

All around the world, people are living in extreme poverty. This Christmas, let's break the cycle and help families thrive.



Festive food

Host a meal for friends and family, and ask your guests to make a donation in exchange for free (delicious) grub! Or host a neighbourhood gettogether: what about a potluck, or mince pies by the fire, or some carolling over hot chocolate?



Bring in the new year... on your bike

Break the cycle of poverty by getting on your bike (get it?)! Start 2025 with a bang by committing to a set number of miles over the month of January. Indoors or outdoors, everything counts! Not keen on cycling? Try walking or running!



Christmas creativity

Grab your pens/yarn/beeswax and get those creative juices flowing! Make Christmas decorations or gifts: everyone loves unique handmade goods. This is a great one to involve little ones in, too.



Scan the QR code to get started!

Whatever you decide, we're on your team and ready to support you every step of the way as you help break the cycle of poverty and enable families around the world to thrive, this Christmas and beyond.

tearfund.org

100 Church Road, Teddington TW11 8QE ► +44 (0)20 3906 3906 ■ teamtearfund@tearfund.org

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