow ties or yellow hats

Just for fun.... best dressed in yellow, or worst dressed in yellow!

A yellow themed raffle

Dye your hair yellow

Get sponsored for sitting in a bath of custard

Hold a 'how many custard creams are in the jar?' or 'how many balloons in the car?' competition

Get your teams to decorate their desks in yellow – with a prize for the best...

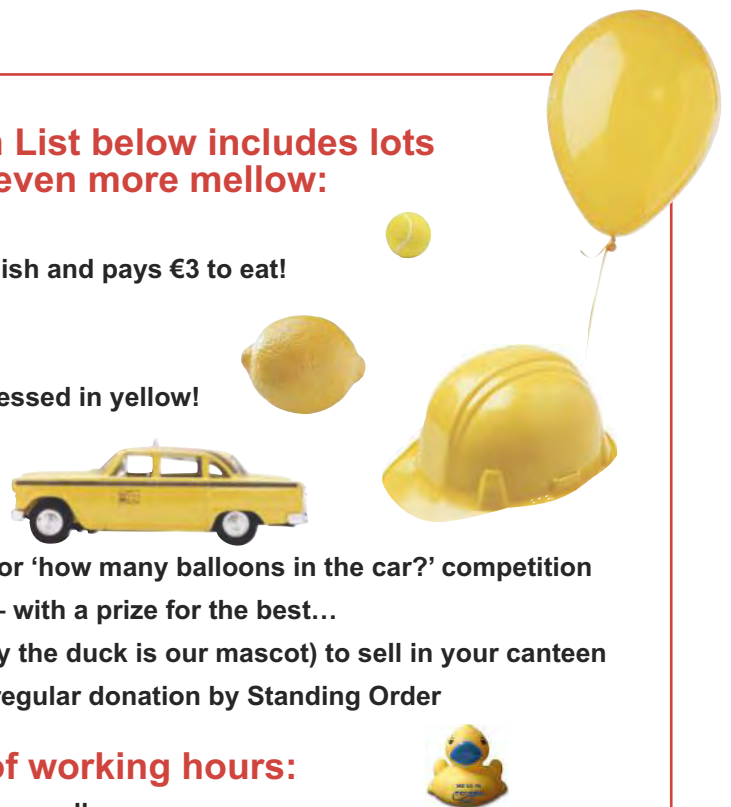
Take a box of our cute yellow rubber ducks (Monty the duck is our mascot) to sell in your canteen

Keep the sunshine going by signing up to give a regular donation by Standing Order

**And to keep the fun going outside of working hours:**

Enjoy a yellow-coloured/flavoured cocktail with your colleagues

Host a 'yellow' themed dinner party – our recipes are easy to prepare, so you can chill out too!



## How your money can help make a difference...

- €3 can provide a free 'Signs and Symptoms' card for every student in a secondary school class – cards that can help save a life
- €50 can help a person affected by meningitis get a free counselling session
- €122 can fund one home visit by professionally trained staff to offer support and information to families coping with the devastating effects of meningitis
- €300 can enable one of our qualified counsellors to provide a course of six counselling sessions to a person who has been deeply affected by meningitis
- €780 can help reach another 4,000 fathers, mothers and children with symptoms cards, raising awareness of the disease amongst the most vulnerable members of the population
- €1,200 enable us to buy another 'Monty the Duck' costume, which will be used to educate young children and their carers in your area about meningitis in a really fun way

## What are the benefits to you?

### Get Mellow Go Yellow

- is easy to organise
- is a fun day to brighten up the days of October
- brings staff involvement and team building – who can be the brightest ?
- can bring your company to the fore in the local community – stand out in yellow...  
...knowing that by raising money for the Meningitis Trust you are making a real difference to people affected by this terrible disease.



At the Meningitis Trust we have a fantastic team which can help publicise your Get Mellow Go Yellow fun in the media, so remember to let us know what you are doing.

We have produced an information pack for employers "Meningitis - Everyone's business." Designed specifically for employers, this free information pack explains meningitis and its after-effects, offering practical guidance on what to do if an employee is affected by the disease and how it might affect your business.



Remember, every week in Ireland, 5 more people contract meningitis and/or septicaemia. Many others are dealing with its after effects every day of their lives. These people, and thousands more in the future, need our support – yours and the Meningitis Trust.

If you can't take part in 'Get Mellow Go Yellow' but would still like to help the vital work of the Meningitis Trust, please send us a donation simply phone (01) 276 4269 or log on to [www.mycharity.ie/donate\\_charityIndex.php?charityID=68](http://www.mycharity.ie/donate_charityIndex.php?charityID=68)



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