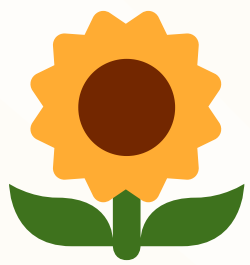
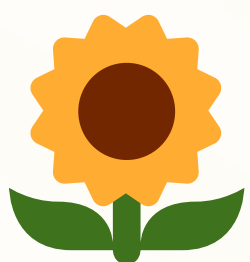


Support St Mary's Hospice with a

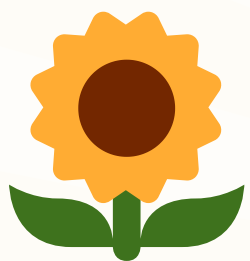
# Sunflower Day



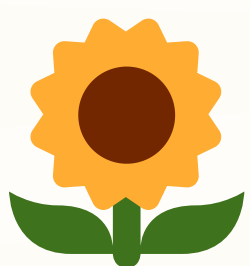
Learn about sunflowers and how they grow...



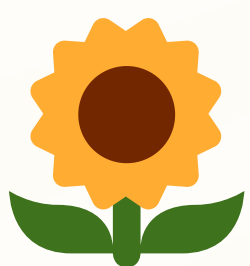
Then plant some seeds and watch them grow!



Use our crafty ideas to make a lovely display



Wear something yellow for the day



Have fun and fundraise for your local hospice

We need to raise £3.5M every year to provide care across South Cumbria – only 17% is funded by the NHS.

**You can help us make a difference when it matters most**

Email [fundraising@stmaryshospice.org.uk](mailto:fundraising@stmaryshospice.org.uk)

Ring 01229 580305 for a chat

Registered Charity No 517738

St Mary's  
Hospice

