



Step by Step Guide

This December, light up your school, workplace, or community and help bring comfort and care to people across Ireland. Wear your Christmas lights, jumpers, or sparkly accessories — and Shine Bright and Sparkle for Pieta!

Every euro raised this Christmas helps Pieta be there for people who are feeling sad, lonely, or struggling, bringing comfort, care, and light when it's needed most.

How to Take Part

l. Register

Sign up for Pieta's Big Christmas Light Up and Light Up the Darkness this Christmas at www.pieta.ie or by contacting us at fundraising@pieta.ie

2. Pick Your Shine Bright Day

Choose a date in December that suits your school, office, or group.

3. Dress to Shine

Encourage everyone to wear their **brightest Christmas jumpers**, hats, lights, or anything that sparkles. The more festive, the better!

4. Fundraise

Collect donations, we would recommend between €2 to €5, either through a collection, or your own online fundraising page. Every contribution helps save lives.

5. Spread the Light

Capture your Shine Bright moments! Share your photos and videos using **#pietashinebright** and inspire others to Light Up the Darkness.

Together, we can make sure no cry for help to our 24/7 Crisis Helpline goes unanswered.

